

# MOST PROGRAM

## Frequently Asked Questions



### What does MOST stand for?

MOST stands for Medical Orders for Scope of Treatment. These medical orders outline a patient's preferred method of treatment for end-of-life care.

### What is the DC Department of Health MOST program?

The MOST program was established under The Health-Care Decisions Amendment Act of 2015 (D.C Official Code § 21-2221) to create a form to document patients' wishes for end-of-life medical intervention. The MOST form must be kept in a prominent manner in a patient's records in paper and electronic form, ultimately replacing the Comfort Care and Do Not Resuscitate (DNR) program. The law also outlines who is authorized to give consent to a MOST and requires that the Department of Health (DC Health) establish a MOST Advisory Committee. The MOST Advisory Committee is composed of multi-disciplinary healthcare community leaders, appointed by the Director of DC Health, to promote and provide recommendations on training, education, and assist with periodic review and development of the MOST form.

### How does one qualify for MOST?

MOST is 100% voluntary and is intended to allow a patient with an advanced or terminal illness, to develop a comprehensive plan for their end of life treatment.

### Who completes a MOST form?

The MOST form **must** be completed and signed off by an authorized DC-licensed healthcare professional (Physician (MD/DO) or Advanced Practice Registered Nurse (APRN)-**only**) and in consultation with the patient or the patient's authorized representative.

### How do I obtain a MOST form?

MOST forms are available online at [dchealth.dc.gov](https://dchealth.dc.gov) or through one's Physician (MD/DO) or Advance Practice Registered Nurse (APRN).

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## **What if my physician signs the MOST form and I change my mind?**

If you change your mind, you should draw a line through “Medical Orders” at the top of the page, and write “VOID” in large letters. If you wish to make changes to your MOST, you must complete a new form.

## **What costs are associated with enrolling in the MOST program?**

There is no cost associated in participating in the MOST program.

## **Who receives a copy of the MOST form?**

The original, completed MOST form must be kept in the patient’s medical record copies should be given to the patient and DC Health. Health care facilities must provide a copy of the MOST form if the patient is being transferred to another facility (i.e. hospital, hospice, and skilled nursing facility).

## **What happens if a section of the MOST form is incomplete, but has required signatures?**

Any incomplete section (A-D) of the MOST form implies full treatment as defined in that section. In order to make changes, a new MOST form must be completed.

## **What is the difference between MOST and DC Comfort Care Order/Do Not Resuscitate?**

MOST is a set of medical orders, which means that it can be followed by any healthcare provider in any setting. MOST allows for patients to be more specific regarding their wishes for end-of-life care.

The DC Comfort Care Order/Do Not Resuscitate only allows a patient to forgo cardiopulmonary resuscitation (CPR) and honor the patient’s wish to have a natural death. It does not allow for patients to indicate preferences regarding medical interventions, when one has a pulse or breathing. The ability to choose one’s treatment options conveys the dignity and respect to those at the end-of-their life.

## **If I require additional information on the MOST program, who should I contact?**

Contact **DC Health** Health Emergency Preparedness and  
Response Administration (HEPRA)  
Emergency Medical Services (EMS) Division  
from 8:15 am to 4:45 pm,  
Monday through Friday, at **202-671-4222** or  
<https://dchealth.dc.gov/service/emergency-medical-services>

