

表1 POLSTとAdvance directive (事前指示)の比較

	POLST Paradigm Form	Advance Directive
Type of Document	Medical Order	Legal Document
Who Completes	Healthcare Professional (and patient or surrogate)	Individual
Who Needs One	Seriously ill or frail (any age) for whom healthcare professional wouldn't be surprised if died within 1 year	All competent adults
Appoints a Surrogate	No	Yes
What is Communicated	Specific medical orders for treatment wishes during a medical emergency	General wishes about treatment wishes. May help guide treatment plan after a medical emergency.
Can EMS Use	Yes	No
Ease in Locating	Very easy to find. Patient has original. Copy is in medical record. Copy may be in a Registry (if your state has a Registry).	Not very easy to find. Depends on where patient keeps it and if they have told someone where it is, given a copy to surrogate or to health care

POLST, physician orders for life-sustaining treatment; EMS, emergency medical service
 文献(31)より引用。