

# Virginia POST Collaborative

## POST Form Screening Tool



A POST form is most appropriate for persons with serious advanced illness or advanced frailty<sup>1</sup>. This tool contains the “surprise” question method by which medical professionals can identify those persons for whom a POST form may be indicated. If the method identifies the person as one who could benefit from having a conversation with a certified POST facilitator<sup>2</sup>, please refer as appropriate. Referral steps and a sample dialogue is included to facilitate the process. Please remember that completion of a POST form is **always voluntary**<sup>3</sup>.

### POST Form screening: The “surprise” question:

Would you be surprised if this person died in the next year?

- Yes (I would be surprised): Please ensure that the person’s advance directive and care plan reflects their current status and wishes, but now is not the right time for a POST form. Remember, patients with an estimated prognosis greater than 1 year should not complete POST forms to address a facility’s need for code status documentation. Code status should be documented in some other way consistent with the facility’s standard documentation policies and procedure.
- No (I wouldn’t be surprised): Please proceed to the following section (Next Steps) for referral instructions.

### Next Steps:

No, I would NOT be surprised if this person died in the next year.

- Please begin the referral process:
  1. Initiate discussion about meeting with a certified POST facilitator<sup>2</sup>.  
(Please refer to sample dialogue below if necessary)
  2. If you are unaware of local certified facilitators, please contact the Virginia POST Collaborative at [program.coordinator@viriniapost.org](mailto:program.coordinator@viriniapost.org).

### Sample Dialogue for the Referral Process

*Would you be interested in having a conversation with someone who can help you determine your goals of care? The process is designed to make sure care is aligned with your goals, and there are no surprises when decisions have to be made. The process includes a tool for documenting your goals, spelling out how they are to be applied when a medical crisis arises, and ensuring they are communicated properly to your healthcare providers.*

*If you are interested in becoming a certified POST facilitator<sup>2</sup> please contact the Virginia POST Collaborative at [program.coordinator@viriniapost.org](mailto:program.coordinator@viriniapost.org)*

<sup>1,3</sup> <http://polst.org/about-the-national-polst-paradigm/what-is-polst/>

<sup>2</sup> A certified POST facilitator is: a Virginia-licensed MD/DO/NP/PA or a healthcare professional who has completed either:

- A) Respecting Choices™ Last Steps Training or
- B) Virginia POST Collaborative Facilitator Training Course
- C) Veterans Administration Goals of Care Conversation Training Course

