




Crosswalk of HELP Protocols with 4Ms				
HELP Protocols*	Age-Friendly Health Systems 4Ms†			
	What Matters 	Medication 	Mentation 	Mobility 
<b>HELP Core Interventions</b>				
Standardized Patient Screening	✓	✓	✓	✓
Patient Enrollment Procedures	✓	✓	✓	✓
Daily Visitor Program	✓	✓	✓	✓
Orientation Protocol	✓	✓	✓	✓
Therapeutic Activities Protocol	✓	✓	✓	✓
Sleep Enhancement Protocol	✓	✓	✓	✓
Early Mobilization Protocol	✓	✓	✓	✓
Vision Protocol			✓	✓
Blindness Protocol			✓	✓
Hearing Protocol			✓	
Feeding Assistance Protocol			✓	
Fluid Repletion Protocol			✓	
Chaplaincy Protocol	✓		✓	
Delirium Protocol	✓	✓	✓	✓
Dementia Protocol	✓	✓	✓	✓
Psychoactive Medications Protocol	✓	✓	✓	✓
Discharge Planning Protocol	✓	✓	✓	✓
Optimizing Length of Stay Protocol	✓	✓	✓	✓
Discharge Protocol	✓	✓	✓	✓
Post Discharge Assistance and Telephone Follow-Up	✓	✓	✓	✓
<b>HELP Interdisciplinary Interventions</b>				
Interdisciplinary Team (IDT) Rounds	✓	✓	✓	✓
Geriatrics Consultation	✓	✓	✓	✓
Community Linkages	✓	✓	✓	✓
<b>NICE‡ to HELP Nursing Interventions</b>				
Pain Management Protocol	✓	✓	✓	✓
Aspiration Prevention Protocol		✓	✓	
Prevention of Catheter Associated UTI Protocol			✓	
Constipation Protocol		✓	✓	✓
Hypoxia Protocol			✓	✓

\*AGS CoCare®: HELP Program January 2023: <https://help.agscocare.org>

†IHI Age-Friendly Health Systems January 2023: [http://www.ihi.org/Engage/Initiatives/Age-Friendly-Health-Systems/Documents/IHIAgeFriendlyHealthSystems\\_GuidetoUsing4MsCare.pdf](http://www.ihi.org/Engage/Initiatives/Age-Friendly-Health-Systems/Documents/IHIAgeFriendlyHealthSystems_GuidetoUsing4MsCare.pdf) Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI) in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA).

‡NICE = National Institute for Health and Care Excellence