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 de-prescribes 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