

# WHAT IS POST?

The Physician Orders for Scope of Treatment (POST) is a medical order form that is used for someone who has been diagnosed with a serious or life-limiting illness and does not expect to live beyond a year. It can also be used for someone with early dementia who expects to lose the ability to make decisions within the next year.

POST lets the health care provider know your treatment choices and guides your care if you are unable to speak for yourself. It turns your wishes into a medical order that your health care team can follow.

## THE POST FORM:

- Guides treatment decisions if you cannot speak for yourself.
- Informs the health care team of the treatments you do want or do not want to receive.
- Is completed by your doctor, nurse practitioner or physician assistant after an in-depth conversation with you, your Health Care Power of Attorney and/or your loved ones.
- Is not an advance directive such as a Health Care Power of Attorney or Living Will, and is not meant to replace them.
- Is always voluntary, and the original form should remain with you. Copies are legal.

## UPDATE POST WHEN:

POST can be voided or changed at any time. Your health care provider must be told of any changes to your wishes, and a new form completed. The POST form should be reviewed when any of the following occur:

- You are moved from one setting to another (home to hospital, hospital to rehab or other facility, etc.).
- There is a major change in your health status.
- Your treatment choices change.

## STORING YOUR POST:

A good place to keep the POST form is on the side of your refrigerator or over the head of your bed if you are homebound. Give a copy to your health care provider, your Health Care Power of Attorney and/or loved ones. It is also recommended that you ask your health care provider to place your POST form on the My Life My Choices eRegistry, which is a safe and secure storage site where other registered healthcare providers, can access your POST form so that your health care wishes are honored.

**MORE INFO: [MYLIFEMYCHOICES.ORG/POST](https://mylifemychoices.org/post)**





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