Facilitating End-of-Life Decisions: Advance Directives & MOLST

Thaddeus Mason Pope, J.D., Ph.D. Wilmington VA Hospital September 30, 2011





- 1. DE end-of-life care
- 2. Advance directives
- 3. Problems with ADs
- 4. MOLST

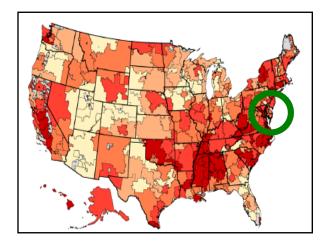
End-of-Life Care in Delaware



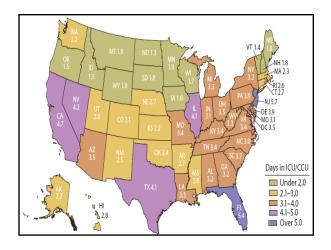
THE DARTMOUTH INSTITUTE

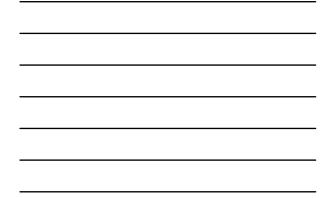
Where Knowledge Informs Change

A Report of the Dartmouth Atlas Project









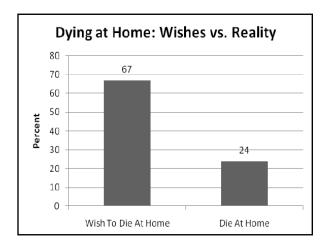
Treatment is unwanted

71%: "More important to enhance the quality of life . . . even if it means a shorter life."

National Journal (Mar. 2011)

Question and Responses ^a	Public, % (n=1006)	Professionals, % (n=774)
If doctors believe there is no hope of recovery, which would you prefer? Life-sustaining treatments should be stopped and	72.8	92.6
should focus on comfort All efforts should continue	20.6	2.5



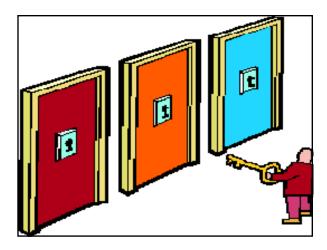




84% would trade length of life for quality of life

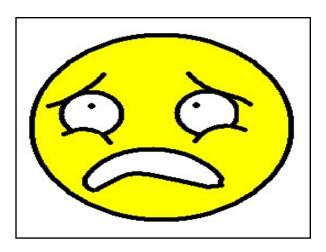
Harms from unwanted treatment

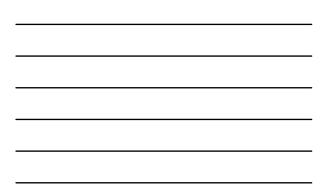
Harm to Patient





. Harmto Family



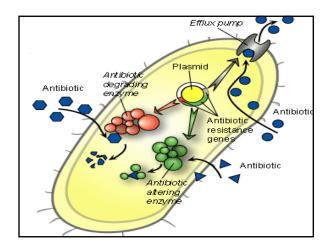




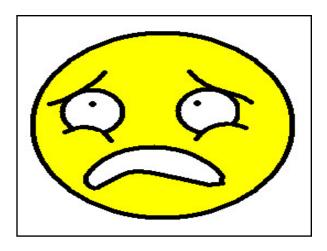
3. Harmto Others



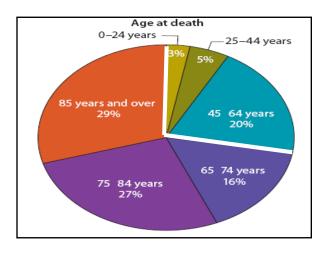




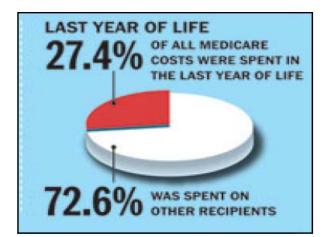




4. Harm toSociety





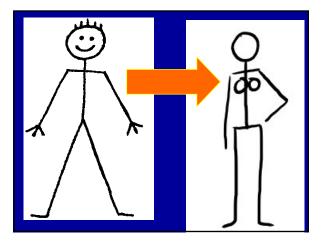


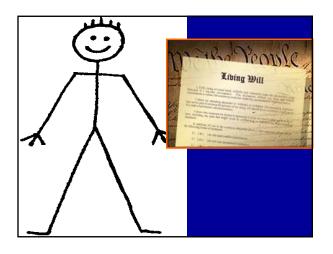


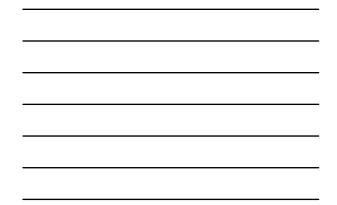
GAO	United States Government Accountability Office Testimony Before the Committee on the Budget, U.S. Senate	A C B C B C B C B C B C B C B C B C B C B
For Belense on Delivery Expected at 1000 a.m. EST Tuesday, January 20, 2008	LONG-TERM FISCAL OUTLOOK	
	Action Is Needed to Avoid the Possibility of a Serious Economic Disruption in the Future	

Patients without capacity

Prospective Autonomy







Spouse Adult child Parent Adult sibling

Advance Directives

PART II: POWER OF ATTORNEY FOR HEALTH CARE

A. DESIGNATION OF AGENT: | designate _

as my agent to make health care decisions for me. If he/she is not living, willing or able, or reasonably available, to make health care decisions for me, then I designate ______ as my agent to make health care decisions for me.

(name of individual you choose as agent)

PART I. INSTRUCTIONS FOR HEALTH CARE DECISIONS

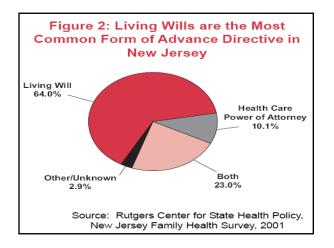
I do not want my life to be prolonged if (please check all that apply)

(i) I have a terminal condition (an incurable condition from which there is no reasonable medical expectation of recovery and which will cause my death, regardless of the use of life-sustaining treatment). In this case, I give the specific directions indicated:

		I want used	l do not want used
	Artificial nutrition through a conduit		
	Hydration through a conduit		
	Cardiopulmonary resuscitation Mechanical respiration		
- 1			
L	Other (explain)		

Department of Veterans Affairs		
VA ADVANCE DIRECTIVE: Durable Power of Attorney for health care and living will		
PART II: DURABLE POWER OF ATTORNEY FOR HEALTH CARE		
PART III: LIVING WILL		
	VA FORM DEC 2006 (RS) 10-0137	





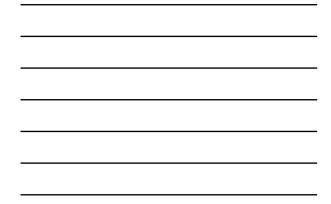


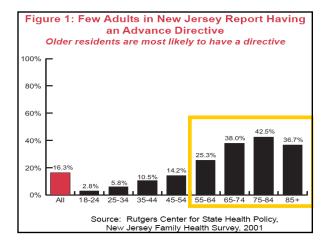
Limits of (instructional) Advance Directives

Not completedNot foundNot informedNot clear

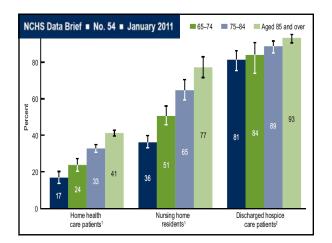
Not completed













Not found

BANK OF MONTREAL NO.. mar 29 1966 1300 the D Downstres -AITED N. & Funds Paid in Full-1008-24.7* Eock Mar

65-76% of physicians whose patients **have** advance directives do not know they **exist**





Individuals fail to make & distribute copies

- Primary agent
- Alternate agents
- Family members
- PCP
- Specialists

- Attorney
- Clergy
- Online registry

Not informed



Enough

THE FAILURE OF THE LIVING WILL

by Angela Fagerlin and Carl E. Schneider

In pursuit of the dream that patients' exercise of autonomy could extend beyond their span of competence, living wills have passed from controversy to conventional wisdom, to widely promoted policy. But the policy has not produced results, and should be abandoned.

Annals of Internal Medicine

PERSPECTIVE

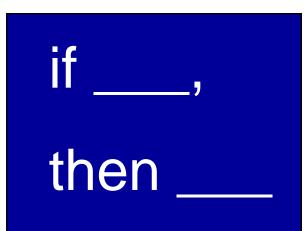
Controlling Death: The False Promise of Advance Directives

Advance directives promise patients a say in their future care but actually have had little effect. Many experts blane problems with completion and implementation, but the advance directives simply pasuppose more control over future care than is realized. Modelal orbits cannot be predicted in detail, making most prior instructions difficult to adapt, irrelevant, or even mideading. Furthermore, many provise effect each since patient's where or do not pursue those where effectively. Thus, unexpected problems arise often to default advance directives, other as in the paper futures. Recarse advance directives, other care in the paper futures. Recarse advance directives ofter only limited banefit, advance care planning

should emphasize not the completion of directives but the emobonal preparation of patients and families for future crises. The existinatial Albait Carnus might suggest that physicians should wam patients and families that momentous, untonseeable dealdions is arbeed. Than, when the crisis hits, physicians should provide guidance; should help make decisions despite the inevitable uncertainible; should have responsibility for those decisions; and, show all, should ocumgeously see patients and families through the feassome experience of dying.

Ann Intern Mad. 2007;147:51-57. www.ann.it.eg For author a Wildon, see end of text.





Trigger terms vague

"Reasonable expectation of recovery"

75%	51%
25%	10%

Plus: prognosis uncertain

Preferences vague

"No ventilator" Ever Even if temporary

SITUATION A

If I am in a coma or a persistent vegetative state and, in the opinion of my physician and two consultants, have no known hope of regaining awareness and higher mental functions no matter what is done, then my goals and specific wishes — if medically reasonable — for this and any additional illness would be:

Please check appropriate boxes:	I want	I want treatment tried. If no clear improvement, stop.	I am undecided	I do not want
 Cardiopalmonary resuscitation (chest compres- sions, drugs, electric shocks, and artificial breathing aimed at reviving a person who is on the point of dy- ing). 		Not applicable		
2. Major surgery (for example, removing the gall- bladder or part of the colon).		Not applicable		
 Mechanical breathing (respiration by machine, through a tube in the throat). 				
 Dialysis (cleaning the blood by machine or by fluid passed through the belly). 				
5. Blood transfusions or blood products.		Not applicable		
 Artificial nutrition and hydration (given through a tube in a vein or in the stomach). 				
 Simple diagnostic tests (for example, blood tests or x-rays). 		Not applicable		
8. Antibiotics (drugs used to fight infection).		Not applicable		
9. Pain medications, even if they dull conscious- ness and indirectly shorten my life.		Not applicable		



	Yes. I would want to have life- sustaining treatments.	It would depend on the circumstances.	No. I would not want to have life-sustaining treatments
If I am unconscious, in a coma, or in a persistent vegetative state and there is little or no chance of recovery	Initials	Initials	Initials
If I have permanent severe brain damage (for example, severe dementia) that makes me unable to recognize my family or friends	Initials	Initials	Initials
If I have a permanent condition that makes me completely dependent on others for my daily needs (for example, eating, bathing, toileting)	Initials	Initials	Initials
If I am confined to bed and need a breathing machine for the rest of my life	Initials	Initials	Initials
If I have pain or other severe symptoms that cannot be relieved	Initials	Initials	Initials
If I have a condition that will cause me to die very soon, even with life- sustaining treatments	Initials	Initials	Initials





More technology is the **default**

Patient must opt out



MOLST

MOLST

Medical

Order

Life

- **S**ustaining
- Treatment

POLST

- Practitioner / Physician Order Life
- **S**ustaining
- Treatment

POST	Physician Order for	
	Scope of Treatment	
MOST Medical		
COLST Clinician		
Life with Dignity Order		

HIPA	A PERMITS DISCLOSURE OF MOLST TO OTHER HEALTH CARE PROVIDERS AS NECESSARY
FIRST follo	TEDICAL ORDERS for life-sustaining treatment (MOLST) we these orders, <u>HER</u> contact physician. This is a medical order these thased on the person's current medical conditions. s. Any section not complete implies full treatment for that section. Everyone shall be treated with dignity and respect
Last Nam	e/First Name/Middle Initial date of birth Last 4 SSN # Gender
A Check One Box Only	Cardiopulmonary Resuscitation (CPR): Person has no pulse and is not breathing.* Attempt Resuscitation (CPR) Do Not Attempt Resuscitation (DNR/No CPR) *When person is not in cardiopulmonary arrest, follow orders in B, C, and D.
B Check One Box Only	Medical Interventions: <u>Person has a pulse and/or is breathing</u> . COMFORT MEASURES ONLY. Use medications by any route, positioning, wound care, and other messures to relieve pain and suffering. Use oxygen, crail succinoing, and manual treatment of airway obstruction an needed for comfort. Do not transfer to hospital for life-ustaining treatment. Transfer if comfort needs cannot by inter the careira in a suffering. Use use intubation or mechanical ventilation. May use less invasive airway support (e.g. CPAP), BPAP). Transfer to hospital if indicated. Avoid Intensive care. Full IMMEENTMENT. Includes care described above: Use intubation, advanced airway interventions, mechanical ventilation, and cardiocersion as indicated. Transfer to hospital if indicated. Includes intensive care. Additional Orders' (e.g. dealy, etc.)



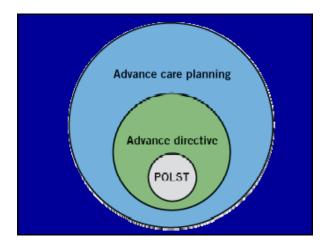
C Check One Box Only	ANTIBIOTICS: No antibiotics. Use other measures to relieve symptoms. Determine use or limitation of antibioti If infection occurs, with comfort as goal Use antibiotics if life can be prolonged. Additional Orders:	Box	ARTIFICIALLY ADMINISTERED NUTRITION: Aways offer food and liquids by mouth, if feasible, No artificial nutrition by tube. [Goal]: Long-term artificial nutrition by tube. (doing):		
E	SUMMARY OF MEDICAL CONDITION/GOALS				
F	SIGNATURES: Preferences have been expressed to the health care provider whose signature is found below. This document reflects those preferences. If signed by a surrogate, preferences must reflect patient's wishes as best understood by the surrogate.				
	Discussed with:	PRINT - Phys	sician/APN/PA Name Phone #		
	Patient Parent of Minor	Physician/AP	N/PA Signature (mandatory) Date		
	Legal Guardian Next-of-Kin Physician Co-Signature if PA Signs Above (mandatory) Date				
		Patient or Le	gal Surrogate Signature/Relationship (mandatory) Date		
l	SEND FORM WITH PERSON WHENEVER TRANSFERRED OR DISCHARGED. Use of original form is strongly encouraged. Photocopies and FAXes of signed MOLST forms are legal and valid.				



What is MOLST

MOLST supplements AD

Does not replace





Both

Terminal illness

Advanced chronic progressive illness

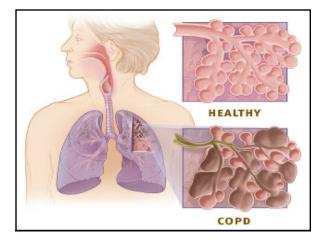
Frailty

In last year of life

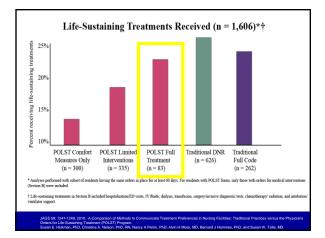
Others who want to define care

The present

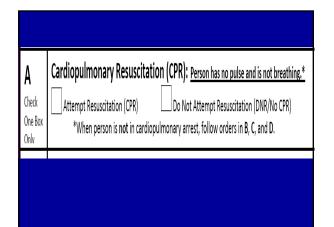
Here & now

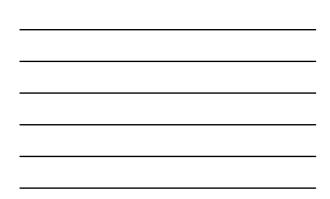


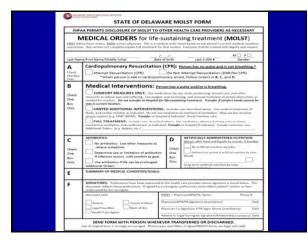
Order for LST













Medical Interventions: Person has a pulse and/or is breathing. B COMFORT MEASURES ONLY. Use medications by any route, positioning, wound care, and other Check measures to relieve pain and suffering. Use oxygen, oral suctioning, and manual treatment of airway obstruction as One needed for comfort. Do not transfer to hospital for life-sustaining treatment. Transfer if comfort needs cannot be Box met in current location. Only LIMITED ADDITIONAL INTERVENTIONS. Includes care described above. Use medical treatment, IV fluids, and cardiac monitor as indicated. Do not use intubation or mechanical ventilation. May use less invasive airway support (e.g. CPAP, BiPAP). Transfer to hospital if indicated. Avoid intensive care. JFULL TREATMENT. Includes care described above. Use intubation, advanced airway interventions, mechanical ventilation, and cardioversion as indicated. Transfer to hospital if indicated. Includes intensive care. Additional Orders: (e.g. dialysis, etc.) _____ blood transfusions

|--|

D	ARTIFICIALLY ADMINISTERED NUTRITION: Always offer food and liquids by mouth, if feasible.
Check One Box Only	No artificial nutrition by tube. Defined trial period of artificial nutrition by tube. (Goal):
	Long-term artificial nutrition by tube.

E	SUMMARY OF MEDICAL CONDITION/GOALS:

Discussed with:	PRINT – Physician/APN/PA Name Phor	e #
Patient Parent of Minor	Physician/APN/PA Signature (mandatory)	Date
Legal Guardian Next-of-Kin Health Care Agent	Physician Co-Signature if PA Signs Above (mandatory)	Date
	Patient or Legal Surrogate Signature/Relationship (mandato	y) Date



Can be completed by **surrogate**, if patient lacks capacity

70% patient

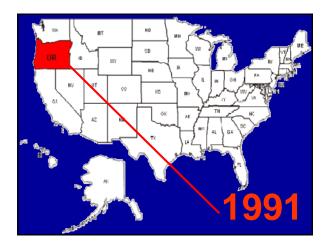
30% surrogate

MOLST does not expire

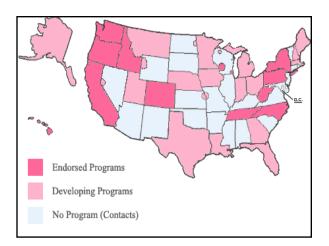
Review with change in condition or location

MOLST can be revised or revoked at any time

History of MOLST











A sense design of the sense of



2000	16 Del. Code 9706(h) added by H.B. 332
Nov. 1, 2002	Proposed PACD regulations
	Request for written materials and suggestions

Nov. 26, 2002	Public hearing Comment period extended	
Dec. 31, 2002	End comment period	

June 13, 2003	Final regulations approved
July 10, 2003	Regulations effective
July 2005	S.B. 195 amends 9706(h) re driver designation

	QUESTION	ALMOST Always	USUALLY	SOMETIMES	RARELY	COMMENTS
5.	Have seen examples of where DNR orders have not transitioned to a new care setting in an effective way?	32	9	44	29	1 responded NA See attached
6.	Have you ever seen the Pre-Hospital Advanced Care Directive (orange form) used effectively?	9	1	19	59	ee attached







May 2011	End comment period
Aug. 2011	Final regulations

MOLST status

Provider education Public education Policy writing

Limited

terminally ill

permanently unconscious

Not binding on VHA

Compliance not **specifically** mandated, except by EMS

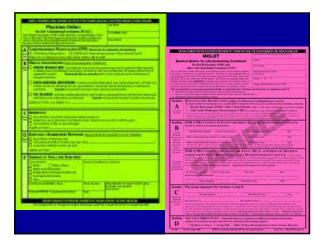
But **all HCP** must honor "decisions" of the patient per DE HCDA & PSDA

Stop completing orange PACD forms

But honor them when presented

MOLST benefits

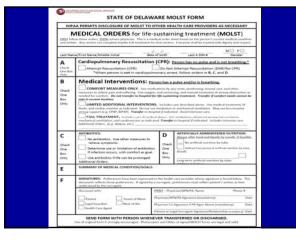
1. Bright color



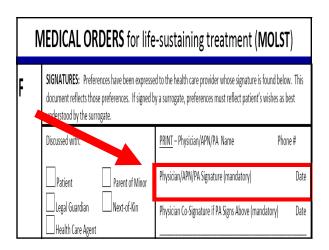
Original MOLST printed on lilac card stock

But a **copy** has the same force as original

2. Single page



3. More informed





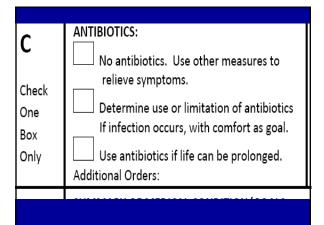
4. Immediately actionable

Medical Order Life Sustaining Treatment

No need to "interpret" advance directive

No need to "translate" into orders

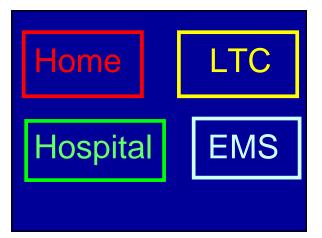
5. Easy to follow



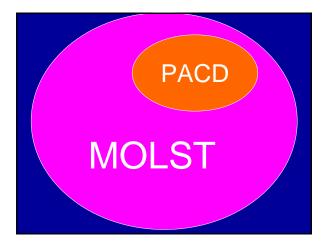
6. Better honored

Can follow Will follow





8. Broader than PACD





POLST	<u>Pre-Hospital DNR</u>
 Allows for choosing resuscitation 	• Can only use if choosing DNR
• Allows for other medical treatments	• Only applies to resuscitation
 Honored across all healthcare settings 	• Only honored outside the hospital



9. Proven Effective

POLST is Evidence Based

Major academic research in 3 POLST states: strong evidence base of efficacy of POLST in ensuring preferences are elicited, documented, honored, w/ pain and symptom management equivalent to those without POLST order

Hickman et al. "A Comparison of Methods to Communicate Treatment Preferences: Traditional Practices versus the Physician Orders for Life-Sustaining Treatment Program" J Am Geriatr Soc 58:1241-1248, 2010.

> Closes gap between what people want and what they get

UNITED STATES DEPARTMENT OF VETERANS AFFAIRS



2 roles

Honor Complete

Department of Veterans Affairs Veterans Health Administration Washington, DC 20420 VHA HANDBOOK 1004.02 Transmittal Sheet July 2, 2009

ADVANCE CARE PLANNING AND MANAGEMENT OF ADVANCE DIRECTIVES

CORRECTED COPY

Department of Veterans Affairs Veterans Health Administration Washington, DC 20420 VHA HANDBOOK 1004.04 Transmittal Sheet June 15, 2007

STATE-AUTHORIZED PORTABLE ORDERS

Act in accordance with MOLST

Write corresponding VHA orders

Scan into EHR

Encourage

Educate

Write or review on discharge

Thank

you



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