

# Age-Friendly Health Care

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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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