



**STATE OF WASHINGTON**  
**DEPARTMENT OF SOCIAL AND HEALTH SERVICES**  
*Aging and Long-Term Support Administration*  
*PO Box 45600, Olympia, WA 98504-5600*

November 8, 2016

**AL TSA: ALF #2016-017**  
**POLST TRAINING**

Dear Assisted Living Facility Administrator:

The department, in collaboration with Leading Age Washington, The Training Partnership, Washington Health Care Association, Adult Family Home Council and Washington State Medical Association has created a training for caregivers following Section A of the Physician's Order for Life Sustaining Treatment (POLST). The POLST form is a physician's order which outlines a person's preference for care based on current condition and prognosis, and Section A of the POLST indicates whether or not s/he wants Cardiopulmonary Resuscitation (CPR) when s/he has no pulse and is not breathing.

One point five (1.5) hours of continuing education credits will be awarded upon successful completion of this course. The learning outcomes for this training are:

- The student will be able to discuss or explain the purpose of a POLST.
- The student will be able to identify the location of the POLST for each resident/client.
- The student will be able to explain the importance of protecting the resident's privacy, maintaining confidentiality, and how those issues relate to the POLST.
- The student will be able to discuss the relevance of section A of the POLST form and how it relates to their knowledge of the resident/client's code status.
- The student will be able to verbalize his/her roles and limitations in supporting the resident's end-of-life decisions as outlined in the POLST form.
- The student will be able to identify their policies and procedures related to responding to an emergency and following the wishes of residents/clients in the setting in which they work.
- The student will be able to differentiate between the information pertaining to the resident's/client's end of life treatment wishes versus everyday treatable conditions that may occur and need standard first response care. Specifically, this means that user will note that their responses regarding POLST involve whether or not to initiate CPR—not if patient has DNAR noted on POLST—but that other situations require them to call 911 or initiate standard first response care.

Dear ALF Administrator  
November 8, 2016  
Page 2

This training is designed to enhance the POLST policy established in each assisted living facility. Because the training is specific to each assisted living facility, it is recommended that caregivers may retake this course in each location they work. To receive this training, someone in your facility must apply with the department to add this continuing education course to the training program.

- An assisted living facility should have established policy in place prior to offering this POLST training. Each facility must have a policy per WAC 388-78A-2600 regarding what procedure staff must follow in a medical emergency. The POLST policy might be a part of a larger policy and does not necessarily need to be a policy of its own.
- To become an approved instructor to teach the staff in your facility you must submit your Training Program Application (TPA) or TPA update.
  - Forms are available online at <https://www.dshs.wa.gov/altsa/hcs/training/afh-alf>.
  - Approved instructors will receive an electronic training package.
  - General CE information can be found at: <https://www.dshs.wa.gov/altsa/training/continuing-education-ce>

If you have questions, please contact Home and Community Services Training Unit at 360-725-2550 or [trainingapprovalTPA@dshs.wa.gov](mailto:trainingapprovalTPA@dshs.wa.gov).

Sincerely,



Candace Goehring, Director  
Residential Care Services

*"Transforming Lives"*