



IMPORTANT MESSAGE

TO: Primary Care Physicians
FROM: Albert Young, M.D., MPH; Chief Medical Officer
DATE: June 21, 2017
SUBJECT: Advanced Health Care Directive and POLST (Physician Orders for Life-Sustaining Treatment Paradigm)

Dear Primary Care Physician,

Advanced directives are legal documents that allow members to spell out their decisions about end-of-life care ahead of time. They give members a way to communicate wishes to family, friends, and health care professionals and to avoid confusion later on.

As an example, 70 percent of Californians want to be at home at end of life. Although most individuals say they would prefer to die at home, many die in hospitals where they often receive highly aggressive care. Statistics show that only 10 percent of Californians talk about end of life care with their doctors.

The Federal Patient Self Determination Act (enacted in 1990)¹ and California Code of Regulations Title 22 addresses the rights of health (including mental health) care users to stipulate in advance how they would like to be treated by health care providers when they are incapacitated. Under this federal law, an advance directive is defined as a written instruction, such as a living will or durable power of attorney for health care, recognized under state law (whether statutory or as recognized by the courts of the State), relating to the provision of health care when the individual is incapacitated.²

Certain provider entities must comply with the laws in order to receive Medicare or Medicaid payment from the federal government. Primary Care Providers are included and must offer and document in the patient's medical record whether or not the patient has executed an advance directive (including a psychiatric advance directive).

In order to ensure compliance, Allied Pacific IPA would like to provide you and your staff with training and resources to offer and complete an Advanced Health Care Directive or POLST (frail/seriously ill) for your members. Forms are available on following links:

- POLST forms in several languages - <http://capolst.org/polst-for-healthcare-providers/forms/>
- POLST quick reference guide- <http://capolst.org/polst-for-healthcare-providers/polst-quick-reference-for-physicians/>
- End-of-life planning (Advanced Directive)- https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNProducts/Downloads/MPS_QRI_IPPE001a.pdf

AHCD	POLST
<ul style="list-style-type: none">• For anyone 18 and older• General instructions for treatment• Appoints decisionmaker	<ul style="list-style-type: none">• For seriously ill/frail• Physician orders for medical treatment• Can be signed by decisionmaker

Should you have any questions or concerns regarding this matter, please feel free to contact Provider Relations via email ProviderRelations.Dept@nmm.cc or Rayna Hurdle, Director Quality Management 626-943-6207, rayna.hurdle@nmm.cc.

¹ The Patient Self Determination Act, Pub. L. No. 101-508, §§ 4206 & 4751, 104 Stat. 1388 (codified at 42 USC §§ 1395cc(f), 1396a(w) (1994)).

² 42 USC § 1395cc(f)(3)