

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.

[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.

[Leading Goals of Care Conversations](#)

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.

Medication

[Safe and Age-Friendly Care 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

Decoding Dementia Behaviors

Learn about behavioral symptoms as a form of communication for people living with dementia, and how to assess their root cause and manage these symptoms.

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

Course 1: Pain and its Impact on Our Patients

Learn to define and characterize pain, recognize the prevalence of pain, understand disparities in pain management based on race, ethnicity, and gender.

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.

Course 6: Creating a Pain Treatment Plan and Monitoring Effectiveness

Learn to develop a pain treatment plan with realistic goals and proper documentation, and implement universal precautions to help with the risk of opioid use disorder.

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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