

Excellus BlueCross BlueShield

Medical Orders for Life-Sustaining Treatment, a Community-wide End-of-life/Palliative Care Initiative

MOLST

MEDICAL ORDERS FOR LIFE-SUSTAINING TREATMENT

A POLST Paradigm Program



Dr. Patricia Bomba, Excellus BlueCross BlueShield's vice president and medical director, Geriatrics, has led the development and implementation of several initiatives in upstate New York that have raised awareness of the importance of completing advance care directives. She was a keynote speaker at a Southern Tier Center on Aging seminar, where she presented an award to a local caregiver for compassionate care given at an individual's end of life.

Excellus BlueCross BlueShield (Excellus) enables individuals nearing the end of life to receive quality care that honors their clearly stated preferences, while also supporting their families. Initiatives include healthcare proxies, advance care planning and the **Medical Orders for Life-Sustaining Treatment (MOLST)** to encourage family discussion. The MOLST, for seriously ill patients, defines treatment preferences based on patients' goals for care and follows them through the healthcare system. Excellus collaborates with community coalitions statewide and nationally.

Since 2001, Excellus has led the development and implementation of the MOLST. Partnering with the New York State Department of Health in 2004, the movement intensified with passage of the Family Health Care Decisions Act (FHCDA) in 2010. The CompassionAndSupport.org website provides information to families and healthcare professionals for discussion and documentation of end-of-life wishes. The educational series, Community Conversations on Compassionate Care, has helped thousands of New Yorkers complete their own, and assist with their loved ones' advance care directives.

In 2010, the following milestones were achieved:

- Launched MOLST Statewide Implementation Team.
- Aligned MOLST with FHCDA.
- Developed and streamlined MOLST instructions/checklists and documentation forms for providers.
- Developed eMOLST, an electronic version.
- Developed checklists for adult and minor patients and for persons with developmental disabilities without medical decision-making capacity.
- Revised advance care planning booklet to include the new MOLST.
- Launched webinars.



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