

## How HELP Achieves Age-Friendly Care

HELP is the original Age-Friendly Hospital program, developed in the 1990s and disseminated to hundreds of hospitals worldwide. HELP has been centered around the 4Ms since its inception. Below, we provide a broad outline of the ways HELP addresses each of the 4Ms.

### WHAT MATTERS



- ✓ HELP incorporates What Matters to the patient at every step
- ✓ HELP protocols and activities are aligned with the patient's goals for care
- ✓ HELP staff assure Code status, Advanced Directives, POLST-HELP have been addressed

### MEDICATION



- ✓ HELP Nursing Delirium Protocol assesses medication lists ongoing
- ✓ HELP Psychoactive Medications Protocol avoids, reduces, or deprescribes high-risk Beers, anticholinergic & sedating medications
- ✓ HELP Interdisciplinary Team Rounds 2x weekly reviews all medications
- ✓ HELP ELNS communicates with Bedside RNs and MDs as needed

### MENTATION



- ✓ All HELP protocols directed to delirium prevention
- ✓ Nursing delirium assessment and protocols
- ✓ Confusion Assessment Method (CAM) used to assess delirium
- ✓ Mini-Cog or other screeners recommended for cognitive impairment
- ✓ Geriatrics RN or Geriatrician consult as needed

### MOBILITY



- ✓ Mobility assessment done by ELNS or other HELP team members
- ✓ HELP Early Mobilization Protocol for daily walking and Active Range of Motion (ROM) with staff/volunteers
- ✓ Physical Therapy (PT)/Occupational Therapy (OT) input as needed