

## Will your MOST be reviewed?

Your MOST can be updated at any time. It is recommended that your MOST be reviewed at least once a year with your physician or nurse practitioner and when, for example:

- 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 Long-term Care.

## Where is your MOST kept?

Your MOST information is stored in your permanent health record, where it is available for your health care team. If you have a current paper copy at home, place it where it can be easily found, e.g. on your fridge.

## Where can you get more information?

[www.interiorhealth.ca/MOST](http://www.interiorhealth.ca/MOST)

**Your voice *matters most* in decisions regarding your health care treatment. Please consider reading and working through the “My Voice” Advance Care Planning Guide to help you develop the advance care plan that best suits you.**

[www.interiorhealth.ca/ACP](http://www.interiorhealth.ca/ACP)

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



Interior Health  
*Every person matters*

## Medical Orders for Scope of Treatment (MOST)



Information for  
Adults and Families

## What is MOST?

MOST stands for “Medical Orders for Scope of Treatment”. It is an order that tells your physician or nurse practitioner and other health care providers what medical treatment 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 your health care team understand your expressed wishes for treatment and care.



## When should you have a MOST?

A MOST designation is beneficial for adults 19 years of age and older, especially if you have a chronic or deteriorating health condition.

If you have a sudden medical event, you may be asked by your health care team to discuss your MOST designation.

## How to prepare for these discussions

MOST starts with YOU. It is about your treatment wishes for your current health condition and what the future may look like as your health or wishes change.

Talk with your family and loved ones so they know your wishes regarding care preferences and treatment options, especially, in the future, if you are unable to speak for yourself.

Also discuss your plans and treatment wishes with your physician or nurse practitioner who will complete the MOST Form with you to reflect your preferences and your current health condition.