

# 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.

## What Matters

### [Introduction to Palliative Care for Health Professionals](#)

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.

### [Empathetic 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

### [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**

### **Course 1: Comprehensive Pain Assessment**

Conducting a comprehensive pain assessment to guide safe and effective treatment.

### **Non-Opioid Chronic Pain Management**

Clinical training on the biological basis of chronic pain, building patient trust, and non-pharmacological and non-opioid treatments for managing chronic pain in patients with serious illness.

### **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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