

Colorado MOST

10 Things to Know



For more information, visit:

[CIVHC ACP - www.civhc.org/programs-and-services/most-program/](http://www.civhc.org/programs-and-services/most-program/)

[National POLST - www.polst.org](http://www.polst.org)

1. MOST is more than just a form...it's a tool that translates conversations into Medical Orders.

- MOST is a vehicle to talk about an individual's PREFERENCES for care.
- The conversation should discuss goals of care and consider current diagnosis, prognosis, and treatment options.

2. MOST form is NOT an advance directive.

- MOST is a Medical Order Set.
- Medical orders are immediately effective.
- MOST form should align with advance directives.

3. MOST form is NOT for everyone.

- MOST form is for patients at risk for a life-threatening clinical event because they have a serious life-limiting medical condition, which may include advanced frailty.

4. MOST form does not have to be the original to be valid.

- Photocopy, fax, or electronic images of the signed MOST form are legal.
- Green paper is strongly encouraged, but not required.

5. MOST form does not have to be entirely filled in to be valid.

- It is OK if Section A, Section B, or Section C is left blank.
- If a section is left blank, full treatment is implied.

6. Healthcare professionals and EMS must follow the MOST form.

- MOST is a portable, out-of-hospital medical order set that must be honored in all settings.
- Providers should follow valid MOST forms from other states as well.

7. Doctors, APNs, or PAs can sign the completed form, and others can help with the process.

- Trained healthcare professionals, such as social workers and chaplains, can help with conversations and completing the form.
- A physician, advanced practice nurse, or physician assistant must sign.

8. Verbal orders for the MOST form can be given.

- Verbal orders are acceptable with follow-up signature, aligned with facility policy, but not to exceed 30 days.

9. MOST form should be reviewed routinely, and changed as appropriate.

- MOST forms need to be voluntarily updated.
- Patients or decision makers can review and revise the MOST form in consultation with healthcare providers.

10. Residents are not required to complete a MOST form for an assisted living residence or nursing home.

- Having a MOST form is always VOLUNTARY.
- MOST forms cannot be required upon admission.
- A new MOST is also NOT required if the resident moves into a new care setting.