

## Where do I keep my MOST form?

- The MOST form should accompany you. At home, the form should be placed on the refrigerator with easy access for emergency medical personnel.

## What if I change my mind?

- If your wishes change, talk with your health care professional so a new MOST can be completed.
- Reviewing your choices when your condition changes is recommended.



**This conversation may seem difficult but we know it can give you, your loved ones and your caregivers valuable peace of mind. Let's talk!**

To learn more...

visit



[www.northtexasrespectingchoices.com](http://www.northtexasrespectingchoices.com)

or call NTRC 1-866-308-5888 or

ask your health care professional.



# Medical Orders for Scope of Treatment (MOST)

---

*Give yourself peace of mind and lift a burden from those you love*

---

**We want you to live as well as possible, and we want to know your choices for care!**

## MOST: What is it?

- **Medical Orders for Scope of Treatment (MOST)** describes your wishes about certain medical treatments in your current state of health.
- A MOST order is led by a facilitator, usually a nurse or social worker, specially trained to help with these conversations.
- Your doctor completes the process with a review and signature.
- MOST goes where you go – at home, the hospital or long-term care facility.
- MOST orders allow people with advanced illness to plan ahead for circumstances when they may not be able to communicate their healthcare choices.

## Should I have a MOST?

- MOST is for those with advanced serious illness who may be at risk of dying in the next year.
- It is also appropriate for frail and/or elderly patients.



## Is it required?

- No. Completing a MOST is voluntary. However the benefits of completion ensure your wishes are understood and respected.

## How is the MOST order used?

- MOST orders indicate what treatments you do or do not want *now*, in your **current state of health**.
- In a medical crisis, a MOST directs emergency staff to the type of care you do or do not want.



## How is MOST different?

- The MOST is more detailed and complements traditional advance care planning documents such as Medical Power of Attorney, and Advance Directive/ Living Will.
- MOST becomes a set of current doctor's orders to guide your family and physicians caring for you going forward.

Quote from Stuart Pickell, MD,  
*"By taking these important steps, patients can ensure that, when their time comes, they will still be the ones making the decisions and that even in the end they will die as well as they lived."*<sup>1</sup>

<sup>1</sup> Fort Worth Star-Telegram article, "A 'Good' Death Requires Honest Conversation" posted Monday, April 8, 2013