



**Crosswalk of HELP Protocols with the 4Ms**

Becoming an Age-Friendly Health System entails reliably providing a set of four evidence-based elements of high-quality care, known as the “4Ms,” to all older adults in your system: What Matters, Medication, Mentation, and Mobility. The crosswalk below illustrates how the AGS CoCare<sup>®</sup>: HELP elements satisfy the requirements of 4Ms care for recognition as an Age-Friendly Health Systems participant.

HELP Protocols*	Age-Friendly Health Systems 4Ms†			
	 What Matters	 Medication	 Mentation	 Mobility
<b>HELP Core Interventions</b>				
Standardized Patient Screening	✓	✓	✓	✓
Patient Enrollment Procedures	✓	✓	✓	✓
Daily Visitor Program	✓	✓	✓	✓
Orientation Protocol	✓	✓	✓	✓
Therapeutic Activities Protocol	✓	✓	✓	✓
Sleep Enhancement Protocol	✓	✓	✓	✓
Early Mobilization Protocol	✓	✓	✓	✓
Vision Protocol			✓	✓
Blindness Protocol			✓	✓
Hearing Protocol			✓	
Feeding Assistance Protocol			✓	
Fluid Repletion Protocol			✓	
Chaplaincy Protocol	✓		✓	
Delirium Protocol	✓	✓	✓	✓
Dementia Protocol	✓	✓	✓	✓
Psychoactive Medications Protocol	✓	✓	✓	✓
Discharge Planning Protocol	✓	✓	✓	✓
Optimizing Length of Stay Protocol	✓	✓	✓	✓
Discharge Protocol	✓	✓	✓	✓
Post Discharge Assistance and Telephone Follow-Up	✓	✓	✓	✓
<b>HELP Interdisciplinary Interventions</b>				
Interdisciplinary Team (IDT) Rounds	✓	✓	✓	✓
Geriatrics Consultation	✓	✓	✓	✓
Community Linkages	✓	✓	✓	✓
<b>NICE‡ to HELP Nursing Interventions</b>				
Pain Management Protocol	✓	✓	✓	✓
Aspiration Prevention Protocol		✓	✓	
Prevention of Catheter Associated UTI Protocol			✓	
Constipation Protocol		✓	✓	✓
Hypoxia Protocol			✓	✓

\*AGS CoCare<sup>®</sup>: HELP Program January 2023: <https://help.agscocare.org>

†IHI Age-Friendly Health Systems January 2023: [http://www.ih.org/Engage/Initiatives/Age-Friendly-Health-Systems/Documents/IHIAgeFriendlyHealthSystems\\_GuidetoUsing4MsCare.pdf](http://www.ih.org/Engage/Initiatives/Age-Friendly-Health-Systems/Documents/IHIAgeFriendlyHealthSystems_GuidetoUsing4MsCare.pdf)

‡NICE = National Institute for Health and Care Excellence