



Patient Guide to Medical Orders for Life Sustaining Treatment (MOLST)



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What is MOLST?

MOLST (Medical **O**rders for **L**ife-**S**ustaining **T**reatment), is a process and medical order that gives you more control over your end of life care. It specifies the types of treatments that you wish to receive or not receive toward the end of your life. Completing a MOLST form encourages communication between you and your health care practitioner and that enables you to make more informed decisions. The MOLST form documents those decisions in a clear manner that can quickly be understood by all providers, including first responders and emergency services personnel. As a result your wishes can be honored across all settings of care. The MOLST program is being pilot tested under the direction of the CT Department of Public Health for one year. These guidelines pertain to this Pilot Program. You have been asked if you would like to be a Pilot Program participant.

What information about my wishes for medical treatment is on the MOLST form?

- Whether or not to attempt cardiopulmonary resuscitation
- Whether you want to be or not be hospitalized and under what conditions
- Whether you want-full, limited or comfort treatment

When would I need a MOLST form?

- The decision to create a MOLST should be discussed with your health care provider.
- The MOLST form is only intended for a person who is approaching the end stage of a serious life limiting illness such as terminal cancer or is in a condition of advanced chronic progressive frailty.

Does the law require that I complete a MOLST?

No. MOLST is voluntary.

Why is the MOLST form lime green?

The MOLST form is completed on a distinctive bright lime-green form. The bright color is to make the form quickly visible to families and emergency medical services personnel.

In what setting is the MOLST form used?

The completed, signed MOLST form is a medical order that will remain with you if you are transported between care settings, regardless of whether you are in the hospital, at home or in a long-term care facility. The MOLST form is designed to be used to convey your medical orders to healthcare providers including paramedics who arrive after 9-1-1 has been called.

Does the MOLST form travel with me between settings of care?

Yes, the MOLST form is designed to be a standard form that may be accepted by participating pilot program providers. As a legal medical order, it can be honored by EMS, hospitals, long term care facilities and home care hospice providers and included in your medical records.

Does the MOLST form need to be signed?

Yes. You, or if you are incapacitated, your Legally Authorized Representative (LAR) and your Medical Doctor/Doctor of Osteopathy (MD/DO) Advanced Practice Registered Nurse (APRN) or Physician Assistant (PA) must sign the form in order for it to be a “Provider Order” that is understood and followed by other health care providers, including EMS personnel. During the pilot program, the form must also be signed by a witness.

What is a Legally Authorized Representative (LAR)?

A Legally Authorized Representative is someone who is legally authorized to decide whether you will participate in the MOLST pilot program. The LAR can legally sign a MOLST for you when you are not able to make decisions for yourself.

- A legally authorized representative can be your parent, guardian or health care representative.
- A health care representative is a person appointed in writing under CT General Statutes §§19a-576 and 19a-577 to make any and all health care decisions on a person’s behalf when the person is unable to communicate his or her decisions about medical care.

What if I am no longer able to communicate my wishes and I do not have a MOLST?

Your MD/DO, APRN or PA can complete the MOLST form with your (LAR) based on his or her understanding of your wishes.

I have a DNR Bracelet. Will it still be honored by Emergency Medical Services (EMS)?

Yes, the DNR Bracelet is still a valid method to communicate a person’s wishes to forgo cardio-pulmonary resuscitation.

If I have a MOLST Form do I still need a living will or similar advance health care directive (AHCD)?

It is recommended that everyone have a living will or similar AHCD and appoint a health care representative (HCR). The MOLST form complements the AHCD and documents the decisions made following a conversation between you and your health care provider about the preferences for the type of medical care that you want or do not want and under what conditions.

Where is the MOLST form kept?

Your MOLST Form is your personal property. If you live at home, you should keep the original lime green MOLST form in a location where it can easily be seen. The ideal place is on your refrigerator where EMS personnel will look for it first. If you reside in a long-term care facility or other type of facility, your MOLST form may be kept in your medical chart along with other medical orders.

Where can I get a MOLST form?

Participating hospitals, nursing homes, home health and hospice providers in the pilot program have blank original forms. Talk to your health care provider who can help you in understanding and completing the form. Remember, the MOLST form must be signed by you and your MD/DO, APRN or PA) and a witness to be valid. If you want additional copies of your MOLST form request them from your provider.

For the latest information about MOLST please visit: www.ct.gov/dph