

## West Virginia POST Form

Adapted from the National POLST Model form and in compliance with WV Code §16-30-1 *et seq.*

Health care providers should complete this form only after a conversation with the patient or the patient's Medical Power of Attorney (MPOA) representative or surrogate. The POST decision-making process is for patients who are at risk for a life-threatening clinical event because they have a serious life-limiting medical condition, which may include advanced frailty. <https://polst.org/guidance-appropriate-patients-pdf>

### Patient Information.

Having a POST form is always voluntary.

**THIS IS A MEDICAL ORDER, NOT AN ADVANCE DIRECTIVE.**

Review and revise advance directives to be consistent with POST.

Patient First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_  
Last Name: \_\_\_\_\_ Suffix (Jr, Sr, etc): \_\_\_\_\_  
Preferred Name: \_\_\_\_\_ DOB (mm/dd/yyyy): \_\_\_\_/\_\_\_\_/\_\_\_\_  
Last 4 Social Security Number: xxx-xx-\_\_\_\_ Gender (circle one): M F X  
Address: \_\_\_\_\_ Zip code: \_\_\_\_\_

### A. Cardiopulmonary Resuscitation Orders. Follow these orders if patient has no pulse and is not breathing.

Pick 1

☐ **YES CPR: Attempt Resuscitation, including mechanical ventilation, defibrillation and chest compression.**  
(Requires choosing Full Treatments in Section B)

☐ **NO CPR: Do Not Attempt Resuscitation.**  
(May choose any option in Section B)

### B. Initial Treatment Orders. Follow these orders if patient has a pulse and is breathing.

Reassess and discuss interventions with patient or MPOA representative/surrogate regularly to ensure treatments are meeting patient's care goals. Consider a time-limited trial of interventions based on goals.

Pick 1

☐ **Full Treatments (required if choose CPR in Section A).** Goal: Attempt to sustain life by all medically effective means. Provide appropriate medical and surgical treatments as indicated to attempt to prolong life, including intensive care.

☐ **Selective Treatments.** Goal: Attempt to restore function while avoiding intensive care if possible (e.g., ventilator, defibrillation). May use non-invasive positive airway pressure, anticholinergics and fluids as indicated. Transfer to hospital if treatment needs cannot be met in current location.

☐ **Comfort-focused Treatments.** Goal: Maximize comfort through symptom management; allow natural death. Use oxygen, suction and manual treatment of airway obstruction and medications for comfort as needed. Avoid treatments listed in full or selective treatments unless consistent with comfort goal. Transfer to hospital only if comfort cannot be achieved in current setting.

### C. Additional Orders or Instructions. These orders are in addition to those above (e.g., blood products, dialysis).

*EMS protocols may limit emergency responder ability to act on orders in this section.*

### D. Medically Assisted Nutrition (Offer food by mouth if desired by patient, safe, and tolerated)

Pick 1

☐ Provide nutrition through new or existing feeding tube ☐ No nutrition desired  
☐ Time-limited trial of \_\_\_\_ days of medically assisted nutrition ☐ Discussed but no decision made (provide standard of care)

### E. SIGNATURE: Patient or Patient Representative/Surrogate/Guardian

Opt-In

☐ Indicate in this box if you agree to have your POST and other forms submitted to the WV e-Directive Registry and released to treating health care providers to ensure your wishes are known. **FAX 844-616-1415**

I understand this form is voluntary. I have discussed my treatment options and goals of care with my provider. If signing as the patient's MPOA representative/surrogate, the treatments are consistent with the patient's expressed wishes or, if unknown, their best interests.

Patient/Patient MPOA representative/surrogate signature (required) Date (mm/dd/yyyy) The most recently completed, valid POST form supersedes all previously completed POST forms.

If patient/MPOA representative/surrogate/guardian physical signature is not obtainable, two witness signatures are required for verbal consent.

Witness to Verbal Consent: \_\_\_\_\_ Date: \_\_\_\_\_

Witness to Verbal Consent: \_\_\_\_\_ Date: \_\_\_\_\_

### F. SIGNATURE: Health Care Provider

Verbal orders are acceptable with follow up signature.

I have discussed this order with the patient or the patient's MPOA representative/surrogate. The orders reflect the patient's known wishes, to the best of my knowledge. [Note: Only providers with MD, DO, APRN, or PA license may sign this order]

MD/DO/APRN/PA signature (required) Date (mm/dd/yyyy): Required / / Phone #: \_\_\_\_\_  
Printed Full Name: required License/Cert. #: \_\_\_\_\_

**WV POST form: A Portable Medical Order**

Consistent with the National POLST form and in compliance with WV Code §16-30-1 *et seq.*

**Patient Full Name:**

**Patient's Emergency Contact.** (Note: Listing a person here does **not** grant them authority to be a legal representative.)

Full Name:

☐ MPOA Representative/surrogate

Phone #:

☐ Other emergency contact

Primary Care Provider Name:

Phone:

(       )

☐ Patient is enrolled  
in hospice

Name of Agency:

Agency Phone: (       )

Reviewed patient's advance directive to confirm no  
conflict with POST orders:  
(A POST form does not replace an advance directive or living will)

- ☐ Yes; date of the advance directive and POST reviewed: \_\_\_\_\_
- ☐ Conflict exists, notified patient (if patient lacks capacity, noted in chart)
- ☐ Advance directive not available
- ☐ No advance directive exists

Check everyone who participated in discussion: ☐ Patient with decision-making capacity ☐ Court-Appointed Guardian ☐ Parent of Minor  
☐ MPOA representative/Surrogate ☐ Other: \_\_\_\_\_

Professional Assisting Health Care Provider w/ Form Completion (if applicable):  
Full Name:

Date (mm/dd/yyyy):  
/ /

Phone #:  
(       )

This individual is the patient's: ☐ Social Worker ☐ Nurse ☐ Clergy ☐ Other:

**Form Information & Instructions**

- **Completing a POST form:**
  - Provider should document basis for this form in the patient's medical record notes.
  - MPOA representative/surrogate may be used to execute or void a POST form only if the patient lacks decision-making capacity.
  - Original (if available) is given to patient; provider keeps a copy in medical rec.
  - If a translated POST form is used during conversation, attach the translation to the signed English form.
  - **FAX completed form to the WV e-Directive Registry at 844-616-1415 so it may be available to health care providers in emergencies.**
- **Using a POST form:**
  - Any incomplete section of POST creates no presumption about patient's preferences for treatment. Provide standard of care.
  - No defibrillator (including automated external defibrillators) or chest compressions should be used if "No CPR" is chosen.
  - For all options, use medication by any appropriate route, positioning, wound care, and other measures to relieve pain and suffering.
- **Reviewing a POST form:** This form does not expire but should be reviewed whenever the patient:
  - (1) is transferred from one care setting or level to another;
  - (2) has a substantial change in health status;
  - (3) changes primary provider; or
  - (4) changes their treatment preferences or goals of care.
- **Modifying a POST form:** This form cannot be modified. If changes are needed, void form (see below) and complete a new POST form.  
**FAX new POST form to the WV e-Directive Registry at 844-616-1415 so it may be available to health care providers in emergencies.**
- **Voiding a POST form:**
  - **If a patient or MPOA representative/surrogate (for patients lacking capacity) wants to void the form:** destroy paper form and contact patient's health care provider and the WV e-Directive Registry to void orders in patient's medical record and the Registry.
  - **For health care providers:** destroy copy (if possible), note in patient record form is voided and notify the WV e-Directive Registry.
  - *If no new form is completed, note that full treatment and resuscitation may be provided.*
- **Additional Forms.** Can be obtained by going to [www.wvendlife.org/](http://www.wvendlife.org/) or by calling 304-293-0695.
- As permitted by law, this form may be added to a secure electronic registry so health care providers can find it.
- **Submitting a POST form (or any form) to the WV e-Directive Registry (if Opt-In Box is initialed)**
  - With the permission of patients or their legal agents, the WV e-Directive Registry houses and makes available to treating health care providers advance directive forms, do not resuscitate (DNR) cards, Portable Orders for Scope of Treatment (POST) forms, etc. The Registry makes patients' treatment wishes known to their providers so that they can be respected. By submitting forms to the e-Directive Registry, the patient can ensure their forms are available in the event of a health care emergency in order for medical wishes to be translated into patient care. More information is available at [www.wvendlife.org/wv-e-directive-registry](http://www.wvendlife.org/wv-e-directive-registry). FAX a copy of the POST form to the WV e-Directive Registry at 844-616-1415. Ensure the form is readable prior to faxing the form to the Registry. For questions, call 304-293-0695.

A copied, faxed, or electronic version of this form is a valid medical order.