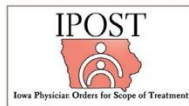




*"I am very thankful to have an IPOST for my child. It will help people understand my wishes for her care."*

To learn more, go to: <https://idph.iowa.gov/ipost>



Honoring Your Wishes™ is an advance care planning program led by Iowa City Hospice and a community task force. For more information, please go to [honoringyourwishes.org](https://honoringyourwishes.org)



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# IPOST



## Iowa Physician Orders for Scope of Treatment



## What is an IPOST?

IPOST stands for Iowa Physician Orders for Scope of Treatment. It turns health care choices into medical orders. It is printed on salmon-colored paper.

## The IPOST form is a medical order. It is meant for:

- The frail and elderly
- Adults and children with serious or terminal illnesses
- Adults and children with chronic, critical medical conditions

## IPOST gives people health care choices:

**Section A:** If a person has no pulse and is not breathing, it gives two choices:

1. CPR (Cardiopulmonary Resuscitation) or
2. DNR (Do Not Resuscitate)

**Section B:** If a person has a pulse and/or is breathing, it offers three choices for care and treatment:

1. Comfort measures only
2. Limited additional interventions
3. Full treatment

**Section C:** Feeding tubes

- You can choose if you want one.

## Talk with your health care provider about:

What is important to you

Your goals of care

What medical care and treatment you want now, in a medical crisis, or if your health gets worse or gets better

## The completed form should match your goals of care.

## What if you cannot communicate your wishes?

The Health Care Agent or surrogate can complete an IPOST form with the health care team.

## Facts about Advance Directives and IPOST:

**Advance Directives**, such as a health care directive, durable power of attorney for health care, or living will, are for adults ages 18 and older. They:

- Let you name a health care agent. Your health care agent will share your wishes if you cannot communicate.
- Guide your care.
- Can be changed at any time. It is your choice if you want to create these documents.

## The IPOST form:

Turns your health care choices into medical orders.

- Can be changed at any time. It is your choice if you want this order.
- Can be followed by health care providers in different settings, such as a home, a nursing home, and in the hospital.

## Ask your health care provider if an IPOST might be right for you or someone you know.

## What do I do with the IPOST form?

The IPOST form should stay with you at all times.

- If you are at home, put the form on your refrigerator. First Responders are trained to look for the form on the refrigerator.
- If you live in a facility, staff will keep the IPOST in the medical record or in your room.
- If you go to the hospital, your IPOST form should go with you.