Oregon’s path in eliciting, recording and respecting wishes across settings of care

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GOALS

1. The problem
2. The early history of the POLST Paradigm
3. Statewide Dissemination/Culture change
GOALS

4. Managing the message
5. Finding POLST orders in EMR/Registry
6. Overview of Registry Data
7. National Role out of the POLST Paradigm
WHY WAS POLST DEVELOPED IN 1990

[Map showing the United States with states highlighted in pink for Developing Programs and white for No Program (Contacts).]

- Developing Programs
- No Program (Contacts)
EFFECTIVENESS DATA

POLST USE IN SNF 1996

- 0/180 NH residents with POLST orders of DNR/comfort measures only received CPR/ICU
- 5% died in acute care hospital

JAGS 46:1097-1102, 1998
STATEWIDE DISSEMINATION

1. REGIONAL CONFERENCES FOR:
   - EMS
   - Long term care
   - Hospital
   - Hospice
   - Faith leaders

2. CHANGE AGENTS IN ACTIONS
PROVIDING
A UNIFORM MESSAGE

POLST is designed to honor the freedom of persons with advanced illness or frailty to have or to limit treatment across settings of care.
POLST

IS ENTIRELY VOLUNTARY

- No one has to complete a POLST
- Choice to have or limit treatments
- Revoke or change at anytime
- Comfort measures are always provided
By 2002 most Oregonians have written goals of care documents at the time of death

- 78% had a POLST form and/or advance directive
- 50% completed document in final year of life

JAGS 52:532-539, 2004 Virginia P Tilden, DNSc, Susan W Tolle, MD, Linda L Drach MPH, and Nancy A Perrin, PhD
What Kind of Physician Will You Be?
End-of-Life Care and Its Effect on Residency Training

February 6, 2012
Anita Arora, DMS Class 2012,
in collaboration with the Dartmouth Atlas of Health Care
## Variation in Resource Utilization

**Dartmouth Atlas 2003-2007**

<table>
<thead>
<tr>
<th>Hospital name</th>
<th>Percent of deaths occurring in hospital</th>
<th>Hospital days per patients, last six months of life</th>
<th>Physician visits per patient, last six months of life</th>
<th>Percent of deaths associated with ICU admission</th>
<th>Percent enrolled in hospice, last six months of life</th>
<th>Percent seeing 10 or more MDs, last six months of life</th>
</tr>
</thead>
<tbody>
<tr>
<td>NYU Medical Center</td>
<td>47.8</td>
<td>26.8</td>
<td>78.8</td>
<td>35.5</td>
<td>23.5</td>
<td>69.5</td>
</tr>
<tr>
<td>Cedars-Sinai Medical Center</td>
<td>51.4</td>
<td>23.0</td>
<td>81.8</td>
<td>39.7</td>
<td>22.5</td>
<td>64.5</td>
</tr>
<tr>
<td>OHSU Hospital</td>
<td>25.7</td>
<td>11.7</td>
<td>19.8</td>
<td>17.7</td>
<td>49.0</td>
<td>34.3</td>
</tr>
<tr>
<td>Dartmouth-Hitchcock Medical Center</td>
<td>35.3</td>
<td>10.6</td>
<td>20.7</td>
<td>17.5</td>
<td>26.9</td>
<td>36.9</td>
</tr>
</tbody>
</table>
CATEGORIES OF LIFE SUSTAINING TREATMENTS

Life-Sustaining Treatments Received (n = 1,606)*†

<table>
<thead>
<tr>
<th>Category</th>
<th>Percent Receiving Life-Sustaining Treatments</th>
</tr>
</thead>
<tbody>
<tr>
<td>POLST Comfort Measures</td>
<td>10%</td>
</tr>
<tr>
<td>POLST Limited Interventions</td>
<td>15%</td>
</tr>
<tr>
<td>POLST Full Treatment</td>
<td>20%</td>
</tr>
<tr>
<td>Traditional DNR</td>
<td>25%</td>
</tr>
<tr>
<td>Traditional Full Code</td>
<td>22%</td>
</tr>
</tbody>
</table>

* Analyses performed with subset of residents having the same orders in place for at least 60 days. For residents with POLST forms, only those with orders for medical interventions (Section B) were included.

† Life-sustaining treatments in Section B included hospitalization/ED visits, IV fluids, dialysis, transfusion, surgery/invasive diagnostic tests, chemotherapy/radiation, and intubation/ventilator support.
OHSU Epic EHR Snapshot

Verification of, and hyperlink to POLST document scans are available throughout the entirety of the EHR via the Patient Identification Bar.

Direct access to the POLST document scans are available via hyperlink on patient care "Snapshot".

The dating of the POLST documents electronically allows users to review the frequency of new or modified documentation, with the most recent first in view.
USING EMR EFFECTIVELY
Portland Providence Epic EHR Snapshot
OREGON POLST Registry Data
FIRST YEAR OF OPERATION

➢ 25,142 people enrolled in first year of operation

➢ 86% were age 65 or older

JAMA: Fromme et al Jan 4, 2012
OREGON POLST REGISTRY DATA

- 28% wish to receive CPR
- 72% had a “Do Not Resuscitate” order
- 50% of patients who had a DNR order wanted to be hospitalized

JAMA: Fromme et al Jan 4, 2012
OREGON POLST REGISTRY
APRIL 2013

- 109,813 registrants
- 2000 calls in time of crisis
- Loading 3,500 forms/month about 500 are revisions
Pathways to POLST Registry Development: Lessons Learned

Dana M. Zive
Terri A. Schmidt

On behalf of the National POLST Paradigm Task Force

www.polst.org
www.orpolst.org
www.oregonpolstregistry.org
National POLST Paradigm Programs

*As of May 2013

Mature Programs
Endorsed Programs
Developing Programs
POLST-Like Programs
No Program (Contacts)