Summa Health Senior Health Symposium:
Application of the Age-Friendly 4 M’s Framework Across the Care Continuum

Friday, October 13, 2023 | 8 a.m. – 4 p.m.

4 M’s Framework

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).
This course will be offered both in-person and as a virtual (live) event.

### Symposium Learning Objectives

Define the 4M’s of the Age Friendly framework and why they matter in all settings.

1. Describe how each of the 4M’s relate to the care of older adults across multiple care setting to create Age Friendly ecosystems.

2. Recognize how to incorporate Age Friendly concepts into the learners’ unique professional practices.

3. Identify ways to integrate healthcare and community resources to optimize the care of older adults.

### Description of the Course

In collaboration with a HRSA Geriatric Workforce Enhancement Program (GWEP), this one-day symposium is designed for multidisciplinary care team members including physicians, advanced practice providers, social workers, pharmacists, therapists, case workers and administrators who care for older adults in their practice.

The Institute for HealthCare Improvement (IHI) and others created the Age-Friendly Health Systems initiative to increase safety, promote evidence-based practices and align with What Matters for older adults and their family caregivers as the aging population continues to grow at significant rates.

No matter the care setting in which a clinician works, there are considerations and interventions that can be implemented that will improve the care, safety and dignity of older adults.

### Course Agenda:

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<th>Time</th>
<th>Event</th>
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| 7:30 to 8 a.m. | Check-in, networking and breakfast  
(food/beverage provided) |
| 8 a.m.  | Introduction  
Jennifer Drost, D.O., Medical Director Summa Health Senior Services |
| 8:15 a.m. | Keynote Speaker  
Leena Sharma, Director, Community Catalyst |
| 9:30 a.m. | Introduction – Medication  
Joe Marchiano, PharmD, Lead Clinical Pharmacist, Summa Health Senior Health |
| 10:00 a.m. | Introduction – Mobility  
Amanda Harvan, NP, Summa Health Senior Health |
| 10:30 a.m. | Introduction – Mentation  
Bonnie Burman, Ohio Council on Cognitive Health and Deanna Horrigan, Summa Health, APP Behavioral Health |
| 11:00 a.m. | Introduction – Matters  
Kyle Yoder, D.O., Medical Director, Summa Health Hospice/Palliative Care |
| 11:30 a.m. | Lunch break (food/beverage provided) |
| 12:00 p.m. to 1:00 p.m. | Community Resource Fair for in-person attendees  
NOTE: Virtual attendees will not be able to participate in this learning module, and thus will have a lower contact hour total. |
| 1:00 p.m. | Age-Friendly Community Initiatives  
Sue Sigmon, Age-Friendly Akron |
### Session 1
**8:00 - 8:15 a.m.**
**Introduction:** Describing the state of senior care in medicine today

**Speaker**
Jennifer Drost, D.O., Medical Director Summa Senior Services

**Learning Objective(s)**
Cite three relevant statistics regarding current trends in senior care in the U.S.

**Detailed course description**
Understanding the current state of senior health care and the trend toward Aging in Place is an important concept to explore as clinicians begin to take inventory of why care of older adults is important and needs to improve.

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### Session 2
**8:15 - 9:15 a.m.**
**Key Note Address:** Introduction to the Age-Friendly Framework and why it is important to all caregivers across the care continuum

**Speaker**
Leena Sharma, MPP

**Learning Objective(s)**
Define the 4M’s of the Age Friendly framework and why they matter in all settings.

**Presenter(s) credentials/qualifications**
Leena Sharma, MPP, is Deputy Director of Community Catalyst’s Center for Community Engagement in Health Innovation. In this role, Leena works alongside the Center’s director to carry out initiatives focused on representing community voices in health system transformation. Leena also provides project leadership and policy expertise to the Center and its partners on programs and policies related to integrated care for individuals who are dually eligible for Medicare and Medicaid.

Previously, Leena worked at the Alzheimer’s Association’s Greater New Jersey Chapter as a public policy, advocacy and volunteer coordinator. While there, Leena advanced public policy advocacy efforts on behalf of individuals who struggle with Alzheimer’s disease and their caretakers.

Leena received a bachelor’s degree in political science from Rutgers University and a Master in Public Policy (MPP) from Monmouth University.

**Detailed course description**
Improving care for older adults requires not just transforming the health systems where they receive care, but empowering older adults themselves – and their caregivers – to advocate for the care they want and need. Older adults are the experts on their own health needs and priorities, so it is critical that they are supported and encouraged to talk to their providers about what matters to them.

Ms. Sharma’s key note address will set the stage and provide the framework on which the rest of the lectures will scaffold.
### Session 3
9:30 - 11:30 a.m.

**Introduction to the 4 M’s**

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<th>Speaker</th>
<th>Various, see schedule</th>
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| Learning Objective(s) | 1) Define the construct of each of the 4 M’s and how they impact various care settings and clinical roles  
2) Describe what it means to provide care consistent with the 4M’s |
| Detailed course description | Medication safety is a significant concern for older adults. Thorough medication review and education can lead to improvement in a patient’s quality of life, risk for falls and cognitive health. Basic knowledge of specific interventions related to older adults and medication management will improve the bigger picture of the care of older adults.  
Safe and effective mobility is essential for the continued health and independence of older adults. Comprehensive evaluation of the underlying cause(s) of falls is imperative to correcting deficits and risk factors without limiting a person’s mobility and further risking increased debility over time.  
An older adult’s risk of mentation-related diagnoses and adverse events are significantly higher than those of younger cohorts. Addressing the interplay between mentation and the other M’s is of the utmost importance to the overall well-being of individuals and the healthcare system in general.  
Defining what matters means knowing and aligning care with each older adult’s specific health outcome goals and care preference including, but limited to, end-of-life care. Conversations with patients and loved ones are essential to managing expectations and providing patient-focused care. |
| Session 5  
1:00 - 1:50 p.m. | Age Friendly Community Initiatives |
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<tr>
<td><strong>Speaker</strong></td>
<td>Sue Sigmon, Age Friendly Akron</td>
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<tr>
<td><strong>Learning</strong></td>
<td>List three community/infrastructure-based considerations to advancing age-friendly environments.</td>
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<td><strong>Objective(s)</strong></td>
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<td><strong>Detailed course description</strong></td>
<td>As the population of aging community members increases, it is important that the communities in which we all live consider the needs of all of its residents. Age Friendly community initiatives are designed to take the needs and interests of older adults into consideration. This lecture will give an overview of the framework for evaluating age-friendly communities, and describe the benefits to all residents.</td>
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| Session 6  
2:00 - 2:50 p.m. | Advanced Topics for one of the 4 M’s (chose one) |
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<tr>
<td><strong>Learning</strong></td>
<td>Discuss practical applications of the chosen M’s across multiple care settings in the age-friendly ecosystem</td>
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| **Detailed course description** | A multidisciplinary team comprised of:  
• A content matter expert  
• A licensed healthcare provider experienced in caring for older adults within their care setting  
• A community resource provider will discuss detailed, evidence-based considerations and real world examples reflecting their expertise and scope of practice as it relates to each identified M. |

| Session 7  
3:00 - 4:00 p.m. | Interdisciplinary case study and discussion |
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<td><strong>Speaker</strong></td>
<td>Dr. Jennifer Drost will facilitate a panel of speakers</td>
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<td><strong>Learning</strong></td>
<td>Recognize how to incorporate Age Friendly concepts into the learners’ unique professional practice. Identify ways to integrate healthcare and community resources to optimize the care of older adults.</td>
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| **Detailed course description** | A culminating activity designed to bring together the information disseminated during the course and provoke thought and discussion amongst participants.  
A clinical scenario regarding an older adult with multiple “M” challenges/concerns will be described to the audience. Panelists and audience members will be invited to suggest intervention strategies reflective of the day’s learning topics. Audience response will be utilized to take polls/votes on the most important considerations and most likely course of intervention for treatment success (as defined by What Matters to the patient). |
About Summa Health Senior Health

The Summa Health Senior Health Center is a nationally recognized comprehensive and specialized care center and research and education facility. Its dedicated staff of geriatricians, nurses and social workers offer inpatient and outpatient care and other services in the following areas: memory assessment, geriatric assessment, palliative care and neuropsychiatry.

Our team of senior health specialists diagnose and treat a wide range of conditions that affect people as they age and help improve the overall quality of life for older adults.

Learn more at summahealth.org/seniors

About the Complex Care Institute

The Summa Health Complex Care Institute brings together complementary components of healthcare to treat patients throughout the entire care continuum. This means an interdisciplinary team — comprised of specialists from palliative care, senior health, pastoral care, the Complex Care Clinic and pain stewardship — works collaboratively to provide patients a healthcare experience that is easier to navigate and takes care of the whole person.

The Institute incorporates clinical programs, whether they be in the hospital, outpatient or in the home, as well as community partnerships, education and research to provide comprehensive support. Our goal always is compassionate care that keeps patients and their loved ones top of mind.

Continuing Education

Summa Health System is accredited by the Ohio State Medical Association to provide continuing medical education for physicians, nurses and other clinical participants. Summa Health System designates this live activity for a maximum of 7 AMA PRA Category 1 Credits™ (7 credits for live participants and 6 for virtual attendees). In addition, Summa Health designates this live activity for a maximum of 7 units OPTA CEU.

Participants should claim only the credit commensurate with the extent of their participation in the activity.

How to apply:

- Text 67BOTH to 828.295.1144
- Go to www.eeds.com
- Click the ‘Sign-In’ Button
- Enter 67BOTH

The deadline to request continuing medical education credits is Friday, October 20 at 8 a.m.

Scan this code to access
Participate in audience response polling.

Scan the QR code or join at:
vevox.app
ID: 148-568-967