What is the WV POST program?

- **A process** – part of your advance care plan to document your wishes
- **A conversation** – talk with your health care provider about your wishes and medical condition
- **A portable medical order form** – the form puts your wishes into medical orders so that health care providers know and respect them when you cannot speak for yourself

What should be discussed in the POST conversation?

- **Your diagnosis**. What illness(es) or medical conditions do you have?
- **Your prognosis**. What is the likely to happen over time with your medical condition? How serious is it? How long might you have to live?
- **Treatment options**. Given your condition and how serious it is, what are your treatment choices? How would they help? What are the side effects?
- **Goals of care**. What is important to you? What makes life worth living for you? What would you NOT want?

What is a POST form? The POST form is a medical order that helps health care providers know and honor the treatment wishes of individuals who are considered to be at risk for a life-threatening event.

The POST form tells them what you want such as:

- “Take me to the hospital” or “I want to stay here”
- “Yes, attempt CPR” or “No, don’t attempt CPR”
- “These are the medical treatments I want”
- “This is the care plan I want followed”

Who can honor a POST form as a health care provider? The POST form can be honored by all health care providers including the rescue squad (EMS) and the emergency department.

How is a POST form different from an advance directive or do-not-resuscitate (DNR) card? A POST form provides specific treatment directions and is completed with a health care provider. The POST form is more specific than advance directives and has more options than a DNR card.

During emergencies, EMS and emergency department providers can only follow medical orders such as a POST form. If someone does not have a medical order, EMS providers will attempt everything possible to keep you alive, including CPR.

Who should get a POST form? Anyone who has a serious life-limiting medical condition which may include advanced frailty. WV POST is for the **seriously ill or very frail**.
Why should I complete a POST form? The WV POST form provides more information and choices than advance directives and a DNR order alone. The WV POST form can be honored by EMS providers in the event of an emergency. Without a medical order, EMS providers cannot honor wishes not to be resuscitated if your heart stops beating.

When should a POST form be completed? The WV POST form should be completed after a conversation with your health care provider and only if you are seriously ill or very frail.

How do I get a POST form? Because the POST form is a medical order and must be completed with a health care provider, you should contact your health care provider to complete a POST form. Under the law, you and your health care provider must both sign the POST form.

You should discuss the various treatments on the form with your health care provider and then review it before signing it to make sure the orders are what you want.

Where do I keep my POST form? When you go to the doctor or hospital, take the POST form with you. If you live at home, you should keep the POST form on your refrigerator. If you live in a nursing home or personal care home, your form will be kept in the front of your medical chart. If you are a patient in the hospital, your form will be kept in your medical chart during your stay. Make sure you take your POST form home with you when you are discharged from the hospital or nursing home.

Send your POST form to the WV e-Directive Registry so that your wishes will be known and available in emergencies. Learn more: http://wvendoflife.org/wv-e-directive-registry/

If I complete a POST form and later change my mind, can I change my wishes on the POST form? Absolutely! The POST form can be updated whenever there is a change in your medical condition or if you change your wishes for medical care. Your health care provider should also review your POST form with you any time you get sick and are admitted to the hospital. You can cancel your POST form by writing “VOID” across it and informing your health care provider and WV e-Directive Registry of the change.