

Advance Directive Type	Definition	Pros	Cons	Comments
<b>Medical Durable Power of Attorney</b>	Agent appointed by patient to make decisions when patient lacks capacity, temporarily or permanently. (Agent with general POA has no medical decision-making authority)	Agent has broad range of authority to respond to situation at hand according to patient values.	Patient must have shared values with agent. Only for healthcare decisions. Patient can fire agent – even if lacks decisional capacity.	Agent has latitude in making medical decisions; most adaptable way for patient wishes to be expressed. Cannot override LW, CPR directive.
Living Will	Person directs withdrawal of life-sustaining treatments when s/he lacks capacity and in terminal or persistent vegetative state	Must be honored unless an MDPOA is given express authority to override.	Only in effect when patient lacks DMC and in terminal condition or PVS as determined by two doctors	Very narrow, inflexible.
CPR Directive	Colorado state form documenting refusal of CPR in the event person's heart or breathing malfunction	To be honored by all EMS, facilities.	Does not instruct on how much to intervene on other pre-death care, like dialysis, transfusions, and intubation for respiratory distress only.	Order across settings; only effective in cardio-pulmonary arrest. (DNAR order is translation of this during hospital admission.)
MOST form (Medical Orders for Scope of Treatment)	Orders (not directives) signed by patient (or representative) and health care provider to determine treatment wishes near the end of life.	Orders (includes copies) are to be fully honored by all providers in all settings in Colorado.	Intended only for patients with chronic, serious or advanced illness.	New form, broader scope than CPR directives. Wishes for wide diversity of treatments can be expressed.
Proxy decision maker for health care	Surrogate when patient lacks decisional capacity but hasn't designated an agent (MDPOA). Selected by "interested parties" as person who can best speak for the patient's wishes/best interest.	Provides consent for non-emergent interventions or restraint by representing patient in giving "informed consent."	Family and friends may disagree, causing significant stress. Proxy cannot withhold artificial hydration, nutrition in most instances. Many providers unaware of process for getting proxy in CO.	Less freedom than agent with MDPOA to make medical decisions.
Five Wishes	Privately produced legally accepted document executed by patient to express preferences for medical treatment, pre & post-death wishes.	Offers opportunity to express wide range of peri-death wishes.	Procedure based medical wishes; often not useful as guide in clinical care in actual situations.	Wishes are intended to be followed but may be overridden by MDPOA or proxies.