



Medical Orders for Scope of Treatment

A process for documenting treatment preferences that is
Standardized • Efficient • Portable • Flexible • Updatable • Effective

The following is a brief summary of the MOST form and process. For detailed instructions on completing and following the form, please download the MOST Instruction Booklet from the Colorado Advance Directives Consortium website: www.ColoradoAdvanceDirectives.com, navigate to Links and Downloads, MOST Downloads.

The Medical Orders for Scope of Treatment is a 1-page, 2-sided document that **consolidates and summarizes patient preferences** for key life-sustaining treatments including: CPR, general scope of treatment, and artificial nutrition. The program was established by legislation (C.R.S. 18.7) in Colorado in 2010.

Persons may **refuse treatment, request full treatment, or specify limitations.**

The standardized form can be **easily and quickly understood** by patients, healthcare providers, and emergency personnel.

It is **primarily intended to be used by the chronically or seriously ill** person in frequent contact with healthcare providers, or already residing in a nursing facility.

The Medical Orders for Scope of Treatment is **completed by the patient or authorized healthcare agent in conversation with a healthcare professional**, then signed by the patient/agent and a physician, advanced practice nurse, or physician's assistant.

The physician/APN/PA signature **translates patient preferences into medical orders.**

The Medical Orders for Scope of Treatment "travels" with the patient and **must be honored in any setting**: hospital, clinic, day surgery, long-term care facility, ALR, hospice, or at home. The original is brightly colored for easy identification, but **photocopies, faxes, and electronic scans are also valid.**

The portability of the form **allows seamless documentation of treatment preferences and closes gaps** as patients transfer from setting to setting or experience delays in access to providers.

The latitude of authorized signers (physician/APN/PA) allows prompt documentation of preferences in **rural regions or areas where physicians and healthcare services are scant.**

Treatment preferences may be previously or more extensively documented in the patient's advance directives. **Completion of Medical Orders for Scope of Treatment does not replace or invalidate prior directives.** (In cases of conflict, please refer to the MOST Instruction Booklet for guidelines. Go to our website, www.ColoradoAdvanceDirectives.com, navigate to Links and Downloads, MOST Downloads).

A section on the back **prompts patients and providers to regularly review**, confirm, or update choices based on changing conditions.

The Medical Orders for Scope of Treatment is a variant of the Physician's Orders for Life-Sustaining Treatment, pioneered in Oregon in the early 1990s. Similar programs are now officially sanctioned in many states and in development in all but a handful (see www.polst.org for details and program contacts).

Extensive research indicates that the Medical Orders for Scope of Treatment program **greatly improves utilization of advance care planning and adherence to expressed wishes.** (See the *POLST* website, www.polst.org for references and research findings.)

The Medical Orders for Scope of Treatment program in Colorado is spearheaded by the **Colorado Advance Directives Consortium**, a multidisciplinary volunteer group including representatives from health care (hospital, hospice, long-term care), professional associations and statewide organizations (Colorado Medical Society, Colorado Bar Association, Colorado Center for Hospice & Palliative Care, Colorado Health Care Association, Colorado Hospital Association) government and social services (CDPHE, EMS, ombudsman, DRCOG, HCPF, legislators), healthcare ethics, elder law attorneys, and others.

The CADC also offers education on the MOST through a network of volunteer trainers. To schedule a presentation or learn about upcoming trainings, please contact the CADC through the Contact Us form on the website.

Abundant educational and informational materials can be found on the Colorado Advance Directives Consortium website: www.ColoradoAdvanceDirectives.com