
Phelps Receives Recognition as an Age-Friendly Health System

We are pleased to announce that Phelps Hospital recently received **Recognition as an Age-Friendly Health System** from the Institute for Healthcare Improvement (IHI). In achieving this designation, we demonstrated our ability to render care to patients 65+ years old in the area of the **4Ms - What Matters Most, Medication, Mentation and Mobility** - and committed to implementing performance improvement plans as we strive to enhance the care we provide. The Age-Friendly Health System recognition is a shift in the paradigm of care in which the 4Ms drive all care and decision making in the inpatient and ambulatory care settings.



Age-Friendly Health System 4Ms Model

As a whole, the population of the United States is aging. The number of people over age 60 in the Hudson Valley Region is twice as large as the national average. In Westchester County, residents over 60 years old currently represent 20 percent of the total population with an expectation that they will represent 25 percent of the population by 2030. Studies show that when older adults are hospitalized, they tend to decompensate due to changes in muscle strength, hydration and plasma volume, skin integrity and the acceleration of bone loss. The 4Ms model is an evidence-based initiative to limit/eradicate the decompensation that occurs during hospitalization and enhance the quality of care.

The next step in providing exemplary care is to achieve the **Age-Friendly Health System – Committed to Care Excellence** designation. The criteria for this designation includes performing a three month pilot study on a selected nursing unit (2N) to measure the reliability of providing 4Ms care to 95 percent of our patients 65+ years old; with the goal of eventually providing 4Ms care 100 percent of the time to adults 65+ years old in both the inpatient and

ambulatory care settings.

Becoming an Age-Friendly Health System requires an interdisciplinary approach in order to make a real difference in the care we provide. Our success depends upon the entire Phelps team embracing the 4Ms model and incorporating continual improvement in how we deliver care. We're all in this together.

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