



The Provider Orders for Life Sustaining Treatment (POLST) form is a portable medical order that can give patients with advanced serious illness the option to exercise increased control over the treatment they do and do not want to receive at the end of life.

The POLST helps to ensure the patient’s wishes are conveyed to emergency services and other medical providers. The POLST form is used and recognized by hospital systems, long-term care facilities, medical professionals, and emergency medical services throughout Minnesota.

The POLST form is one part of advance care planning and does not replace a healthcare directive. The POLST form should reflect a patient’s known wishes and should change if the patient’s wishes change. Unlike a healthcare directive, a POLST form must be signed by a licensed provider to be valid.

Use the link below to download the most current version of the MN POLST

The image shows a thumbnail of the Minnesota POLST form. The form is titled "MINNESOTA Provider Orders for Life-Sustaining Treatment (POLST)". It includes sections for:

- A CARDIOPULMONARY RESUSCITATION (CPR)**: Options for "Attempt Resuscitation / CPR" or "Do Not Attempt Resuscitation / DNR (Allow Natural Death)".
- B MEDICAL TREATMENTS**: Options for "Full Treatment" or "Comfort-Focused Treatment".
- C DOCUMENTATION OF DISCUSSION**: Checkboxes for "Patient (Patient has capacity)", "Parent of Minor", "Court-Appointed Guardian", "Health Care Agent", "Other Surrogate", and "Health Care Directive".
- D SIGNATURE OF PHYSICIAN / APRN / PA**: Fields for name, license type, and phone.

 A large red "Download" watermark is overlaid on the form. At the bottom, it says "SEND FORM WITH PATIENT WHENEVER TRANSFERRED OR DISCHARGED. (ALSO: PHOTOGRAPHED OR ELECTRONIC VERSIONS OF THIS FORM ARE BANNED)" and "Minnesota Provider Orders for Life-Sustaining Treatment (POLST). www.polstmn.org PAGE 1 OF 2".

More Advanced Care Planning Resources

[Advanced Care Planning & POLST in MN](#)

[POLST FAQ's](#)

More planning resources are available through Honoring Choices Minnesota, whose mission is to Educate, empower, and inspire individuals to engage in comprehensive advance care planning so their healthcare preferences for the future will be expressed and honored.

[Honoring Choices Educational Materials](#)

[Honoring Choices Health Care Directives](#)