

**KEV NPAJ KEV KHO MOB UA NTEJ
YOG TXHAWM RAU TXHUA LEEJ.
POLST YOG TXHAWM RAU COV
NEEG MOB NYHAV.**

Phiaj xwm kev kho mob ua ntej yog kev kawm paub ntau hom kev txiav txim siab kho mob uas koj yuav tau muaj yog tias koj ho cia li mob nyhav los sis rau mob nyob rau yav tom ntej, thiab ces nws yuav qhia tau rau lwm tus paub— tag nrho tsev neeg thiab cov kws kho mob— koj qhov kev xaiv kho mob.

Cov kev xaiv no kheev hom muab tso rau cov lus hais tseg ua ntej, yog ib daim ntawv raug cai qhia txog kev kho mob yog thaum kab mob los sis raug mob nyhav es tus neeg mob tsis tuaj yeem yuav qhia tau yam tus kheej nyiam.

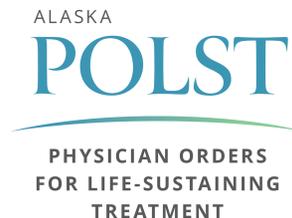
POLST yog txhawm rau cov neeg ua ntej, muaj mob si, los sis mob nyob rau qib kawg lawm thiab qhia koj qhov kev xaiv txhawm rau kho koj tus mob. Muaj daim POLST, koj txoj kev xaiv dhau mus ua daim ntawv txib los ntawm tus kws kho mob txhawm rau kom koj tau qhov kev kho mob uas koj xav tau xwb.

**Cov Ntaub Ntawvn Phiaj Xwm Kho
Mob Ua Ntej:**

Alaska Native Tribal Health Consortium
Advance Care Planning Resources anthc.org

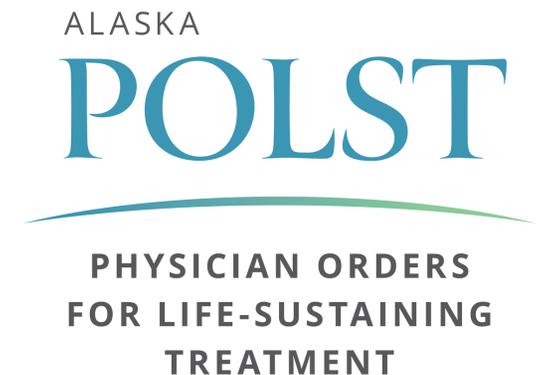
Providence Institute for Human Caring
instituteforhumancaring.org

Alaska Advance Health Care Directive
dhss.alaska.gov/dph/Director/Documents/advancedirective.pdf



**Cov koom haum uas tso npe siv
daim ntawv POLST hauv Alaska:**

Xeev Alaska, Feem Hauj Lwm Kho
Mob thiab Pab Cuam Tib Neeg •
Tsev Kho Mob thiab tsev Laus Xeev
Alaska (ASHNHA) • Koom Haum Kho
Mob Xeev Alaska • Koom Haum Saib
Xyuas Thaum Nyob Pheej Hmoo
Xeev Alaska • POLST Hauv Teb
Chaws



**ILUS QHIA RAU TUS NEEG
MOB THIAB TSEV NEEG**

**AKPOLST.
ORG**

Lub hom phiaj ntawm POLST yog dab tsi?

Yog tias koj muaj mob nyhav, koj yuav tau muab los xav thiab ua kev txiav txim siab txog hom kev kho mob uas koj xav tau ua ntej txog qhov muaj mob ti tes ti taw.

Koj tus kws kho mob tej zaum yuav siv POLST los sau cov ntawv txib uas paub txog koj lub hom phiaj kho mob thiab hom kev kho mob twg uas koj xav tau thiab tsis xav tau.

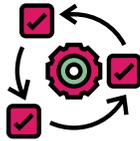
- POLST yog yus zoo yus siab thiab yog kev xaiv rau yus xwb.
- POLST yog ib daim ntawv txib kho mob uas yuav tsum tau ua ncaj ncees los ntawm tag nrho cov kws kho mob nyob rau hauv Alaska.
- Koj tuaj yeem hloov los sis cheem koj daim POLST foos tau txhua lub sij hawm.

POLST tsuas yog pab koj txiav txim siab txog kev kho mob rau koj tsuas yog thaum muaj mob ti tes ti taw lawm xwb.

- Koj puas mus rau tsev kho mob?
- Koj puas nyob qhov koj nyob ziang no?
- Koj puas yuav tau mus rau chav rau pa ICU thiab tej zaum yuav tau siv lub rau pa?
- Koj puas xav zam kev kho mob uas tej zaum yuav ua rau hnyav yog tias lawv tsis tuaj yeem pab koj zoo rov los?

Koj txiav txim seb qhov twg zoo rau koj tshaj plaws.

POLST YOG IB QHO TXHEEJ TXHEEM.



Ib feem ntawm qhov phiaj xwm kho mob ua ntej, uas yog coj los pab txhua tus kom ua lub neej nyob tau zoo tshaj plaws li qhov ua tau.

IB QHO KEV SIB THAM.

Ib qho kev sib tham ntawm ib tug neeg twg, lawv tsev neeg tus uas lawv xaiv, thiab lawv pab pawg kws kho mob txog lawv tus mob, cov hau kev kho mob uas ntxim yuav mus taus, thiab kev xaiv kev kho mob.



DAIM FOOS.

Ib daim foos kev kho mob uas nqa nrog nraim tus mob (hu ua daim foos POLST).

Koj los sis koj tus kws kho mob muaj peev xwm rub daim foos POLST thiab nrhiav tau txheej xwm ntau ntxiv txog POLST hauv Alaska ntawm www.akpolst.org.

Based on this conversation, your provider will take the decisions you've made about your treatment wishes and turn those into medical orders by filling out a POLST form.

A physician must sign the form for it to become a medical order.

Kuv yuav paub tau li cas tias daim ntawv txib kho mob no yuav ncaj ncees?

Daim POLST uas sau tiav ntawv ces yog ib daim ntawv txib kho mob uas yuav tau khaws nyob nrog koj yog koj tus mob mus ze rau qhov yuav tau siv nws lawm. Nws yuav ncaj ncees heev nyob rau hauv koj tsev, nyob rau cov tsev tu neeg mob ntev, thiab yog koj tau mus sau npe pw kho mob rau hauv ib lub tsev kho mob lawm.

Yog tias koj nyob hauv tsev, koj yuav tau khaws daim POLST rau tej qhov chaw uas nrhiav tau yooj yim (piv txwv, lo rau daim qhov rooj lub taub txias.) Nws kuj tseem tso tau nrog koj cov ntawv kho mob ntawm koj tus kws kho mob thiab cov tswv cuab ntawm koj pab pawg kws kho mob. Koj tus neeg sawv cev/tus neeg txiav txim siab txog kev kho mob yuav tsum muaj ib daim theej.

Txhua tsab POLST uas theej puav leej siv tau, nrog rau cov kaw cia ua degital (piv txwv, duab yeas ntawm daim POLST hauv koj lub xov tooj.)

**KAWM PAUB NTAU
NTXIV AKPOLST.ORG**