

How AGS CoCare®: HELP Achieves Age-Friendly Care

AGS CoCare®: HELP has been centered around the 4Ms since its inception. Below, we provide a broad outline of the ways AGS CoCare®: HELP addresses each of the 4Ms of Age-Friendly Care.

WHAT MATTERS



- ✓ HELP incorporates What Matters to the patient at every step
- ✓ HELP targets key areas of What Matters, for example: sleep and nutrition preferences, hobbies/interests, who is important to them
- ✓ HELP protocols and activities are aligned with the patient's goals for care across all care settings and end-of-life care

MEDICATION



- ✓ HELP Nursing Delirium Protocol assesses medication lists ongoing
- ✓ HELP Psychoactive Medications Protocol avoids, reduces, or deprescribes high-risk Beers, anticholinergic & sedating medications
- ✓ HELP Interdisciplinary Team Rounds 2x weekly reviews all medications
- ✓ HELP ELNS communicates with Bedside RNs and MDs as needed

MENTATION



- ✓ All HELP protocols are directed to delirium prevention
- ✓ Nursing delirium assessment and protocols incorporate mentation
- ✓ Confusion Assessment Method (CAM) is used to assess delirium
- ✓ Mini-Cog or other screeners are recommended for cognitive impairment
- ✓ Geriatrics RN or Geriatrician consults are used as needed

MOBILITY



- ✓ Mobility assessments are done by ELNS or other HELP team members
- ✓ HELP Early Mobilization Protocol includes daily walking and Active Range of Motion (ROM) with staff/volunteers
- ✓ Physical Therapy (PT)/Occupational Therapy (OT) input are incorporated as needed