

Center for Successful Aging

A New Model of Care – Addressing the Needs of Complex Geriatric Patients

Presenters:

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MedStar Health

Overview

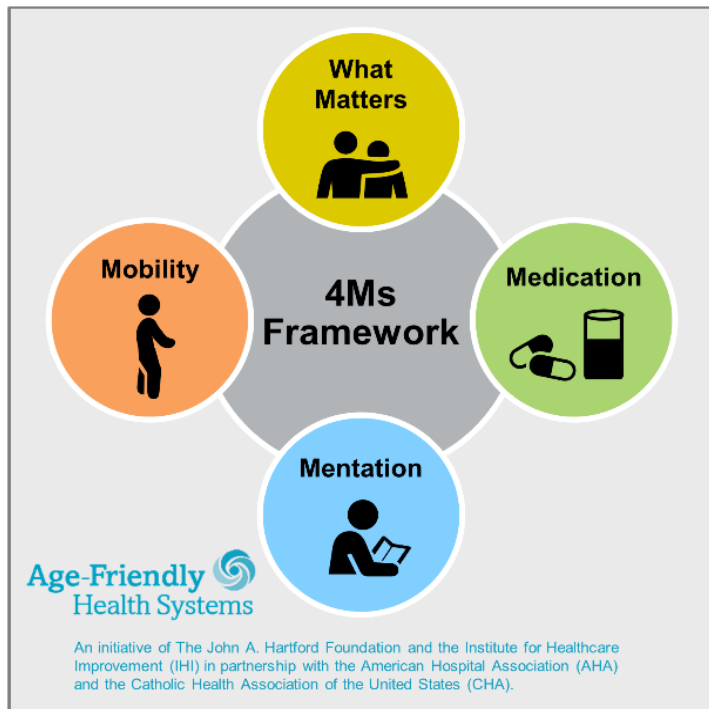
- Introductions
- About Our Clinic
- How to Refer to Us
- Q&A



Meet Dr. Khalil



The Center for Successful Aging – Age Friendly Health System - 4M's



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Graphic files and guidance at ihi.org/AgeFriendly

The 4Ms Framework is the evidenced based model developed by IHI and Partners:

What Matters: Know and align care with each older adult's specific health outcome goals and care preferences

Medication: If medication is necessary, use age-friendly medication that does not interfere with What Matters to the older adult, Mentation, or Mobility 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.

The 4Ms are the essential elements of High-quality care for older adults and when implemented together, indicate a broad shift by health systems to focus on the needs of older adults. It requires engagement of the older adults and caregivers, and community partnerships

MMMC Center for Successful Aging (CSA)

- Outpatient Ambulatory Clinic
- High Intensity Outpatient Clinic (HIOP)

The CSA Outpatient Ambulatory Clinic:

Interdisciplinary model of care:

- Nurse Practitioner
- Social Worker
- Clinical Pharmacist
- Physical Therapist
- Geriatrician who finalizes the plan of care

We provide:

- PCP service
- Geriatric consultation



The CSA Outpatient Ambulatory Clinic:

Our target patients are:

- Geriatric Patients > 65 yo, or younger with complex medical history.
- Patients with multiple comorbidities, recurrent hospitalizations, who require comprehensive assessment and regular medical attention.
- Patients with any geriatric syndrome especially cognitive impairment (MCI, dementia)



The CSA High Intensity Outpatient Clinic

Goal of HIOP is to eliminate ER visits for our clinically stable patients.

- Requires a signout from the patient's primary provider, to ensure the patient is stable and does not require an ER workup.

HIOP Care Team

- Nurse supervisor
- Provider (MD/NP)



The CSA High Intensity Outpatient Clinic

Interventions available:

- IV Fluids
- Changing Foley catheter (with collaboration with urology)
- IV Lasix
- IV steroids
- IV Antibiotics
- Blood transfusion
- G tube re-placement (under consideration)

At this point:

- Finalizing policies and protocols.
- Building connections with different specialties and resources.



Thank you!

Want more information or need to make a referral?

- 1. Call the clinic directly: 301-570-7400, Fax Number: 301-570-7403**
- 2. Visit our website:**
<https://www.medstarhealth.org/ads/mmmc-csa/>
- 3. Watch and share our video: <https://vimeo.com/604181939>**
- 4. Share our e-brochure**

Questions?

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