

POLST Conversation & Preparation Worksheet

New Hampshire / For patients, families and clinicians

NOT A VALID POLST OR MEDICAL ORDER — FOR DISCUSSION ONLY

This worksheet is not the official New Hampshire POLST form. It cannot be used to direct emergency medical care, authorize a DNR, or replace an advance directive. An authorized New Hampshire clinician must complete and sign the official POLST medical order after discussing goals of care with the patient or authorized representative.

Patient and discussion details

Patient name: _____ Date of birth: _____

Discussion date: _____ Clinician: _____

Patient / authorized representative: _____

A. CPR if the heart stops and breathing stops

- ☐ Discuss attempting CPR (chest compressions, defibrillation and possible breathing machine).
- ☐ Discuss allowing natural death without attempting CPR (DNR).

Questions or values important to the patient:

B. Treatments if the patient still has a pulse or is breathing

- ☐ Full treatment, including intensive care when medically appropriate.
- ☐ Selective treatment: treat potentially reversible problems while generally avoiding intensive care.
- ☐ Comfort-focused treatment: prioritize relief of symptoms and comfort.

Discuss hospitalization, antibiotics, IV fluids, breathing support, and time-limited trials.

C. Other treatments to discuss

- ☐ Dialysis, transfusions, or other condition-specific interventions.
- ☐ When to transfer to the hospital versus provide care at home or the facility.

D. Food, fluids, and medically assisted nutrition

- ☐ Eating and drinking by mouth when safe, desired and tolerated.
 - ☐ Feeding tube, no feeding tube, or a time-limited trial — discuss benefits and burdens.
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Questions for the clinician

- ☐ What outcomes are realistic given the person's illness and frailty?
- ☐ Which treatments might improve comfort, and which might add burdens?
- ☐ Who has authority to make decisions if the patient loses capacity?
- ☐ Where will the signed official POLST be kept and how will EMS access it?
- ☐ When should the orders be reviewed or changed?

Important New Hampshire instructions

- New Hampshire's official POLST is generally printed on yellow stock and must be signed by an authorized physician, APRN or physician assistant. A completed worksheet is not valid.
- The official POLST can constitute a portable DNR only when the required New Hampshire language and other requirements are met. Ask the treating clinician whether a separate pink portable DNR is also appropriate.
- Discuss choices with the clinical team. Keep the official signed order accessible, and share copies with relevant care teams.

Official form and information

Foundation for Healthy Communities — Portable Medical Orders: <https://healthynh.org/initiatives/advance-care-planning/portable-medical-orders/>

New Hampshire official POLST SAMPLE (marked invalid; reference only): <https://healthynh.org/wp-content/uploads/2023/06/New-Hampshire-POLST-2023-INVALID-6-14-23.pdf>

To obtain official clinical forms, contact the Foundation for Healthy Communities or your treating healthcare organization.