

Will your MOST be reviewed?

Yes, your MOST will be reviewed at least once a year with your doctor and it can be updated at any time. For example, when:

- Your health changes, or
- You go to hospital, or
- You have changed your mind about treatment, or
- You move into a supportive care facility such as Assisted Living or Residential Care.

Where is the MOST kept?

Your MOST information is stored in your electronic health record, where it is available for your health-care team. If you have a paper copy at home, make others aware of it.

Where can you get more information?

www.interiorhealth.ca/MOST



what **matters**
MOST
Talk Early / Talk Often



Interior Health
Every person matters

Medical Orders for Scope of Treatment (MOST)



Information for
Patients and Families

What is MOST?

MOST stands for “Medical Orders for Scope of Treatment”. It is an order that tells physician(s) and other health-care providers what health care to provide:

- if your heart stops
- if you stop breathing
- if you are in pain or need comfort care
- if you need medical or critical care treatment

In any situation, especially when you cannot speak for yourself, it is important that the health-care team understand your expressed wishes for treatment and care.



When should you have a MOST?

MOST is important for adults with an advancing illness or chronic condition that is life limiting or life threatening.

Should you have an unexpected medical event, you may be approached by your health-care team to discuss MOST.

After discussing with you, your family, and your health-care team, your physician will complete the MOST form with information that reflects the discussion and your current health condition.

Having a voice in decisions about your health-care treatment is important. Read the “My Voice” Advance Care Planning Guide to help you develop the advance care plan that best suits you.

(www.interiorhealth.ca/ACP)

How can you prepare for these discussions?

MOST starts with YOU. Think about what is important to you, your current health and what the future may look like as your health changes.

Talk with your family and significant others about your wishes and share those with your health-care team.

Your health-care team will discuss your plans and treatment options with you. Talking with them will help you to better understand your health condition, possible treatment choices, and options for care that are best for you.

The result of these discussions will be your doctor completing the MOST form with you.