



"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



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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.