An Update on the Indiana POST Program

An OPTIMISTIC Educational Webinar

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Learning Objectives
At the conclusion of this activity, participants should be able to:
• Identify key elements of the Indiana POST Form and Program;
• Discuss potential legislative changes to the Indiana POST Act and Health Care Consent Act; and
• Apply knowledge about POST to patient/resident care.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Indiana University School of Medicine and the University of Indianapolis. The Indiana University School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

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Advance Care Planning

- A process
  - Revisit periodically and when condition changes

- Individualized

- Family involvement

- Outcomes may include documentation
Traditional Advance Directives

• Advance Directives
  ➢ Appointment of proxy
    ▪ Power of Attorney for Health Care
    ▪ Health Care representative

  ➢ Statement of Preferences
    ▪ Indiana Life-Prolonging Procedures Declaration
    ▪ Indiana Living Will
Resuscitation Code Status

• DNR vs. Full Code
  - Addresses resuscitation only
  - Simplification
  - Over-generalized to reflect preferences for other treatments

• Indiana Out of Hospital DNR
The POST Program

• POST = Physician Orders for Scope of Treatment
  ➢ Converts treatment preferences into actionable medical orders
  ➢ Advanced chronic progressive disease and frailty; terminal illness
  ➢ Preferences to have or decline treatments
  ➢ Transfers across treatment settings with patient
  ➢ Recognizable, standardized form
Indiana Patient Preferences Coalition (IPPC) Timeline

August, 2010
Creation of IPPC

Winter, 2012
HB 1114 introduced by Rep. Tim Brown, did not pass out of committee

October, 2011
POLST resolution passed by ISMA and IAFP

Winter, 2013
HB 1182 passes House 99-0 Senate 48-1

May 7, 2013
Signed into law by Gov. Mike Pence

July 1, 2013
POST law takes effect; ISDH issues form
POST Form Updates

• Indiana State Department of Health (2016)
  ➢ IPPC workgroup
  ➢ Form revisions and feedback process

• Changes
  ➢ Concerns about HCR appointment/dual form
    ▪ Removed & new form created
  ➢ Readability and spacing
  ➢ Space for additional orders
Use of POST in Indiana Nursing Homes

- A statewide survey of Indiana nursing homes (n=486) was conducted in Spring 2016.
- Phone, email, and postcard surveys
- 91% participation
## Results

<table>
<thead>
<tr>
<th>Overall POST Use (n = 486)</th>
<th>n (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>NF admitted a resident with a POST form</td>
<td>247 (50.9)</td>
</tr>
<tr>
<td>NF completed a POST form for resident after admission</td>
<td>315 (64.8)</td>
</tr>
<tr>
<td>NF has no experience with POST</td>
<td>101 (20.8)</td>
</tr>
<tr>
<td>NF reported staff received education about POST*</td>
<td>272 (80.2)</td>
</tr>
</tbody>
</table>
Indiana POST Use in 2016
Indiana Endorsement

- National POLST Paradigm Review
  - Endorsement = meet national standards
    - Program requirements
    - Form requirements

- Approved in May 2017!
National POLST Paradigm Programs 2010

- **Endorsed Programs**
- **Developing Programs**
- **No Program (Contacts)**
Work is On-Going!

- Indiana Patient Preferences Coalition
  - Walther Cancer Foundation Grant
- Honoring Choices Indiana
- The New Harmony Conversation Project
Indiana POST Refinements

• Issues identified in practice
  ➢ Who is allowed/required to follow?
  ➢ What is a valid POST form?
  ➢ What if unable?
  ➢ Out-of-state forms?
  ➢ HCR revocations – when okay?

• Who can sign?
Updates Requiring Legislative Action

• Author
  ➢ Representative Cindy Kirchhofer (R), District 89

• Summer Working Groups
House Bill 1119

• Changes
  ➢ Indiana POST Act
  ➢ Health Care Consent Act

• Co-Authors
  ➢ Representatives Patrick Bauer (D), Ronald Bacon (R), Tim Brown (R), Charlie Brown (D)

• Senate Sponsor
  ➢ Senator Michael Crider (R)
Proposed Changes to the Indiana POST Act

- Expand who is required to honor/no duty to perform if not listed
- English only is only valid version
- Elements required to be valid
- Physically unable
- Out-of-state forms
- Conditions under which HCR can override
- NP/PA as authorized signers
Health Care Consent Act

• Current statute
  ➢ Default surrogate = who makes health care decisions when a patient loses decisional capacity

  ➢ Committee approach
    ▪ spouse, adult children, adult siblings, parents, grandparents, grandchildren
Proposed Changes to Health Care Consent Act

• Adds a hierarchy/priority list
  ➢ Adds nearest adult relative; close friend

• Procedure for disagreements

• Circumstances when someone is disqualified

• Defines reasonable efforts
Supporting Organizations

- Indiana Health Care Association
- LeadingAge Indiana
- Indiana Hospital Association
- Indiana State Medical Association
- Indiana State Nurses Association
- Coalition of Advance Practice Nurses of Indiana
- Indiana Medical Directors Association
- Indiana Chapter of the American College of Emergency Physicians
- AARP
- Elder Law Section, Indiana State Bar Association
- National Academy of Elder Law Attorneys – Indiana Chapter
- Indiana Rural Health Association
- Health & Hospital Corporation
- Honoring Choices Indiana
- Q-Source
Legislative Process

➤ House
  - Public Health Committee 12-0 (1/12/18)
  - House vote 95-0 (1/22/18)

➤ Senate
  - Health & Provider Services Committee 8-0 (2/14/18)
  - Minor amendment
  - Senate Vote

➤ Next Steps
  - House
  - Governor
  - Effective date – stay tuned! Likely July 1.
Using POST with Residents
How do you talk about POST?

• Do’s –
  ➢ Make time
  ➢ Involve resident (if able) & family members
  ➢ Explore
  ➢ Provide information
    • http://www.optimistic-care.org/about/facility-provider-resources/palliative-care-education-sheets
  ➢ Schedule follow-up as needed
How don’t you talk about POST?

• Don’ts –
  ➢ Hand form to resident/family and ask to bring back
  ➢ Rush through the discussion
  ➢ Make decisions for resident
  ➢ Judge or impose your values
The POST Conversation

• Exploring understanding
  ➢ What is understanding of disease and what will happen?
The POST Conversation

• Exploring Values
  ➢ What gives life meaning?
  ➢ How does their illness impact their quality of life?
  ➢ What does a good day look like?
The POST Conversation

• What are their goals for treatment?
  ➢ Are they interested primarily in comfort?
  ➢ Or in doing everything we can to live longer?
The POST Conversation

• Preparing POST
  ➢ Do they understand the treatments described on POST and how applies to them?
  ➢ Do they know the risks and benefits of each decision? Alternatives?
Conclusion

• POST is an ACP tool to document treatment preferences as orders

• Updates are in process

• Process over form - its all about the conversation!
For more information…

• Web
  ➢ http://optimistic-care.org/
  ➢ www.polst.org
  ➢ www.indianapost.org
  ➢ https://www.in.gov/isdh/25880.htm

• Email
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