

Age-Friendly Health Care

Age-Friendly Health Systems can deliver high-quality care to older adults. Their [evidence-based 4M framework](#) (what **m**atters, **m**edication, **m**entation, **m**obility) reduces patient harm by: clarifying goals; managing medications; addressing cognitive issues; and optimizing mobility by assessing and addressing pain. This Learning Pathway provides comprehensive education on these topics, resulting in a CAPC Designation to demonstrate age-friendly care competency, and ensuring successful response to the new Hospital Inpatient Quality Reporting Program's age friendly structural measure.

What Matters

[Introduction to Palliative Care](#)

An introduction to palliative care, how it is delivered, its impact on quality of life, and the growing population of patients who need it.

[Clarifying Patient Goals of Care](#)

Learn best practices for building trust, eliciting patient values, and having patient-centered conversations about goals of care.

[Goals of Care Conversation: Role Play](#)

In this video, Kacey Boyle, RN, MSPC, leads us through an example of a goals of care conversation between a clinician and a patient.

[Empathic Responses Guide](#)

This resource provides practical samples of empathic responses to use in conversations with patients and families, as well as template responses to challenging questions. Developed by VitalTalk.

Medication

[Course 2: How to Perform a Comprehensive Pain Assessment](#)

Learn the components of a comprehensive pain assessment and its importance in safe and effective pain management.

Reducing Risks for Older Adults

This course provides context and best practices for identifying older adults at risk for poor outcomes, including falls, delirium, and caregiving challenges.

Deprescribing Escape Room: Reducing Medication-Related Harm

This interactive escape room game challenges learners to conduct a thorough assessment of a patient whose multiple medications may be causing adverse effects, and determine which one(s) are candidates for deprescribing.

How Deprescribing Can Mitigate the Problem of Overmedication

The importance of reviewing a patient's list of medications before adding to it—and how to assess if a patient is overmedicated.

Mentation

A Delirium Whodunit: Understanding the Causes of Delirium

This interactive whodunit game challenges learners to conduct a thorough clinical investigation of a patient with delirium to diagnose the cause(s).

Cognitive Assessment Tools

Recommended validated cognitive assessment tools.

PHQ-9: Validated Screening Tool for Depression

Used to screen, diagnose and measure the severity of depression.

Mobility

Analgesics Fact Sheet

When to use - and when to avoid - 6 classes of analgesics including acetaminophen, NSAIDs, opioids, antiepileptics, antidepressants, and corticosteroids.

Pain Assessment and Documentation Tool (PADT)

Validated instrument to assess pain intensity and impact on function over time.

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You must be [logged in](#) to have full access to these resources. Not sure if you have a CAPC account? [Check here](#) to create one.