



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: NH #2016-036
POLST TRAINING

Dear Nursing Facility/Home 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 (1) hour 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.

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To become an approved instructor to teach the staff in your facility you must submit your training program application (TPA) or TPA update online at <https://www.dshs.wa.gov/altsa/hcs/training/afh-alf>. Approved instructors will receive an electronic training package.

If you have questions, please contact Home and Community Services Training Unit (360) 725-2550.

Sincerely,

A handwritten signature in black ink that reads "Candace Goehring". The signature is written in a cursive style with a large, sweeping flourish at the end.

Candace Goehring, Director
Residential Care Services

"Transforming Lives"