

Medical Orders for Scope of Treatment (MOST)

MOST is a doctor's order that has 6 different levels of treatment that range from comfort care to intensive care.

Ideally a MOST is completed following advance care planning and Goals of Care conversations. Your MOST may be changed at any time through conversations with your doctor.



Goals of My Care

Goal is to have a natural death. I want to receive care to ease pain and manage symptoms of my underlying illness. I want care provided within my current location when possible.

Goal is to have readily reversible medical conditions treated, within my current location of care when possible. Treatment would be non-invasive and allow for a natural death.

Goal is to have symptoms of a reversible illness treated. I am willing to be temporarily transferred to a different care setting for tests or treatment, except a critical care environment like an Intensive Care Unit (ICU).

Goal is to have my life preserved, and I am willing to be transferred to acute care. I do not wish to receive treatment if my heart stops, or if I stop breathing.

Goal is to have my life preserved. I am willing to accept an admission to critical care and all critical care interventions offered unless my heart stops.

Goal is to have my life preserved and willing to accept any offered medical treatments necessary including those offered in an intensive care unit.

MOST (Doctor's Order)

M1 Supportive care, symptom management and comfort measures.

M2 Medical treatment within current location of care.

M3 Medical treatments including transfer to a higher level of care, excluding critical care.

C0 Critical care interventions, excluding CPR, defibrillation and intubation.

C1 Critical care interventions including intubation, but excluding CPR or defibrillation

C2 Appropriate critical care interventions, including, CPR, defibrillation or intubation.

"M" stands for Medical Orders

- Allow for a **natural death**.
- Life support measures will not be used if your heart stops or if you stop breathing.

"C" stands for Critical Care Orders

- Attempt to extend or **preserve life** through aggressive treatments provided in critical care environments (e.g. ICU).
- These orders are not typically used if you are at the natural end of your life.

CPR: Refers to Cardiopulmonary Resuscitation. It is an attempt to restart a person's heart and breathing when the heart and lungs stop working. It is an aggressive procedure often not suitable for persons who have an advanced or declining long-term medical condition.

Defibrillation: is used to deliver electrical energy to the heart to attempt to restore normal contractions.

Intubation: is a tube inserted through the mouth and into the airway. This is done so that a person can be put on a mechanical breathing machine called a ventilator to breathe for you.

www.interiorhealth.ca/YourCare/PalliativeCare/ToughDecisions/Pages/Advance-Care-Planning.aspx

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