

What is MOLST and CC/DNR?

MOLST, Medical Orders for Life-Sustaining Treatment CC/DNR, Comfort Care/ Do Not Resuscitate Order

1. What is MOLST, Medical Orders for Life-Sustaining Treatment?

MOLST, Medical Orders for Life-Sustaining Treatment, aims to ensure that the life sustaining treatment preferences of individuals living with an advancing serious illness are known and honored. MOLST refers to both a medical order and the broader MOLST process. The MOLST medical order translates an individual's treatment preferences into actionable orders that are followed in an emergency by all licensed health professionals across all care settings.

2. Who should consider a MOLST medical order?

The MOLST medical order is designed for individuals with a serious illness or advancing frailty (any age). MOLST is one of the 5 MA planning documents, and like the other documents, MOLST is VOLUNTARY- it's the patient's choice to complete a MOLST and choose preferred treatment options with their clinician.

3. How does the MOLST process work?

MOLST starts with a serious illness conversation between a clinician and patient. Here's how it works:

- The clinician and patient/legal advocate discuss the patient's prognosis and the benefits and risks of treatment options, and the patient's goals, values and which treatment option is preferred;
- The clinician transfers the patient's treatment preferences onto the MOLST; both sign the form;
- All licensed health professionals should honor a valid MOLST form in a medical emergency;
- MOLST is PORTABLE and travels with the person between their home, a hospital, or care facility;
- The clinician and patient/legal advocate should regularly review and update the MOLST order to ensure the treatment choices align with the patient's current care goals.

4. Who completes and signs a MOLST form?

The MOLST must always be completed by either a physician, nurse practitioner or a physician assistant. Both the clinician and patient/legal advocate sign the MOLST. Patients and Health Care Agent can sign; a Guardian for an adult may be able to sign a MOLST with permission from the Probate & Family Court.

5. Can individual's change their mind, update a MOLST, or void a MOLST?

Yes. A patient/legal advocate can work with the clinician to make changes to the MOLST form. It is designed to be reviewed and updated often to align treatment choices with a patient's current goals.

6. What is a Comfort Care/Do Not Resuscitate Order (CC/DNR)?

A Comfort Care/Do Not Resuscitate Order is a medical order signed by a clinician after a discussion with a patient about the risks and benefits of cardiopulmonary resuscitation (CPR) where the patient chooses to have comfort care measures but not to receive CPR if the patient's heart beat and breathing stop.

7. What's the difference between CC/DNR and a MOLST form?

The CC/DNR form documents one decision: do not attempt cardiopulmonary resuscitation (CPR) if your heart beat and breathing stop, but provide comfort care measures. The MOLST focuses on three decisions: attempt or do not attempt CPR, attempt or do not attempt artificial ventilation, and whether to transfer to a hospital. Talk with your clinician about what medical order is right for you.