

Age-Friendly Health Systems Action Community Baseline Observations Worksheet

Worksheet: Identify Your Pilot or Spread Location(s)

Location (e.g., 5 South)	Type (e.g., med-tele)	Location lead

Worksheet: Identify Your Team

Please see pgs. 10-12 of the [IHI Guide to Using the 4Ms in the Care of Older Adults](#).

Role	Name	Email Address
Executive Sponsor		
Team Lead (mandatory)		
4Ms Champion – What Matters (mandatory)		
4Ms Champion – Mobility (mandatory)		
4Ms Champion – Mentation (mandatory)		
4Ms Champion – Medication (mandatory)		
IT Lead (optional)		
Other:		
Other:		

All team members will receive free exclusive access to the American Geriatrics Society's [Age-Friendly Resource Hub](#).

Worksheet: 4Ms observation (i.e., determining your baseline)

To fill out this worksheet, please identify one care setting (i.e., wing, unit, location, or practice) to pilot Age-Friendly 4Ms care. Then, conduct a virtual walkthrough of the unit to determine your baseline.

Pilot unit(s) identified (please list):

4Ms Observations Worksheet	
<p>What Matters: Know and align care with each older adult’s health outcome goals and care preferences including, but not limited to end-of-life, and across settings of care.</p>	<p>What are you currently doing to:</p> <ul style="list-style-type: none">• Ask the older adult What Matters most and document it• Align the care plan with What Matters most
<p><i>Observations for What Matters:</i></p>	
<p>Medication:</p> <ul style="list-style-type: none">• If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.	<p>What are you currently doing to:</p> <ul style="list-style-type: none">• Review high-risk medications and document them• De-prescribe or avoid high-risk medications, document and communicate changes.
<p><i>Observations for Medication:</i></p>	

4Ms Observations Worksheet (cont.)

Mentation:
Prevent, identify, treat and manage dementia, depression and delirium across care settings of care.

Within your care setting, what are you currently doing?

Inpatient:

- Screen for delirium every 12 hours and document results
- Ensure sufficient oral hydration
- Orient to time, place and situation
- Ensure adults have their personal sensory adaptive equipment
- Support non-pharmacological sleep

Ambulatory:

- Screen for dementia/cognitive impairment, document results
- Screen for depression and document the results
- Consider further evaluation, manage manifestations of dementia, educate older adults and caregivers, refer out if needed
- Identify and manage factors contributing to depression

Observations for Mentation:

Mobility:
Ensure that each older adult moves safely every day to maintain function and do What Matters.

What are you currently doing to:

- Evaluate patients' current level of mobility and document it
- Measure changes in mobility against the baseline
- Work with patients to set daily mobility goals
- Ensure early, frequent and safe mobility

Observations for Mobility: