

The Nevada POLST Form Section-by-Section

Nevada POLST Side One: Medical Orders

Section C: Artificially Administered Nutrition & Fluids

C	ARTIFICIALLY ADMINISTERED NUTRITION & FLUIDS – offer food & fluids by mouth if feasible or desired
	<input type="checkbox"/> Long term artificial nutrition or feeding tube <input type="checkbox"/> Artificial nutrition/feeding tube trial no longer than _____ <input type="checkbox"/> No artificial nutrition or feeding tube <i>Other Instructions:</i> _____
	<input type="checkbox"/> IV fluids trial no longer than _____ <input type="checkbox"/> No IV fluids

Food and fluids should ALWAYS be offered by mouth if feasible and desired by the patient.

Artificial Nutrition

Patients may choose between three options related to artificial nutrition:

- Long-term artificial nutrition or feeding tube. Studies have shown that for individuals with late stage dementia or advanced terminal diseases, pneumonia and pressure ulcers are not prevented with tube feeding.
- Trial period of artificial nutrition, including feeding tube specifying the maximum duration. Also, artificial nutrition includes Total Parenteral Nutrition, or TPN.
- No artificial nutrition or feeding tube.

Patients should understand that near the end of life the body may not be able to process foods and fluids. Instead of helping, they may create more discomfort or complications. Consider discussing bowel impactions and aspiration.

Artificial fluids

Patients may choose between two options related to fluids:

- A trial of IV fluids specifying a maximum duration
- No IV fluids

Patients should understand that near the end of life the body may not be able to process fluids. Instead of helping, they may create more discomfort or complications. Consider discussing third-spacing, fluid accumulation in the lungs and aspiration.