Understanding Goals of Care and Medical Orders for Scope of Treatment (MOST)

North Shore Division of Family Practice
An FPSC initiative

This document incorporates language from Vancouver Coastal Health's *Deciding on Goals of Care and Medical Orders for Scope of Treatment (MOST) - Acute and Community Care* booklet. The booklet can be accessed using the QR code:

What are Goals of Care?

Goals of Care are wishes for treatment and care based on what you may experience in the future due to your health condition. Goals of Care are determined through discussions between you and your health care provider(s).

Important questions to consider in these discussions:

- What is important to you?
- What does quality of life mean to you?
- What are your goals in the time you have left?
- Do you have any fears about end of life?

MOST

Based on what you have shared about your goals and what matters most, your doctor or nurse practitioner will write a Medical Order for Scope of Treatment (MOST). Your MOST can change as your goals and wishes change.

MOST tells your healthcare team what treatments you would or would not want in an emergency, and where you prefer to receive care (for example, at home or in the hospital).

MOST LEVEL		BASED ON YOUR GOALS, SUCH AS
M1	Supportive care, symptom management, and comfort measures. No CPR.	I want to have care that helps manage my symptoms and keeps me comfortable at home. If my heart stops, I do not want CPR. I want a natural death.
M2	Supportive care, symptom management, comfort measures, plus therapeutic measures and medications to manage acute conditions at home. No CPR.	I want to be cared for in my home, including treatment for reversible medical problems. If my heart stops, I do not want CPR. I want a natural death.
M3	Medical supports as noted in M1 and M2, plus going to hospital if needed. If needed, surgery could occur or admission to specialty unit for heart conditions. No transfer to intensive care unit. No CPR.	I want any treatable medical problems reversed or controlled, if possible. I'm willing to go to the hospital for tests and treatments. I do not want to go to an intensive care unit.
C1	All interventions in M1, M2, and M3, plus admission to intensive care unit if required. Intravenous, surgery, and breathing support by mask. No breathing tube. No CPR.	I want any reversible medical problems treated. I want to go to hospital, including the intensive care unit if needed. However, I do not want a breathing tube or CPR.
C2	Everything included in the above interventions (M1 to C1), plus breathing tube and breathing machine. No CPR.	I want my life to be prolonged. I want to go to hospital, including going to ICU and having a breathing tube and breathing machine if needed. I do not want CPR.
Attempt CPR	All appropriate critical care interventions, including breathing tube, breathing machine, and CPR.	I want all available medical treatments to extend my life. I am willing to go to hospital, have a breathing tube, be on a breathing machine, and have CPR.