



# ***Active Aging with the 4Ms***

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# Agenda

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Age-Friendly Health Systems & 4Ms Overview

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What Matters

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Medications

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Mentation

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Mobility

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Questions



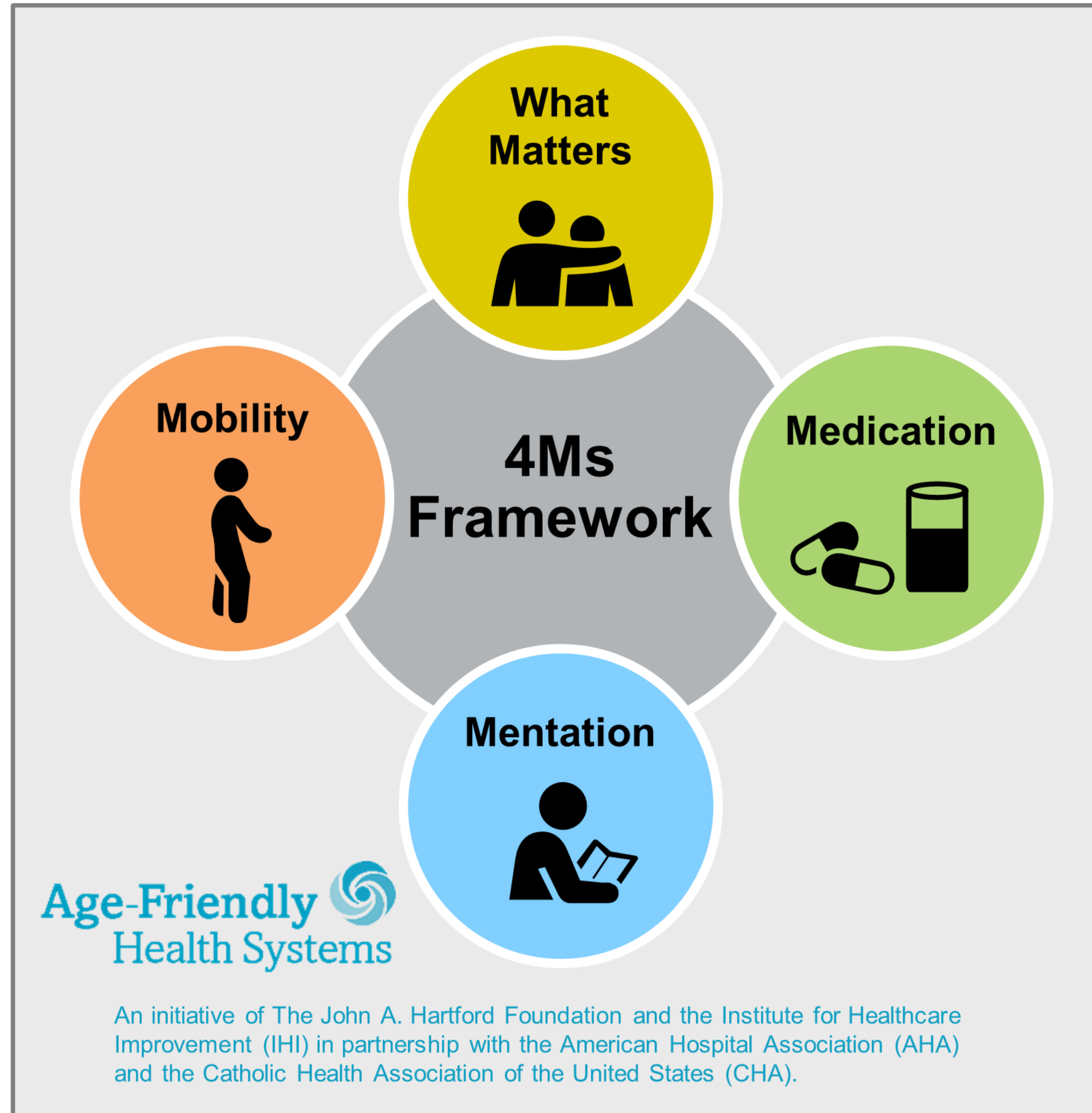
# Vision

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To transform Sonoma Valley Hospital into an Age-Friendly Health System by providing excellent, high-quality care consistent with geriatric best practices throughout the outpatient and inpatient clinical enterprise of Sonoma Valley Hospital.



# What does it mean to be Age-Friendly?



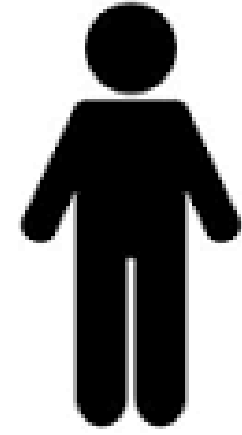
For related work, this graphic may be used in its entirety without requesting permission.  
Graphic files and guidance at [ihi.org/AgeFriendly](http://ihi.org/AgeFriendly)

**Who are the people in your life you hold dear or care about?**

**Name three treasured moments in your life**

**Describe what a good day looks like for you**

**Name three life experiences you would like to have or tasks you would like to complete in the next six months**



Durable Power of Attorney



POLST

## What matters most to you?

Goal: to align care with each older adult's specific health outcome goals and care preferences

**Who or what provides you with strength or hope?**

**How confident are you filling out medical forms for yourself? Do you usually need help?**

**In what languages are the TV programs you usually watch?**

**Name three activities you enjoy doing regularly**

**Do you have a community that supports you? Who are they and how do they help?**

# Medications

- Minimize medications
- If medication is necessary, use medication that does not interfere with What Matters to the older adult, mobility, or mentation across settings of care
- Avoid polypharmacy!
- Review your medication list with your primary care doctor and pharmacist. Don't forget over-the-counter meds!

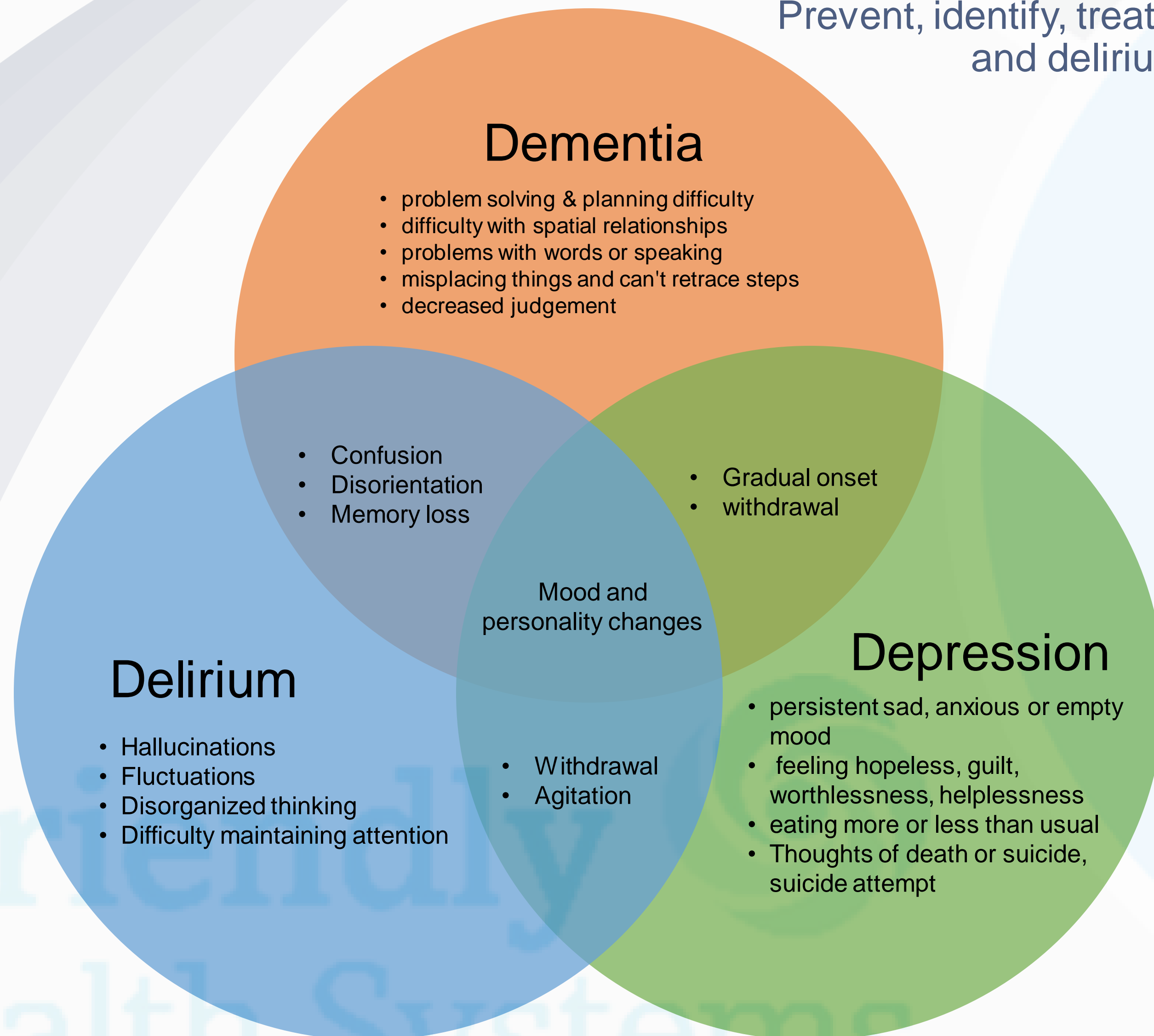


Medication class	Adverse side effect
Anticonvulsants	Delirium, falls
Anticholinergics	Delirium, falls
Antidepressants	Delirium, falls
Anxiolytics	Delirium, falls
Antispasmodics	Delirium, falls
Antiparkinsonian agents	Delirium, falls
Anesthesia	Delirium, falls
Corticosteroids	Delirium
Digoxin	Delirium
Antihistamines	Delirium, falls
Antipsychotics	Delirium, falls
H2 blockers	Delirium
Sedative hypnotics	Delirium, falls
Opioids	Delirium, falls
Muscle relaxants	Delirium, falls
Antihypertensive agents	Falls
Anticoagulants	Falls
Benzodiazepenes	Delirium, falls



# Mentation

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



# Mentation

## 10 Healthy Habits for Your Brain

1. Challenge your mind
2. Stay in school
3. Get moving
4. Protect your head
5. Be smoke-free
6. Control your blood pressure
7. Manage Diabetes
8. Eat right
9. Maintain a healthy weight
10. Sleep well

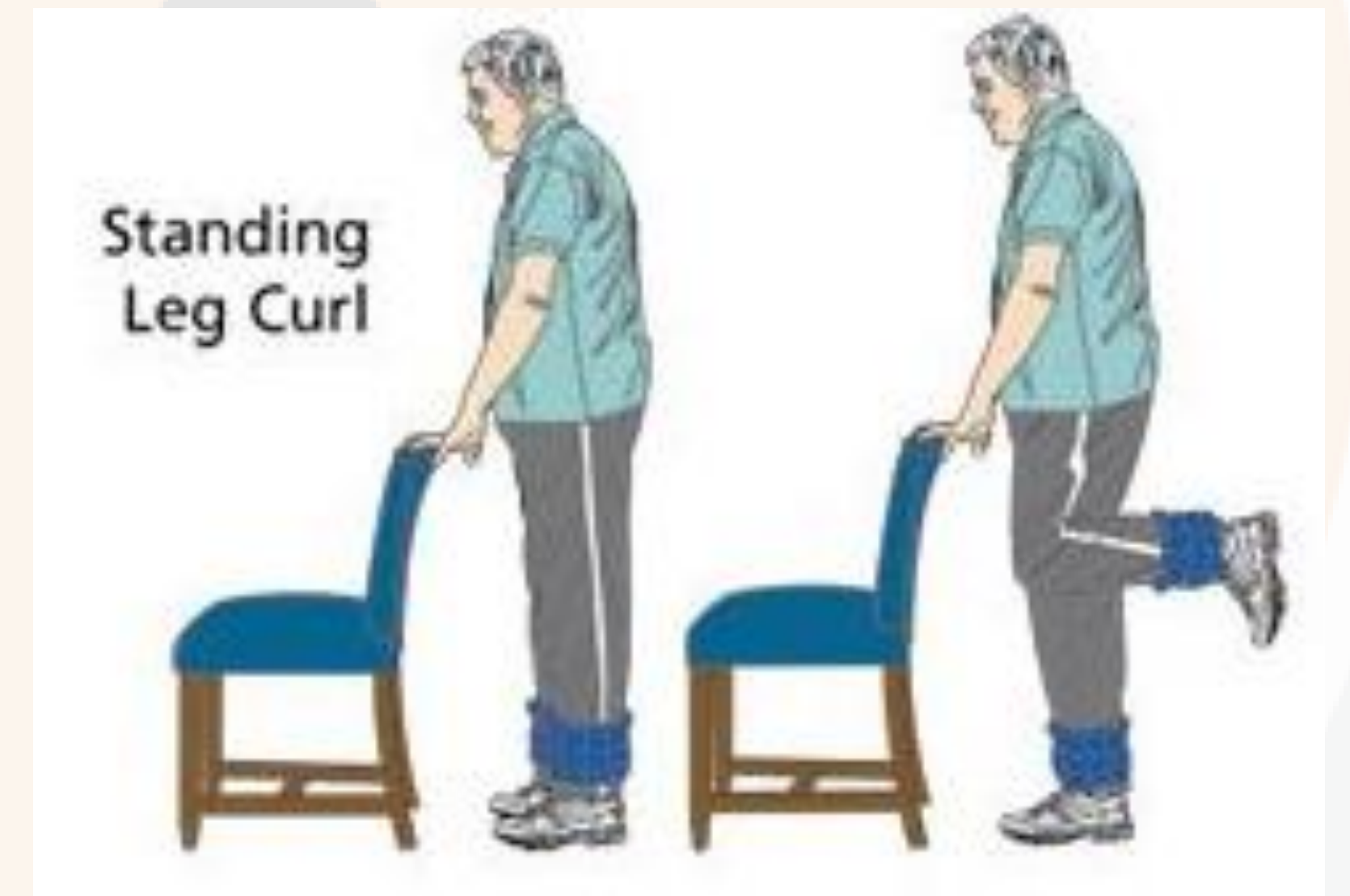
# Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.

## Safe Mobility > Fall Prevention

Know your risk factors

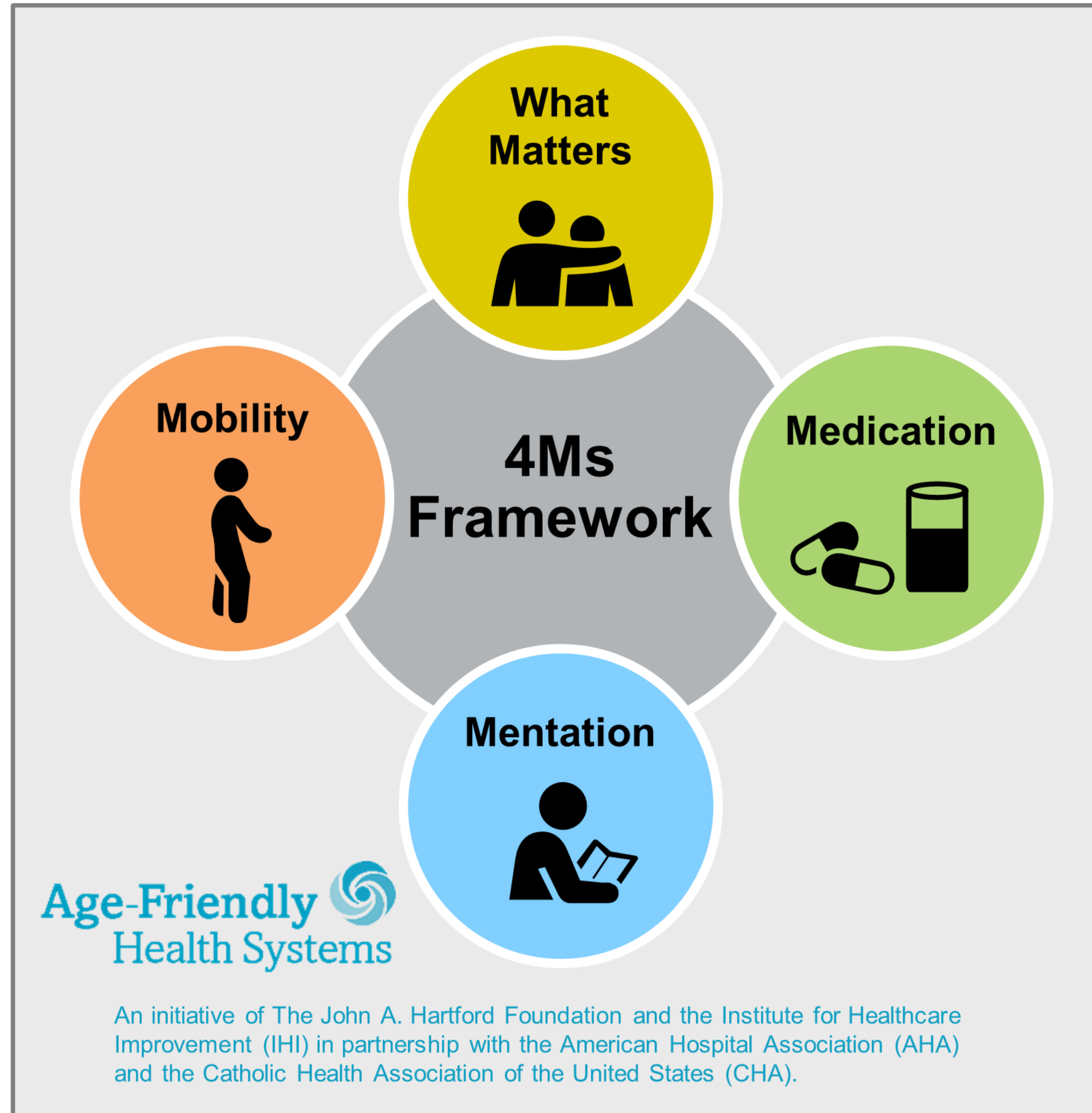
- History of falls
- Dizziness/vertigo
- Neuropathy
- Medications
- Functional status



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# How is Sonoma Valley Hospital Age-Friendly?



## What Matters

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

## Medication

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.

## Mentation

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

## Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.



# SUMMARY

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Sonoma Valley Hospital is committed to providing the highest quality, evidence-based care to our community, that is personalized to the needs of the individual. With an enhanced focus on the unique specialty of geriatric medicine, we can become the leaders in Age-Friendly care.

