

# COMPASSCARE – FACT SHEET

## ADVANCE DIRECTIVE/OUT-OF-HOSPITAL DNR/MOLST

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VERISON 1.0

# Fact Sheet

## *Advance Directive / Out-of-Hospital DNR / MOLST*

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At Compass Care, our goal is to provide the highest quality homecare in the industry, and this includes having all of the information we need to be able to advocate for your loved one should an emergency situation arise. We want to give you the peace of mind that your families personal health care decisions will be both communicated and honored.

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*CompassCare is a concierge private duty home care company. Founded by a world-renowned geriatrician and managed by seasoned gerontologists, we offer the highest quality homecare services for older adults. Our clinical leadership has contributed directly to the scientific literature on care for older people and all clients of CompassCare are afforded that expertise in their homes. We use evidence and research based interventions along with many decades of practical experience to provide our clients with a strong and nurturing caregiving relationship.*

*7 Choices™ is only one tool designed by CompassCare to help you and your family really share your personal wishes and desires with your health care team.*

# Advance Directive

## WHAT IS AN ADVANCED DIRECTIVE?

*An Advanced Directive typically refers to two documents: (1) A **Living Will** and the naming of (2) a **Health Care Proxy** (sometimes also called a **Durable Power of Attorney for Health Care**).*

*The **Health Care Proxy** is a person whom you have appointed who can make health care decisions for you if you are unable to do so yourself.*

*A **Living Will** is a companion document to the health care proxy that provides written instructions about your health care wishes (including end-of-life care) and can help to guide your health care proxy as not all healthcare situations can be precisely anticipated. A **Health Care Proxy** becomes effective when you are unable to make your own decisions.*

*An advanced directive is recommended for all adults, regardless of health status.*

# Out-Of-Hospital DNR (Do Not Resuscitate)

## WHAT IS AN OUT-OF-HOSPITAL DNR?

*This is a legal form that allows emergency medical professionals NOT to start lifesaving procedures such as cardiopulmonary resuscitation (CPR), advanced airway management, artificial ventilation, defibrillation, or transcutaneous cardiac pacing. Lifesaving procedures are started when someone has stopped breathing or whose heart has stopped beating. An out of hospital DNR does not mean that other important and potentially lifesaving interventions are not given (e.g., intravenous fluids, medications for stroke, etc.).*

## WHAT IS THE DIFFERENCE BETWEEN AN IN-HOSPITAL DNR AND AN OUT-OF-HOSPITAL DNR?

*An in-hospital DNR order instructs hospital staff not to have CPR (cardiopulmonary resuscitation) if your heart stops or if you stop breathing while you are a patient in a hospital or other medical facility. An out-of-hospital DNR is for people who do not want to be resuscitated if they have problems at home or anywhere outside of a medical facility. It tells emergency medical professionals including emergency medical services (EMS), nursing home staff, emergency room staff, and home caregivers not to resuscitate you.*

## WHERE CAN I GET AN OUT-OF-HOSPITAL DNR?

*An out-of-hospital DNR is a document that is typically obtained in your physicians' office and must be signed by your primary care physician and then given to you so that you can properly display the document in your home. You may also be issued a bracelet or necklace indicating that you have such an order. In order to get an out-of-hospital DNR you must be terminally ill or of an advanced age.*

## HOW DOES AN OUT-OF-HOSPITAL DNR WORK?

*If 911 is called for a person who is unresponsive or not breathing, emergency medical services (EMS) will check for an out-of-hospital DNR order with original signatures or an out-of-hospital DNR bracelet or necklace. If you have either document or bracelet, a DNR gives EMS permission not to perform CPR. If you do not have proper documentation, EMS must perform CPR as guided by the law.*

# MOLST – Medical Orders for Life Sustaining Treatment

## WHAT IS A MOLST?

*Often used in patients with more advanced serious illnesses, A MOLST form allows doctors to record your wishes regarding treatments commonly used in a medical crisis including CPR, mechanical intervention, and other life sustaining treatments on one form as a physician order. It is similar to a DNR order. A MOLST serves as a “physician order form” and can be transferred with you from one health care setting to another. The MOLST form is meant to help centralize your end-of-life wishes and summarize your advance directives but is not intended to replace your Health Care Proxy form or Living Will. A MOLST order should show what treatments you want now, in your current state of health. The original MOLST form must always remain with you.*

*A MOLST complements an advanced directive but does not replace it.*

## WHERE CAN I GET A MOLST?

*Generally obtained in a physician’s office or a hospital or other health care physician, a MOLST form is intended to be completed after careful advance-care planning conversations between patients and their healthcare professionals. A MOLST order must be completed and signed by the healthcare professional accountable for the medical orders.*

*If you need more information regarding advance directives, you can visit the following website which has Health Care Proxy, Living Will, MOLST, and DNR forms available:*

NY: <https://aq.ny.gov/sites/default/files/advancedirectives.pdf>

CT: <https://portal.ct.gov/DMHAS/Programs-and-Services/Advocacy/Advance-Directives>

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