

The Nevada POLST Form Section-by-Section

Nevada POLST Side One: Medical Orders

Section A: CPR

A Choose 1	CARDIOPULMONARY RESUSCITATION (CPR) – Patient/resident has no pulse and is not breathing
	<input type="checkbox"/> Attempt Resuscitation (CPR) – Requires choice of Full Treatment in Section B <input type="checkbox"/> Do Not Attempt Resuscitation (No CPR) - Allow Natural Death When not in cardiopulmonary arrest follow orders in Section B and C

Section A addresses a patient’s desire for resuscitation. Patients should understand that when the heart stops and breathing ceases, the patient has died. There may be a chance to “bring them back”, but the statistics regarding success and return to previous function, considering this patient’s particular situation, should be discussed.

There are two options:

- **Attempt Resuscitation (CPR)**

If this option is checked, then Section B - Full Treatment should also be checked to assure intubation and cardioversion are attempted.

It is also important to explain the implications of CPR for your specific patient. Considering their current general health status, they should understand how resuscitation may affect both the quality and quantity of additional life expectancy. Topics to discuss may include the results of chest compressions (broken or cracked ribs and associated discomfort), intubation preventing speech and potential dependency, and ICU admission as well as other treatments. Patients should be provided statistics of successful CPR for patients in their condition.

This website has patient information handouts and other resources to help explain many of these options. Go to Patients and Families: Handouts.
(<http://www.nevadapolst.org/decisionguide>)

- **Do Not Resuscitate (Allow Natural Death)**

If this box is checked, the patient should be made comfortable in whatever setting they are currently located. *They should not be transferred* to a facility, unless comfort cannot be met in their current setting. The POLST is a medical order; a State-issued DNR Identification is not required, but still valid. To help patients make a decision, this website has many resources to explain these choices. You may want to print out patient information handouts and/or refer them to other resources on this website. Go to Providers/Facilities:Resources:Patient Handouts.
(<http://www.nevadapolst.org/decisionguide>).

- If a patient is experiencing a health crisis, but is not in cardiopulmonary arrest, then refer to Section B for additional options.