

# Maryland MOLST

Medical Orders for Life-Sustaining Treatment

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## Ten Things Everyone Should Know About Making Health Care Decisions

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You have the right to:

1. Know about your illness.
2. Know the benefits and risks of your treatment options.
3. Say yes or no to treatment options.
4. Consider future treatment options that you want or do not want to receive.
5. Make your own health care decisions unless doctors certify that you can no longer do so.
6. Make an advance directive. You can write down your wishes for future medical treatments. You may pick someone, called a health care agent, to make decisions for you if you cannot make your own decisions in the future. You can change your advance directive at any time.
7. Have your doctor, nurse practitioner, or physician assistant complete a Maryland MOLST (Medical Orders for Life-Sustaining Treatment) order form. MOLST is a form for orders about cardiopulmonary resuscitation and other life-sustaining treatments.
8. Receive a copy of your Maryland MOLST order form with 48 hours after it is completed or sooner if you are discharged or transferred. Access the MOLST order in your medical record.
9. Review your Maryland MOLST order form with your physician, nurse practitioner, or physician assistant.
10. Ask your physician, nurse practitioner, or physician assistant about your illness, treatment options, advance directives, and Maryland MOLST.

Always take your advance directive and Maryland MOLST form with you when you see a new doctor or go to a hospital or other health care facility.