

**641—145.3(144D) Responsibilities of the department.**

**145.3(1)** The department shall prescribe the uniform POST form and shall post the form on the department's Web site [www.idph.iowa.gov](http://www.idph.iowa.gov) for public availability.

**145.3(2)** The POST form shall be a uniform form based upon the national physician orders for life-sustaining treatment (POLST) paradigm form. The form shall have all of the following characteristics:

- a.* The form shall include the patient's name and date of birth.
- b.* The form shall be signed and dated by the patient or the patient's legal representative.
- c.* The form shall be signed and dated by the patient's physician, advanced registered nurse practitioner, or physician assistant.
- d.* If preparation of the form was facilitated by an individual other than the patient's physician, advanced registered nurse practitioner, or physician assistant, the facilitator shall also sign and date the form.
- e.* The form shall include the patient's wishes regarding the care of the patient, including but not limited to all of the following:
  - (1) The administration of cardiopulmonary resuscitation.
  - (2) The level of medical interventions in the event of a medical emergency.
  - (3) The use of medically administered nutrition by tube.
  - (4) The rationale for the orders.
- f.* The form shall be easily distinguishable to facilitate recognition by health care providers, hospitals, and health care facilities.
- g.* An incomplete section on the form shall imply the patient's wishes for full treatment for the type of treatment addressed in that section.

**145.3(3)** The POST form shall be reviewed by the department on an annual basis and may be reviewed more frequently at the discretion of the director. The POST form may be modified based on changes to the national POLST paradigm, input from interested parties, advances in evidence-based research or quality improvement processes, or clinical experience. The director shall annually designate a task force to review and recommend modifications to the POST form. The director shall review the task force recommendations and approve all final modifications to the POST form before it is posted on the department's Web site.

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