

# He aha ka POLST?

Provider Orders for Life-Sustaining Treatment



**KŌKUA MAU**  
Continuous Care

A Movement to Improve Care

## He Hoakaka ana no ka POLST

Olelo Hawaii-Niihau  
(Hawaiian)

### Kukulu ia no Hawaii e ka Hui Kōkua Mau

- **POLST = POLST = Provider Orders for Life-Sustaining Treatment: hoike ia kou makemake pili i keia mau mea:**
  - Ke kuhikuhi ana no ke kauka, na ke kauka no hoopihapiha, ke kahu ma'i laikini ia (APRN) a i ole ke kokua kauka (PA) nana e malama nei ia oe i keia manawa.
  - Na ka poe malama olakino e hooko, ka poe paa oihana malama ola popilikia no, ka oihana Paramedic no hoi.
- Hoohana ia ka POLST ke koikoi ka pilikia o kou olakino.
- Na na limahana social worker, na kahu ma'i, a me ka poe paa oihana lawelawe olakino, na lakou no kokua i ka hoopihapiha i kou palapala POLST, aka, PONO no e kuni lima ia e kou kauka, ke kahu ma'i APRN a i ole ke kokua kauka (PA), pela e apono ia ai ka palapala e ka oihana lawelawe olakino.
- Na ka palapala POLST e kuhikuhi i ke ano o kou lawelawe ia e ka oihana lawelawe olakino e like me kou makemake ke pau ka hiki i kou kino ke hana nana iho no.
- Na kou kauka, ke kahu ma'i APRN a i ole ka PA i laikini ia ma ka mokuaina o Hawaii (ka mea ae ia e lawelawe i kana oihana ina maloko o ka puali koa a i ole ka VA), NANA e nana a kuni lima i ka palapala POLST.
- Koi ia ke kuni lima ana no ka palapala POLST a i ole na kou Elele Ku Kanawai e kuni lima nou. Ka Elele (e nana i ka aoao 2 no ka hoakaka ana.)

**HIPAA PERMITS DISCLOSURE OF POLST TO OTHER HEALTH CARE PROFESSIONALS AS NECESSARY**

**PROVIDER ORDERS FOR LIFE-SUSTAINING TREATMENT (POLST) - HAWAII**

FIRST follow these orders. THEN contact the patient's provider. The Provider Order form is based on the patient's current medical condition and wishes. Any action not consistent with the patient's wishes for this section: Everyone shall be treated with dignity and respect.

POLST is a medical order. It is not an Advance Directive and is not intended to replace that document.

**A CARDIOPULMONARY RESUSCITATION (CPR):** \*\* Person has no pulse and is not breathing \*\*

Yes CPR - Attempt resuscitation (Section B, Full Treatment required)

No CPR - Do Not Attempt Resuscitation (Allow Natural Death)

If patient has a pulse, follow orders in Sections B and C

**B MEDICAL INTERVENTIONS:** \*\* Person has pulse and is breathing \*\*

Full Treatment - primary goal of prolonging life by all medically effective means. In addition to treatment interventions, respiratory treatment and cardiac resuscitation, and resuscitation, advanced airway, selective treatment - goal of treating medical conditions and restoring function while avoiding intensive care and resuscitation. In addition to treatment described in Comfort-Focused Treatment, and medical treatment of infections, and if such is indicated. Do not intubate. May use non-invasive respiratory support.

Comfort-Focused Treatment - primary goal of maximizing comfort. Allow pain and suffering with medication by any route to prevent, use oxygen, suctioning, and manual treatment of airway obstruction. Do not use treatments listed in Full and Selective Treatment unless consistent with comfort goal. Patients transfer to hospital only if comfort needs cannot be met in current location.

**C ARTIFICIALLY ADMINISTERED NUTRITION: Always offer food and liquid by mouth if feasible and desired**

No artificial nutrition by tube  Do not start period of artificial nutrition by tube

Long-term artificial nutrition by tube  Do not start

**D SIGNATURES AND SUMMARY OF MEDICAL CONDITION** (discuss with patient)

Patient or  Legal Representative (Signatures)  I am a licensed and have checked out of the State before

Signature of Patient or Legally Authorized Representative. My signature below indicates that these orders/ instructions have been discussed with my wishes or if signed by LAR the below wishes and/or in the best interests of the patient who is the subject of this form.

Signature of Provider (Physician/APRN/PA licensed in the state of Hawaii). My signature below indicates to the best of my knowledge that these orders are consistent with the patient's medical condition and preferences.

Print Provider Name: \_\_\_\_\_ Provider License #: \_\_\_\_\_

Signature of Medical Condition: \_\_\_\_\_ Effective Date: \_\_\_\_\_

SEND THIS 2-PAGE FORM WITH PERSON WHENEVER TRANSFERRED OR DISCHARGED. POLST pg. 1 of 2

### Ika wa hea e pono ai ka palapala POLST?

- He maikai ke kukakuka oe me ka hui nana lawelawe i kou olakino e pili ana i ka palapala POLST nou.
- He kupono ka palapala POLST no ka mea ma'i i ka ma'i kuluma e nawaliwali ai ke kino a i ole ka ma'i e pilikia ai ka hana a ke kino, o ka ma'i akemama a ma'i puuwai paha, ka ma'i cancer, a kokoke no e make.
- He maikai ke kukakuka pu me ka mea nana malama i ke olakino o ka mea ma'i no ka hana ana i ka POLST.

### Na ka palapala POLST e niele no kou makemake pili i ka lapaau ana i kou olakino:

- Ina makemake oe e hana ia ka CPR maluna ou a aole paha (e nana i ka aoao uila no 'Na Ninau pili i ka CPR')
- Ka maikai o kou lawelawe ia me ka hana lapaau e like me kou makemake,
- Ke makemake oe e noho ma ka haukapila, ke ano o ka noho ana, a
- Ke makemake oe e hanai ia i ka meaai me ka ili (e nana i ka aoao uila o ka hui Kōkua Mau no ka hoakaka ana no ka hanai ana me ka ili ('Tube Feeding')

## NA NINAU PINEPINE (FAQ)

### Pehea e loa ai ia'u he kope o ka palapala POLST?

Hiki ia oe a i ole ka hui nana lawelawe i kou olakino ke pa'i i ka palapala POLST a me ke kuhikuhi ana no kou kauka ma ka aoao uila o ka hui Kōkua Mau: [kokuamau.org/polst](http://kokuamau.org/polst). Loa ka hoakaka ana ma ka aoao uila o ka hui Kōkua Mau no ka palapala POLST no Hawaii. Ma ka hapa nui o na haukapila, na hale malama poe makule, loa keia palapala, a loa pu no i ka poe limahana lawelawe olakino ina ma ka home no a mawaho paha ma ke kaona, a na lakou no kokua ke pono ka wehewehe ana a no ka hoopihapiha ana no kekahi. E hoomaopopo oe, pono e kuni lima ia ka palapala POLST e kou kauka, ke kahu ma'i (APRN) a i ole ke kokua kauka (PA) i mea e apono ia ai ka palapala. [kokuamau.org/languages](http://kokuamau.org/languages).

### Ua koi no ke kanawai e hoopihapiha ia ka POLST?

**Aole.** Nau no koho e hoopihapiha i ka POLST a aole paha a ua loa no ma Hawaii nei mai lulai mai o ka makahiki 2009. Aka nae, ina aole loa ka POLST, koi ia ka oihana lawelawe olakino popilikia (Emergency Medical Services: EMS) a i ole ka poe paa oihana lawelawe olakino e hoala hou i kou puuwai ke pau ka hana a hoopaa i ka mikini hoohanu maluna ou ke pau ka hanu, ke makemake no oe e hoala hou ia a aole paha a i ole ke makemake oe e waiho ia e make.

### Mahea kahi e malama ia ai ka palapala POLST?

Ke noho oe ma kou home pono, e aho oe e malama i ke kope kumu omaomao o ka POLST ma kahi e ike ia ai e ka poe a pau. O kahi kupono loa e waiho ia ai, aia maluna o ka pahu hau i hiki i ka poe limahana EMS ke ike. O kekahi wahi hou ae e ike koke ia ai, o ka puka o ka lumi moe, maluna o ka pakaukau ma ka aoao o ka pela moe, a i ole maloko o ka waihana laau lapaau. Ke noho oe maloko o ka hale malama olakino no ka wa loihi, hiki ke malama ia kou palapala POLST maloko o kou ope moolelo olakino me kou kuhikuhi ana no ke kauka. Ua ku no ke kope keokeo o ka POLST i ke kanawai.

## **Pono no e kuni lima ia ka POLST?**

**Ae.** Pono kou kauka, ke kahu ma'i APRN a i ole ka PA e kuni lima i ka palapala i mea e apono ia ai ka palapala i Kuhikuhi Mea Lawelawe ("Provider Order") maopopo loa a i hooko ia hoi e ka poe paa oihana lawelawe olakino, o ka poe paa oihana EMS no kekahi. He pono e kuni lima ia ka palapala e ka mea nona ka inoa i hoopihapiha ia maluna a i ole ka Mana Loio no ka Elele Ku Kanawai i Paa i ka Oihana Lawelawe Olakino.

## **He aha ka Elele Ku Kanawai (LAR)?**

He kanaka keia nana e hooholo i na manao no ka mea ma'i ke pau ka hiki ia ia ke hooholo nona iho no. O ka poe kupono i Elele, penei no: 1) he elele hookohu ia e ka mea ma'i me ka palapala Mana Loio pili i ka Malama Olakino, 2) he kahu malama, 3) he pani hookohu ia e ka mea ma'i ke oia mau ka hiki ia ia ke hooholo i ka manao nona iho, a i ole 4) he pani hookohu ia ma ka aelike pu ana o na poe like ole no lakou ke kuleana no ka pono o ka mea ma'i. Ina aole hiki i ka mea ma'i ke hooholo i ka manao nona iho, na ke kauka mea nui loa o ka mea ma'i e hooholo nona. Mahope o kela, hoao ia no e huli a loa ka poe a pau i hoike mai i ko lakou manao e komo i ke kokua i ka mea ma'i a kamaaina i ka makemake o ka mea ma'i. O ke kane a wahine paha kekahi poe a ka mea ma'i ina aole kaawale e mai ia ia aku, na makua, a me na keiki paha, a mawaho ae o lakou, o ka poe no aole he pili ohana a pili paha ma ka male ana. Na keia poe kanaka no e hui kuka a koho me ka aelike pu i elele nana hooholo i ka manao no ka mea ma'i. Penei e hooko ia ai ke kanawai HRS 327E-5.

## **He aha na manao e hooholo ia ai e ka Elele Ku Kanawai?**

Na ka Elele Ku Kanawai no e hooholo i na manao a ka mea ma'i e hooholo ai nona iho no, hookahi wale no mea koe, na ka hui poe kanaka no lakou ke kuleana e aelike pu no ka elele hookohu ia. Kaupalena ia ka mana o ka elele hookohu ia ma ke kuhikuhi ana o ke kanawai HRS 327E-5 e pili ana i ka au'a a hoopau ana paha i ka hanai meaai me ka haawi mea inu me ka ili. Na ka elele no e hooholo no ka au'a me ka hoole paha i ka hanai meaai a me ka haawi mea inu me ka ili ke aelike pu elua poe kauka ma ko laua aoao kuokoa a hoike maloko o ka moolelo o ka mea ma'i he hooloihi ia ka make ana ke hanai me ka hooainu ili ana a aole e ola hou ka lolo o ka mea ma'i.

## **Ke loa no ko'u palapala POLST, pono no ia'u ka palapala Kuhikuhi Malama Olakino (AHCD) kekahi?**

Pela no ke aoao ana e hoopihapiha oe i ka palapala Kuhikuhi Malama Olakino (Advance Health Care Directive: AHCD), aka, aole ia he koi. He kupono no ka AHCD no keia mau kumu: a) no ka hoike i kou makemake no ka lapaau ana, a b) no ka hookohu ana i elele nana e hana no kou pono i mana loio ke pau ka hiki ia oe ke walaau nou iho. Aole ka palapala POLST ka mea kupono no ka hookohu ana i kou elele no ka AHCD, no ka mea, he kauoha ka POLST pili i ka hana lapaau. Loa ka hoakaka ana no ke kuhikuhi ana no ka malama ia o kou olakino e ka mea nana malama i kou olakino a i ole ma ka aoao kokuamau.org/resources/advance-directives. Ke hooi pu ia ka POLST a me ka AHCD, pela e hoikeike ia ai kou makemake ina pau ka hiki ia oe ke hoike i kou makemake nou iho no.

## **Pehea ina pau ka hiki ia'u ke hoike i ko'u makemake a aole loa ko'u palapala POLST?**

Malalo o ka palapala ACHD, hookohu oe i kou elele mana loio pili i ka malama ia o kou olakino nana e walaau nou ke pau ka hiki ia oe ke walaau nou iho. Hiki no i kou kauka, ke kahu ma'i APRN a i ole ke kokua kauka (PA) ke hoopihapiha i ka palapala POLST me ke kokua o kou Elele Mana Loio pili i ka malama ia o kou olakino a i ole na kou Elele Ku Kanawai no e hana mamuli o kona kamaaina i kou makemake.

## **Pehea e hoohana ia ai ka POLST?**

He kauoha ka palapala POLST i pau i ka hoopihapiha a kuni lima ia a e malama ia no me oe ke hoonee ia oe mai kekahi hale lawelawe olakino aku a kekahi hale okoa, ina noho paa no oe ma ka haukapila, ke noho oe ma ka home a i ole ma ka hale malama olakino no ka wa loihi a aole paha. Hoohana ia ka palapala POLST nana kuhikuhi i ka hana a ke kauka a me na limahana lawelawe olakino, me ka poe hana EMS no kekahi ke hiki mai lakou mahope o ke kelepona ia o ka helu 9-1-1.

## **No ke aha he omaomao ikaika ka palapala POLST?**

Ua ikaika ke kala o ka palapala omaomao, no ka mea, pela e loa koke ai, a o kekahi kumu, palupalu loa ka hana kope ana maluna o ka pepa keokeo. Apono ia no ke kope keokeo i ke kanawai ke pau ka hoopihapiha ia me ka pololei a kuni lima ia no e ke kauka, ke kahu ma'i APRN a i ole ke kokua kauka (PA). E hooko ia no e ka poe paa oihana lawelawe olakino me ka oihana EMS no kekahi.

No ka hoakaka ana e pili ana i ka palapala POLST, a no ke pa'i ana i ke kope PDF o ka POLST (no ka poe lawelawe olakino), e nana i ka aoao: [kokuamau.org/polst](https://kokuamau.org/polst)

No ka wehewehe ana a moakaka, e kuka me na limahana o ka hui Kōkua Mau, penei: [info@kokuamau.org](mailto:info@kokuamau.org) a i ole e kelepona i ka helu 808-585-9977

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