

**POST-ACUTE AND LONG-TERM CARE MEDICAL ASSOCIATION
HOUSE OF DELEGATES**

RESOLUTION C25

SUBJECT: POLST CLARIFICATION

INTRODUCED BY: MINNESOTA ASSOCIATION OF GERIATRIC INSPIRED
CLINICIANS (MAGIC)

INTRODUCED ON: MARCH 2025

1 **Whereas**, the current National POLST is a well-established, well-written, and widely used
2 document that supports patients' treatment decisions at the end of life; and

3
4 **Whereas**, MAGIC acknowledges the potential confusion of what to do if a patient who has
5 elected DNR for CPR options is choking; and

6
7 **Whereas**, the current practice of first aid for a responsive person is to give five back blows and
8 five abdominal thrusts; and

9
10 **Whereas**, the current practice of first aid for an unconscious person is to lower the individual to
11 the floor, sweep out the object if viewable, and use chest compressions to remove the stuck
12 object; and

13
14 **Whereas**, the use of the term chest compressions in the treatment of a choking patient may be
15 confused with chest compressions of a pulseless person; and

16
17 **Whereas**, all DNR orders, with or without the use of a POLST, are only in reference to when a
18 patient has no pulse and is not breathing; and

19
20 **Whereas**, the POLST clearly notes in Treatments/Section B that all options include suction and
21 manual treatment of airway obstruction as needed; therefore, be it

22
23 **RESOLVED**, that our Post-Acute and Long-Term Care Medical Association (PALTmed) work
24 with appropriate stakeholders, including the National POLST organization and the National
25 Hospice and Palliative Care Organization (NHPCO) (soon to be renamed National Alliance for
26 Care at Home), to add clarity to the POLST around chest compressions as a treatment of choking
27 and chest compressions as a part of resuscitation.

28
29
30
31
32
33
34

35 **FISCAL NOTE:**

36 If passed by the House of Delegates and adopted as Association policy by the Board of
37 Directors, this resolution could have no financial impact, as it would be incorporated into
38 PALTmed’s existing and ongoing work.
39



40
41

42 **RESOLUTION RESULTS: < FOR PALTmed OFFICE ONLY >**

43
44
45
46

47 **REFERENCES**

- 48 • <https://polst.org/polst-and-advance-directives/>
 - 49 • https://www.redcross.org/take-a-class/resources/learn-first-aid/adult-child-choking?srltid=AfmBOooZP43jYZv6c0X68gsoxRY5ne9JHxLBzZo5fcZxheNi-c_2QV5s
- 50 ○ Step #7
51

Seizures
Shock
Sickle Cell Crisis/Acute Chest Syndrome
Spider Bites
Stroke
Tick Bites
Unresponsive And Breathing Person
Venomous Snake Bites
Vomiting
Wounds
Learn Pet First Aid

General Care: Choking (Adult/Child)

1. Position self to the side and slightly behind the choking person.
 - a. For a small child, you may need to kneel behind them rather than stand.
2. Give 5 back blows.
 - a. Use the heel of the hand to strike between the shoulder blades.
3. If no improvement, have the person stand up straight.
4. Move behind the person; bend your knees slightly for balance and support.
5. Give 5 abdominal thrusts.
 - a. Pull inward and upward each time.
6. Continue giving 5 back blows and 5 abdominal thrusts.
 - a. Continue until the person can cough, cry or speak or becomes unresponsive.
7. If the person becomes unresponsive, lower them to a firm, flat surface and begin CPR (starting with compressions) according to your level of training.
 - a. Trained responders: After each set of compressions and before attempting breaths:
 - b. Open the person's mouth.
 - c. Look for an object.
 - d. If seen, remove it using your finger. NEVER do a finger sweep unless you actually see an object.

52
53
54
55