



MOLST

Medical Orders for Life Sustaining Treatment

What is the MOLST?

MOLST (Medical Orders for Life Sustaining Treatment) is a medical order form. MOLST tells others your wishes for life-sustaining treatments. The form is on bright pink paper so it can be easily identified in case of an emergency. You use MOLST when you have a serious health condition.

Who should have a MOLST?

You should ask your doctor if the MOLST is right for you. You should consider it if you:

- Reside in a long term care facility.
- Reside in the community and need long term care services.
- Might die within the next year.
- Want to avoid some or all life-sustaining treatments.

How is MOLST completed?

1. A health care professional must complete the MOLST form based on your desires and current medical condition.
2. A medical doctor licensed in New York State must sign the MOLST form.
3. You or your spokesperson must sign the MOLST form.

Examples of Life-Sustaining Treatments:

- Cardiopulmonary resuscitation (CPR)
- Mechanical ventilation
- Future hospitalizations
- Feeding tubes
- Antibiotics

Who keeps my MOLST?

You keep the original MOLST form as you travel to different care settings. At home, keep the MOLST form on the refrigerator door, by the phone in the kitchen or by your bedside. A copy of the MOLST form should be kept by your doctors in all settings at which you receive care.



NY State Residents



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How is MOLST different than a Health Care Proxy or Living Will?

MOLST

- For those who have a serious health condition or are nearing the end of life
- Applies right now
- If you lose your ability to make decisions, the form is valid and used
- Contains medical orders that reflect your wishes about life-sustaining treatments

Health Care Proxy or Living Will

- For all adults
- Completed ahead of time
- Applies only when you cannot speak for yourself

Common Terms:

Artificial nutrition and hydration: When a person can no longer eat or drink, liquid food or fluids can be given by tube.

Cardiopulmonary resuscitation (CPR): Attempts to restart breathing and the heartbeat of a person who has no heartbeat or has stopped breathing. CPR involves “mouth-to-mouth” breathing and forceful pressure on the chest to restart the heart. Usually involves electric shock (defibrillation) and a plastic tube down the throat into the windpipe to assist breathing (intubation).

Comfort measures: Medical care provided with the primary goal of keeping a person comfortable rather than prolonging life. Comfort measures are used to relieve pain and other symptoms.

Intravenous (IV) fluids: A small plastic tube (catheter) is inserted directly into the vein and fluids are given through the tube.

Mechanical ventilation/respiration: If a person is unable to breathe, a tube is placed down the throat and connected to a machine that pumps air into and out of the lungs.

As part of The Community-Wide End of Life/Palliative Care Initiative, we are pleased to produce this brochure.

For copies of the MOLST form, please contact Customer Service at Excellus BlueCross BlueShield or visit excellusbcbcs.com or www.compassionandsupport.org.

For more information about this initiative, please contact Dr. Patricia Bomba at (585)238-4514, call toll free 1(877)718-6709 or email patricia.bomba@lifethc.com.



Compassion and Support
at the End of Life