

What is POLST?

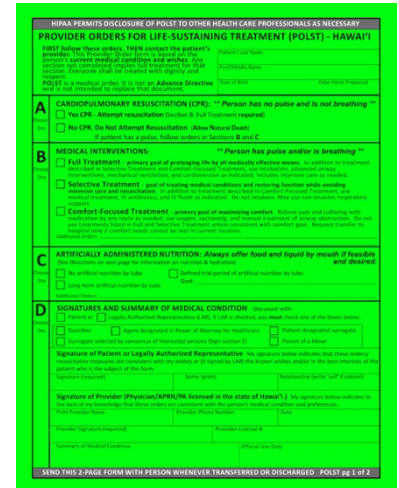
Provider Orders for Life-Sustaining Treatment A Consumer Guide to POLST Maintained for Hawai'i by Kōkua Mau

Chuukese



POLST = Provider Orders for Life-Sustaining Treatment, is your care wishes carried out through:

- Your medical orders, completed by a doctor, an Advanced Practiced Registered Nurse (APRN) or a Physician Assistant (PA) for care right now.
- Is followed by health care providers, including Emergency Medical Services, such as Paramedics.
 - You use POLST when you have a serious health condition.
 - Social workers, nurses and other healthcare professionals can help you fill out your own POLST form, but it must be signed by your physician, APRN or Physician Assistant (PA) in order to be valid.
 - POLST contains medical orders indicating what medical care you want or don't want if you become unable to make the decisions yourself.
 - Your doctor, APRN, or PA, who is licensed in the State of Hawai'i (or allowed to practice if from the Military or VA) MUST review and sign the POLST form.
 - POLST also requires your signature or that of your Legally Authorized Representative (see page 2 for definition)



Met wewen POLST?

Met An Tokter Mochen Ngeni Angangen Tumwunun En Mi Semwen Pun Epwe Manawetam Ekkoch Peekin Osukuun Faniten Nounoun POLST Ngeni Io Epwe Nounou Noun Chon Hawaii forien chon Kōkua Mau

POLST = Met An Tokter Mochen Ngeni Angangen Tumwunun En Mi Semwen Pun Epwe Manawetam

- Masowen order minne mi katou seni tokter, ika ekkewe kangof a watte ar sine ika pwan ekkewe kisin fan tokter, faniten peekin safei ngeni ewe mi semwen ika pwan met angangen ika tumwunun ewe mi semwen.
- Meininis chon angang ngeni mi semwen ika chon angangen pioing pachonong ekkewe chon angangen won ekkewe sein pioing repwe fiti met masowen ei taropwe.
 - A tongeni or noumw taropwen POLST ika pun ka nomw won omw semwen mi chou a weires omw kopwe chiwen chikar.
 - Ekkewe chon angang ngeni social work, ekkewe kangof ika io chon angang ngeni peekin tutumwunun mi semwen me pioing iir mi tongeni anisuk ne amasowa noumw ewe taropwen POLST, nge epwe sain me ren noumw iwe tokter, ika emon kangof a watte an sinei non ei peekin (APRN), ika emon kisin fan tokter (PA) pun epwe tongeni or manamanan.
 - Non ena taropwen POLST epwe affatetiwi met an tokter order fiti met ekkan en mi mochen ika kese mochen repwe fori ngonuk nupwen epwe tori koukun an esapw chiwen tufich ngonuk omw kopwe pusin finata mettoch won omw.
 - Noumw iwe tokter, ika ewe kangof (APRN), ika pwan emon kisin fan tokter epwe laisen seni mwuun Hawaii (ika pwan emon sounfiu ika emon piin sounfiu mi mwumwuta an epwe aani ei sokkun angang) EPWE NENGENIOCHUU masowen ewe taropwen POLST fiti fengen me ii epwe pwan wisen sainei.
 - Ena taropwen POLST mi pwan menei omw kopwe sainei itomw won ika an epwe sain iten io en ka finata pun epwe wisen popporaus fanitomw (no ngeni peich 2 ren afatafateochun met ei si kapas won)

When would I need a POLST form?

- The POLST form is intended for a person who has a chronic, debilitating illness or is facing a life limiting disease, such as end-stage lung or heart disease or terminal cancer.
- The decision to create a POLST should be discussed with each person's own provider.

Epwe inet fansoun a menei ai upwene nounou taropwen POLST?

- Ena taropwen POLST e kawor faniten ekkewe ra nomw won ar semwenichou a weires ar repwe chiwen tongeni chikar sefan, ussun ekkewe sokkun semwen ren semwenin ngasangas me ammat a mwuch angangen safei wor ika pwan semwenin kanser.
- Kefinitan ika pun epwene for noun en mi semwen taropwen POLST epwe pusin non an ewe mi semwen me noun iwe tokter popporaus.

The POLST form asks for information about your preferences for medical treatments:

- Whether to attempt cardiopulmonary resuscitation or not (see website for 'Questions about CPR'),
- The intensity of medical care you want,
- If you want to be hospitalized and under what conditions, and
- If you want artificial nutrition by feeding tube (see Kōkua Mau website for 'Tube Feeding')

Masowen ena taropwen POLST e affata ekkoch kapas eis ren met mochenin netipomw fan asengesin omw safei ika pwan angangen tumwunumw ren omw iwe semwen:

- Ika en mi mochen repwe angasa sefanuk nupwen ewe kouno omw ngasangas (no ngeni ena website won 'Ekkoch Kapas Fan Iten Ei Mettoch CPR')
- Ukukun kōkun ika mwuchun an pioing angang ke mochen,
- Ika pun en mi mochen kopwe niuwing pioing me pwan met ekkā epwe fis ika ke niuwing,
- Ika pun en mi mochen repwe ngonuk ekkewe mongo mi neenee omw kopwe mongo non tube (no ngeni an Kōkua Mau ina website won 'Mongo Non Tube')

FREQUENTLY ASKED QUESTIONS (FAQ)

How do I get a copy of the POLST form?

You or your provider can download a POLST form and instructions for your doctor at the Kōkua Mau website: kokuamau.org/polst. The Kōkua Mau website is the central source for POLST information for Hawai'i. Most hospitals, nursing homes, and hospice providers as well as others in the community also have the form for you and can provide some assistance in understanding it and filing it out. Please remember that your POLST form must be signed by your doctor, Advanced Practice Registered Nurse (APRN) or Physician Assistant (PA) to be valid.

EKKOCH KAPAS EIS CHOMWONG ARAMAS IIR MI AANI

Ifa ussun ai upwe nounou kapiin ewe taropwen POLST?

En ika pwan noumw iwe tokter ami mi tongeni angei kapiin ei taropwen POLST fiti taropwen ourour ngeni noumw iwe tokter me won ewe website and Kōkua Mau: kokuamau.org/polst. Napengeni meinisin auchean poraus faniten ei taropwen POLST me non Hawai'i ina mi nomw won an Kōkua Mau ina website. Ekkewe pioing, ekkewe nenien tumwunun chinap, ika pwan ekkewe nenien mi semwen a mwuch an pioing angang wor rese chiwen tongeni chikar, iir mi pwan onomwu ei taropwen POLST iwe iir mi pwan tongeni aninis ne awewei masowen ei taropwe fengen me pwan aninis ne amasowa. Kose mochen chechemeni pun noumw ei taropwe epwe sain me ren noumw iwe tokter, ika emon kangof mi watte an sinei non ei peekin (APRN), ika pwan emon kisin fan tokter (PA) pun epwe tongeni or manamanan.

Does the law require that I complete a POLST?

No. POLST is voluntary and has been available in Hawai'i since July 2009. However, without a POLST Emergency Medical Services (EMS) or other healthcare providers may be required to attempt to restart your heart and breathing should they stop, even if you do not wish an attempt to be made to resuscitate you and would prefer to die a natural death.

Mei nomw non onnuk pun upwe chok for nei taropwen POLST?

Apw. Ei taropwen POLST pusin neminien emon ika epwe nounou ika esapw, mei chok poputa kawor nounoun ngeni chon Hawai'i seni ewe Sunaae 2009. Nge mi eoch kopwe weweiti, pun ika ese or noumw ei taropwen POLST mi tongeni an ekkewe chon angangen pioing ika pwan ekkoch chon angang ngeni peekin tumwunun mi semwen repwe sotuni ne angasa sefanii omw ngasangas ika pun e kouno kese chiwen ngasangas, inamwo ika esapw ina met mochenin netipomw ren ar repwe angasa sefanuuk pun en ke mochen kopwe chok pusin nikiti ngeni ika pun a ina keokkeomw.

Where is the POLST form kept?

If you live at home you should keep the original lime green POLST form in a location where it can easily be seen. The ideal place is on your refrigerator where EMS personnel will look for it first. Other visible places could be the back of the bedroom door, on a bedside table, or in your medicine cabinet. If you reside in a long-term facility, your POLST form may be kept in your medical chart along with other medical orders. A copy of your POLST form on white paper is legal.

Ia epwe nomw ia ewe taropwen POLST?

Ika ke nomw non imw kopwe onomwu noumw iwe taropwen POLST mi onuwen fetin pwech onuwan non neeni epwe mecheres ia sipwe kuna me ie. Napengeni ekan eoch ika e pacheta won en ice box pun ikena ie chon angangen won ekkewe sein pioing repwe akkoumw kutta ie. Ekkoch neeni mi pwan tongeni mecheres ach sipwe kuna me ie, nukunupen asamwen rumwomw ien, won omw chepen unukkun omw bed, ika non omw kapetin unumwomw safei. Ika ke nomw non ekkewe nenien tumwun, noumw iwe taropwen POLST epwe nomw ren noumw ien chart me met noumw taropwe faniten omw semwen ika peekin tuttumwunumw. Ika e or kapiin noumw ina taropwen POLST e nomw won taropwe mi pwech onuwan, mi pwan ketiw me non onnuk..

Does the POLST form need to be signed?

Yes. Your doctor, APRN, or PA must sign the form in order for it to be “Provider Order” that is understood and followed by other healthcare providers, including EMS personnel. The form also requires the signature of the person for whom the form is being completed or their Power of Attorney for Healthcare or Legally Authorized Representative.

Mi menei an epwe or chon sain won ewe taropwen POLST?

Ewer. Noumw iwe tokter, ewe kangof (APRN), ika ewe kisin fan tokter (PA) epwe sainnei ewe taropwe pun epwe fat pun “An Tokter Order” epwe pwan or an ekkewe ekkoch chon angang ngeni pioing ika mi semwen repwe fiti met masowan, pachonong ekkewe chon angangen won ekkewe sein pioing. Ewe taropwe epwe pwan sain me ren ewe minneka fanitan ewe taropwe ika me ren io mi or noun taropwen Power of Attorney fan iten ewe mi semwen ika pwan io mi kefinita pun epwe wisen chon finata ika poraus faniten ewe mi semwen.

What is Legally Authorized Representative (LAR)?

This is someone who is able to make decisions for the patient when they are not able to make decisions on their own. A LAR can be 1) an agent designated by the patient through a Power of Attorney for Healthcare, 2) a guardian, 3) a surrogate designated by the patient when the patient is still able to make that decision, or 4) a surrogate designated by consensus of interested persons. If a patient is not able to make decisions on their own, the patient’s primary physician determines that is the case. After that, efforts are made to find all the people who have exhibited special care and concern for the patient and are familiar with the patient’s wishes. Some of these people may include a spouse who is not separated or estranged, parents and children, but interested persons do not necessarily need to be related by blood or marriage. This group of people select a surrogate decision maker by consensus. This is in accordance with HRS 327E-5.

Met wewen Legally Authorized Representative LAR (Chon Poraus Faniten Ewe Mi Semwen)?

Leei minne epwe wisen chon finata kokkotun ewe mi semwen nupwen ese chiwen tongeni an epwe pusin finata mettoch won aan. Emon LAR mi tongeni epwe 1) emon minne ewe mi semwen e finata non noun taropwen Power of Attorney ika noun taropwe mi impwang me non kopung, 2) noun ewe mi semwen chon tumwun, 3) emon siwinin ewe mi semwen mi pusin kefinita me ren nupwen mi chiwen tongeni finata mettoch won an, ika 4) emon siwinin ewe mi semwen mi kefinita me ren iokkan mi uroureoch ngenir ar repwe finata. Ika pun ewe mi semwen ese chiwen tongeni epwe pusin finata mettoch won aan, iwe epwe affat me ren noun ewe mi semwen iwe tokter. Murin an epwe affat pun a ina ussun nonnomwun ewe mi semwen, epwe or angangen kutta iokkewe aramas iir mi aani angangen tumwunun ewe mi semwen minne iir mi sinei me weweiti met an ewe mi semwen mochen. Ekkei aramas mi pachonong pwunuwen ewe mi semwen iir mi chiwen nomwofengen, inan me seman tori noun, ika pwan tori iokkewe iir mi akkangang ngeni peekin tumwunun inamwo ika esapw iir aramasen ewe mi semwen. Ikkeir ekkei aramas repwene wisen finata ewe emon minne epwene wisen chon popporaus ika finata tutumun me kokkotun ewe mi semwen. lei masowen met kich mi angei me non onnuk HRS 327E-5

What decisions can be made by a Legally Authorized Representative?

A Legally Authorized Representative can make all decisions that the patient would make on their own behalf with one exception regarding the surrogate decision maker designated by consensus. This surrogate appointed by consensus in accordance with HRS 327E-5 has limitations placed upon him or her about decisions about withholding or withdrawing artificial nutrition and hydration. The surrogate by consensus can only make the decision to withhold or withdraw artificial nutrition and hydration if two physicians independently certify in the patient’s medical records that the artificial nutrition and hydration only prolongs the act of dying and the patient is highly unlikely to have any neurological response in the future.

Met ekkang poraus epwe tongeni an ewe mi kefinita pun epwe chon wisen finata mettochun ewe mi semwen ika LAR epwe tongeni finata?

Ewe LAR mi tongeni epwe finata mettoch meinisin faniten ewe mi semwen minne ii ewe mi semwen epwe fini ika iwe mi chiwen tongeni, me nukun chok ika pun ii e kefinita pun epwe siwinin ewe mi semwen fan tipeewin ekkewe fitemon aramas. Ewe e kefinita pun siwinin ewe mi semwen fan tipeewin ekkewe fitemon aramas minne masowen onnuk HRS 327E-5 mi or oukukun met epwe tongeni finata ren awenewenen an ewe mi semwen nomw won ekkewe sokkun mongo mi neene faniten opochokunen inisin ika epwe utiwitino me kouno. Ewe mi kefinita pun siwinin ewe mi semwen fan tipeewin ekkewe fitemon aramas epwe chok tongeni finata ika epwe utiwitino ika kouno an ewe mi semwen epwe nomw won ekkewe sokkun mongo mi neene ren opochokunen inisin ika pun e kuu ruomon noun ewe mi semwen tokter ra affata non noun taropwe pun ekkewe mongo mi neene echok attamano an ewe mi semwen weiresin an epwene sopwono nge rese kuna esissinan me non tupwuwan pun mi chiwen tongeni niwin sefan ika chikar.

If I have POLST form do I need an Advance Health Care Directive (AHCD) too?

It is highly recommended that you also complete an Advance Health Care Directive, but it is not required. An advance health care directive is the best way to: a) make your wishes for treatment be known, and b) appoint an agent to act as your health care power of attorney in the event you may be unable to speak for yourself. The POLST form is not the right tool to appoint your agent for the AHCD, since POLST is a medical order. You may obtain more information about advance directives from your provider or from the kokuamau.org/resources/advance-directives website. The combination of POLST and AHCD gives you the best opportunity to have your wishes followed in the event you cannot speak for yourself.

Ika pun a or nei ewe taropwen POLST mi chiwen pwan menei an epwe or nei ewe taropwen AHCD ika ewe taropwe epwe affata met mocheni ren peekin tuttumwunui?

Mi auhea omw kopwe amasowa noumw ewe taropwen AHCD ika ewe taropwe minne epwe affata met mochenumw ren omw safei me tumwunumw nupwen fansoun epwe wattenno omw semwen, nge esapw wewen pun ew onnuk minne kopwe chok fori. Ena taropwe kopwe amasowa ika ena taropwen AHCD epwe: a) affata ngeni meinisin met mochenin netipomw ren peekin tuttumwunumw me omw safei, b) finata emon epwe wisen fori met kokkotun omw safei ika tuttumwunumw non noumw power of attorney ika pun epwe tori fansoun omw kosapw chiwen tongeni pusin poraus won omw. Ewe taropwen POLST esapw wisen affata io epwe poraus me mwokutukut fanitomw pokiten ena taropwen POLST e affata met an en tokter order ren faniten omw semwen. Ka tongeni sinei tichikin porausen ei taropwen AHCD me ren noumw iwe tokter ika angei me won ena website kokuamau.org/resources/advance-directives. Nupwen epwe or noumw ewe taropwen POLST fengen me noumw taropwen AHCD epwe tongeni mecheres fisiochun me pwonuwetan met mochenin netipomw fan asengesin omw safei fansoun epwe tori koukun omw kosapw chiwen tongeni pusin poraus won omw

What if I am no longer able to communicate my wishes and I do not have a POLST?

Through an AHCD, you should appoint a health care power of attorney who can speak on your behalf in case you are no longer able to speak for yourself. Your doctor, APRN or Physician Assistant (PA) can complete the POLST form with your Power of Attorney for Healthcare or Legally Authorized Representative based on their understanding of your wishes.

Met epwe fis ika pun use chiwen tufichin affata met mochenin netipei nge ese mwo or nei ewe taropwen POLST?

Non noumw iwe taropwen AHCD, kopwe affatiw emon epwe chon wisen anganga peekin tuttumwunumw nupwen epwe tori koukun omw kosapw chiwen tongeni pusin poraus won omw. Noumw iwe tokter, ewe kangof mi watte an tufichin sine (APRN), ika ewe kisin fan tokter repwe tongeni amasowa noumw iwe taropwen POLST fengen me ewe minne ka finata non noumw Power of Attorney pun epwe chon tumwunumw non omw semwen ika pwan ewe mi kefinita pun epwe Chon Poraus Fanitomw onongonong won met ar nukuu pun ina met omw mochen.

In what setting is the POLST form used?

The completed, signed POLST form is a medical order that will remain with you if you are transported between care settings, regardless of whether you are in the hospital, at home or in a long-term care facility. The POLST form is designed to be used to convey your medical orders to healthcare providers including paramedics who arrive after 9-1-1 has been called.

Ikkefa ekkena neni repwe nounou nei we taropwen POLST?

Noumw ien taropwen POLST a sain e affata masowen an tokter order ren peekin tumwunumw iwe epwe pusin nomw reom omw kopwe uwei fetanei non ekkewe neni kopwe no ngeni ie ren peekin tumwunumw, ese nifinifin ika non pioing, non pusin imwomw ika non ekkewe nenien tumwunun mi semwen. Ewe taropwen POLST e for faniten an epwe affata met masowen an tokter order ren tumwunumw ngeni ekkewe nenien safei ika pwan ekkoch tokter tori pwan ekkewe chon uwei sein pioing repwe tori kich nupwen sipwe kori 9-1-1.

Why is the POLST form lime green?

The lime green form is brightly colored so it can easily be found when needed and because it copies clearly on white paper. A plain white copy, completed correctly, and signed by a doctor, APRN or Physician Assistant (PA) is equally legal and valid. It will also be honored by health care providers including EMS personnel.

Pwata e onuwenfetinipwech onuwen ena taropwen POLST?

Popun an onuwen fetinipwech onuwen ena taropwen POLST pun epwe mecheres ach sipwe kuna ren saramen onuwan iwe epwan faneoch ach fori kapiin won ekkewe taropwe mi pwech onuwan. Ika e for ena taropwe won echo mi pwech onuwan nge mi unus masowan fengen me pwan sain me ren emon tokter, emon kangof mi watte a sinei (APRN), ika emon kisin fan tokter iwe mi pwan ketiw. Ekkewe chon angangen pioing ika tumwunun mi semwen tori chon angangen won ekkewe sein pioing repwe pwan fiti met masowen ena taropwe.

For the latest information about POLST and to download the PDF file of the official POLST (for providers) please visit kokuamau.org/polst

Ren met minafon poraus faniten POLST me ika ke mochen angei ena taropwen POLST mi nomw won PDF (noun tokter) ka tongeni no ngeni kokuamau.org/polst

For more information, contact Kōkua Mau at info@kokuamau.org or 808-585-9977

Ren met tichikin poraus, no ngeni Kōkua Mau won ena info@kokuamau.org ika kokkori 808-585-9977

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