



IPOST

IPOST: What is it?

- IPOST (Iowa Physician Orders for Scope of Treatment) directs your care in a medical crisis.
- IPOST is a standard medical order, recognized statewide, which gives you control over the treatment you want.
- Completing the IPOST form is voluntary, and it belongs to you.
- The IPOST form can be completed by anyone, regardless of age, who has a chronic critical medical condition or who is frail and elderly or has a terminal illness (less than one year life expectancy).



The IPOST form asks for information about:

- Your medical conditions
- Whether or not you want cardiopulmonary resuscitation (CPR)
 - CPR is a lifesaving method used when someone's breathing or heartbeat has stopped. It is used in many emergencies, such as a heart attack or near drowning.
- Whether or not you want to be on a breathing machine
- Use of antibiotics in your treatment
- IV fluids and/or tube feeding



How is the form used?

- In a medical situation, IPOST directs emergency staff, such as First Responders, EMTs, paramedics, and health care providers, to the care you do or do not want.
- IPOST shares what treatments you want now, in your current state of health.



Who completes and signs the IPOST form? Options include:

- You and your health care provider will talk about the choices you have. Together, you will complete your IPOST form.
- You may talk with a social worker or a nurse who will help you complete the form.
- If you are unable to speak for yourself, your health care agent or representative can speak on your behalf.

In all cases, the IPOST form must be signed by a health care provider.

What if I change my mind?

Talk with your health care provider. The IPOST can be reviewed or changed at any time.

Where do I keep my IPOST form?

- The IPOST form goes where you go – at home, the hospital or long-term care facility.
- At home – keep it on the refrigerator. EMS personnel are trained to look for it there.
- At health care facilities, it's kept on your medical chart.

To learn more:

Ask your health care provider.

You can also visit:

- www.idph.state.ia.us/IPOST/
- www.ihconline.org/asp/Toolkit.aspx
- www.polst.org/

