New Mexico Medical Orders for Scope of Treatment "NM MOST"

Providing clarity to healthcare wishes for patients who are seriously ill or have a life-limiting illness.

The New Mexico Medical Orders for Scope of Treatment "NM MOST" is part of the National POLST Paradigm (POLST.org). It is an approach to end of life planning based on conversations between patients, their loved ones, and healthcare professionals designed to ensure that seriously ill or frail patients can choose the treatments they want or do not want, and that their wishes are documented and honored.

It encourages a detailed conversation between you, the healthcare provider, and your patients who are seriously ill. This conversation is then converted into an actionable medical order that represents the patient's wishes regarding their healthcare.

The NM MOST is based on a patient's current state of health and is transferable between care settings.



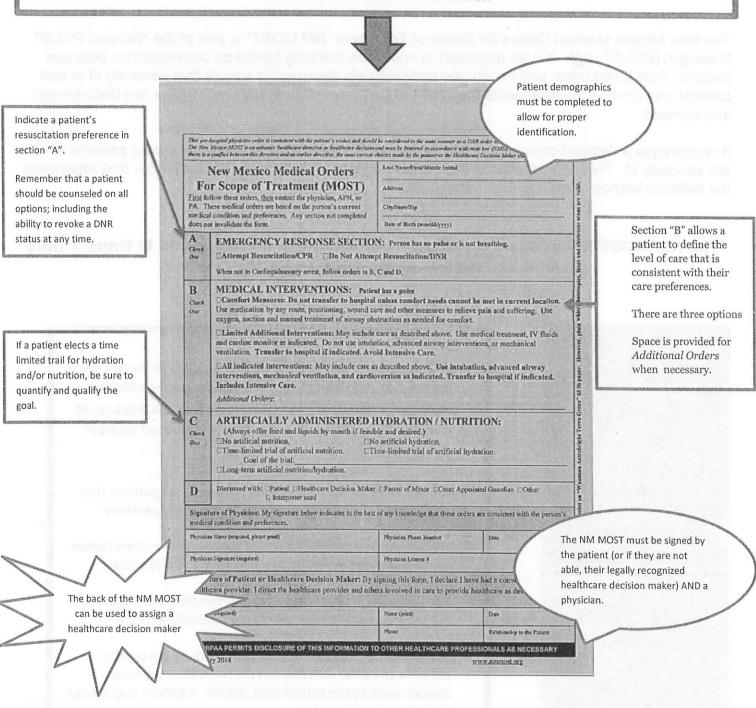
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- ✓ When a patient has a serious or life-limiting illness the NM MOST has proven to be very effective at ensuring that their healthcare wishes are honored. It translates care preferences into a set of medical orders that can be understood and honored across all care settings.
- The NM MOST is not for everyone. It is for those patients that are seriously ill, very frail, or have a limited life expectancy.
- ✓ The document is completed during the course of a conversation with a healthcare professional and is signed by a physician.
- ✓ The NM MOST is printed on a bright green from and travels with the patient to any setting where they receive healthcare.
- ✓ The NM MOST is an advance directive. If there is a conflict between an earlier directive and the NM MOST, the latest choices made by the patient shall control. A patient may change their directive at any time.
- ✓ The back of the NM MOST can be used to assign a healthcare decision maker.

nmmost.org

New Mexico Medical Orders for Scope of Treatment "NM MOST" General Information and Tip Sheet

The NM MOST is an advance directive that is based on conversations between patients, loved ones, and health care professionals. It is designed to ensure that seriously ill or frail patients can choose treatments they want or do not want and that their wishes are documented and honored.



- ✓ Ensure that all choices are clinically aligned.
- ✓ The NM MOST must be based on a patient's current health status and must be completed during the course of a conversation with a health care professional.
- ✓ The form does not need to be witnessed or notarized.
- ✓ The original stays with the patient / copies can be made and are valid.
- \checkmark The NM MOST is not for every patient for some patients a traditional advance directive may be best.