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*Information for You from Your Health Care Team*

## **MOLST**

### **Medical Orders for Life Sustaining Treatment**

#### **What is the MOLST?**

The MOLST (Medical Orders for Life Sustaining Treatment) form is a medical order form for telling others your wishes for life-sustaining treatments. The form is on bright pink paper so it can be easily identified in case of an emergency. You can use the MOLST form when you have a serious health condition.

#### **Who should have a MOLST?**

You should ask your doctor if the MOLST is right for you. You should consider it if you:

- Might die within the next year.
- Reside in a long term care facility.
- Reside in the community and need long term care services.
- Want to avoid some or all life-sustaining treatments.

#### **How do I complete a MOLST?**

1. A health care professional must complete the MOLST form based on your desires and current medical condition.
2. A medical doctor licensed in New York State must sign the MOLST form.
3. You or your spokesperson must sign the MOLST form.

#### **Who keeps my MOLST?**

You keep the original MOLST form as you travel to different care settings. At home, keep the MOLST form on the refrigerator door, by the phone in the kitchen or by your bedside. A copy of the MOLST form should be kept by your doctors in all settings at which you receive care.

# MOLST

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## Examples of Life-Sustaining Treatments:

- Cardiopulmonary resuscitation (CPR)
- Mechanical ventilation
- Future hospitalizations
- Feeding tubes
- Antibiotics

## How is MOLST different than a Health Care Proxy / Living Will?

### MOLST

- For those who have a serious health condition or are nearing the end of life.
- Applies *Right Now*.
- If you lose your ability to make decisions, the form is valid and used.
- Contains medical orders that reflect your wishes about life-sustaining treatments.

### Health Care Proxy / Living Will

- For all adults.
- Completed ahead of time.
- Applies only when you cannot speak for yourself.

## Common Terms:

**Artificial nutrition and hydration:** When a person can no longer eat or drink on their own, liquid food or fluids can be given to them by tube.

**Cardiopulmonary resuscitation (CPR):** Attempts to restart breathing and the heartbeat of a person who has no heartbeat or has stopped breathing. CPR involves “mouth-to-mouth” breathing and forceful pressure on the chest to restart the heart. Usually involves electric shock (defibrillation) and a plastic tube down the throat into the windpipe to assist breathing (intubation).

**Comfort measures:** Medical care provided with the primary goal of keeping a person comfortable rather than prolonging life. Comfort measures are used to relieve pain and other symptoms.

**Intravenous (IV) fluids:** A small plastic tube (catheter) is inserted directly into the vein and fluids are given through the tube.

**Mechanical ventilation/respiration:** A plastic tube is put down the throat to help breathing. A machine pumps air in and out of the lungs through the tube when a person is no longer able to breathe on their own.

Speak up if you have any questions or concerns