

Exercise your health decision rights

Wear the one
“Do Not Resuscitate”
designation in Idaho
that **MUST** be honored
by all emergency medical
services personnel

Idaho POST/DNR Medical ID



Chain necklace or bracelet



Black nylon fabric bracelet

Check your Idaho choice:

Chain Bracelet \$30 Chain Necklace \$30 Nylon Bracelet \$20

Deliver to:

Name _____

Street _____

City, State, Zip _____

Telephone _____

*Provided as a
collaborative service
of the Idaho
Department of Health
and Human Services,
Idaho Emergency
Medical Services, and
the Idaho End-of-Life
Coalition*

Billing information:

Choose one: Check to “IdELC” Enclosed Visa MasterCard

Account Number: _____ - _____ - _____ - _____

Expires: ____/20____ Authorized Amount \$ _____

Signature: _____ Date ordered _____

Mail to: Idaho End-of-Life Coalition, PO Box 496, Boise, ID 83701
*Order must include a copy of your physician-signed POST form**

*** Don't know about POST? See back of page, or "The Right Choice at the Right Time" book at www.abetterwaycoalition.org or at any library or senior center.**

About POST

On July 1, 2007, Idaho's governor signed into law a revision to the Medicaid Consent and Natural Death Act. This change created a standardized form that allows all Idaho citizens over age 18 to express their wishes regarding medical treatment, if they are unable to speak for themselves. This form is called the Physician Orders for Scope of Treatment, or POST. The POST is a doctor's order. You can only get the form from your doctor and it must be signed by your doctor in order to be effective. POST replaces the former Idaho Do Not Resuscitate (DNR) and Comfort One programs.

How to Get Your POST Form

Learn more about POST at www.abetterwaycoalition.org. This site includes information from The Right Choice at the Right Time, Idaho's comprehensive advance care planning book. The book is also available in libraries and senior centers across the state. It explains the questions to be answered on the POST. Once you are familiar with this information, visit with your doctor to complete your POST form, and have your doctor sign it.

Who Should Have a POST?

Cardiopulmonary resuscitation (CPR) is a major element of the POST form and is found at the top of the POST form. It is your choice whether CPR is right for you. This depends on your age and health care status. Your physician will give you information to help you make your decision. That is why the POST form is filled out with advice of your physician.

You should consider getting a POST if:

- You do not want to receive CPR. In an emergency situation, health responders will automatically provide CPR if the situation calls for that response. Your POST can say that you do not want CPR. When it does, you can get an Idaho POST/DNR Medical ID to make sure your wish is clear in an emergency.
- You are elderly or severely or terminally ill. For those who are frail, the success rate of CPR is very low and the trauma involved in CPR may do more harm than good. The procedure can break brittle ribs. The time between the heart stopping and restarting, if CPR is successful, is time oxygen is not going to the brain. Even in the rare cases CPR successfully restarts a heart, brain damage may occur due to the loss of oxygen to the brain while the heart is stopped. These are issues you should discuss with your doctor.
- You do not want to be resuscitated because of personal beliefs. It is not necessary to have a terminal illness in order to have a POST. There is no legal restriction to putting a POST in place for any individual 18 years or older.