Montana Geriatric Education Center  
Online Geriatric Health Courses  
Course Description

**AGE-FRIENDLY HEALTHCARE IN THE NEW NORMAL**  
Expiration Date: December 31, 2022*

The *Age-Friendly Healthcare in the New Normal Course* is a compilation of the following recorded presentations from the Montana Geriatric Education Center’s 2020 Annual Fall Conference. The course identifies strategies that participants can use to implement or expand Age-Friendly Health Care and the 4 M’s in their practice setting.

**Course Content:**

*Age-Friendly Health Care and the 4M’s* by Katherine Bennett, MD, UW Medicine, Division of Gerontology and Geriatric Medicine, Seattle, WA

Age-Friendly Health Care and the 4M’s is a presentation from the 2020 MT Geriatric Education Center’s Annual Conference: Age-Friendly Health Care in the New Normal. Dr. Bennett is an Assistant Professor in the University of Washington School of Medicine and serves as the Program Director for the Geriatric Medicine Fellowship. She is the Assistant Director of Education for the Northwest Geriatrics Workforce Enhancement Center and serves as the founding medical director of UW Project ECHO geriatrics (an interprofessional case consultation and education program). She practices in the Harborview Senior Care Clinic, in the inpatient geriatrics and general medicine services, and in long term care. She has extensive experience in medical education and has developed geriatrics curricula and evaluation tools.

**Module Purpose:** Participants will identify strategies they could use to implement or expand Age-Friendly Health Care and the 4 M’s in their practice setting.

**Learning Objective**
Identify the four essential elements that comprise the 4 M’s framework of an Age-Friendly Health System - What Matters, Mobility, Medication and Mentation.

**Contact Hours:** 1
**What Matters** by Angela Catic, MD, Baylor College of Medicine, Houston, TX

What Matters is a presentation from the 2020 MT Geriatric Education Center’s Annual Conference: Age-Friendly Health Care in the New Normal. Dr. Catic is an Assistant Professor in the Baylor College of Medicine in Houston. She currently serves as Director of the Geriatric Medicine Fellowship at Baylor and Medical Director of the Michael E. DeBakey Geriatrics PA Residency program. Dr. Catic’s clinical interests include dementia, delirium, pain management, and care of complex older adults. She is developing an age-friendly program at the Michael E. DeBakey VA Medical Center which will focus on high-risk, high-need older adults including optimizing care transitions.

**Module Purpose:** Participants will identify strategies they could use to implement or expand Age-Friendly Health Care and the 4 M’s in their practice setting.

**Learning Objective**
Describe methods to determine what matters most to older adults and align their outcome goals and care preferences accordingly.

**Contact Hours:** 1

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**Mobility: Keeping Aging Fun** by Colleen Hergott, PT, DPT, Augusta University, Augusta, GA

Mobility: Keeping Aging Fun is a presentation from the 2020 MT Geriatric Education Center’s Annual Conference: Age-Friendly Health Care in the New Normal. Dr. Hergott is an Assistant Professor in the Department of Physical Therapy at Augusta University where she teaches cardiopulmonary, aging and exercise physiology. She is a Geriatric Clinical Specialist, Certified Exercise Expert for the Aging Adult (CEEAA), and ACSM Clinical Exercise Physiologist. She is actively involved in the Exercise is Medicine (EIM) initiative, which promotes physical activity assessment and promotion as a standard in clinical care. She currently serves as a member of the APTA Geriatrics-NCOA task force, which seeks to promote health and wellness for older adults.

**Module Purpose:** Participants will identify strategies they could use to implement or expand Age-Friendly Health Care and the 4 M’s in their practice setting.

**Learning Objective**
Describe the benefits of physical activity and fall risk screening for the older adult to help maintain mobility.

**Contact Hours:** 1
**Medication Considerations for Older Adults** Abby Winter, PharmD, BCACP, University of Washington School of Pharmacy, Seattle, WA

Medication Considerations for Older Adults is a presentation from the 2020 MT Geriatric Education Center’s Annual Conference: Age-Friendly Health Care in the New Normal. Dr. Winter is a Clinical Assistant Professor at the University of Washington School of Pharmacy where she is also Assistant Director of Outreach for the Plein Center for Geriatric Pharmacy Research, Education and Outreach. The goal of the Plein Center for Geriatrics is to generate and transmit new knowledge to improve disease management and appropriate medication use in older adults. Dr. Winter previously served as Clinical Diabetes Pharmacist for the UW Medicine Diabetes Institute.

**Module Purpose:** Participants will identify strategies they could use to implement or expand Age-Friendly Health Care and the 4 M’s in their practice setting.

**Learning Objective**
Identify potential drug-related problems and possible interventions to optimize medication use in older adults.

**Contact Hours:** 1

**Mentation: The 3 D’s** by Emily Trittschuh, Ph.D., University of Washington, Seattle, WA

Mentation: The 3 D’s is a presentation from the 2020 MT Geriatric Education Center’s Annual Conference: Age-Friendly Health Care in the New Normal. Dr. Trittschuh is an Associate Professor at the University of Washington and a Clinical Neuropsychologist with the VA Puget Sound Health Care System’s Geriatric Research Education and Clinical Center(GRECC). She has specialized in neurodegenerative disease and has over 18 years of experience in the field of geriatrics. Her clinical work and research have been focused on the full continuum of cognitive aging – from neurodegenerative disease to “super” aging into the 90’s and beyond.

**Module Purpose:** Participants will identify strategies they could use to implement or expand Age-Friendly Health Care and the 4 M’s in their practice setting.

**Learning Objective**
Discuss strategies to identify, prevent, and coordinate care of older adults with dementia, depression, or delirium.

**Contact Hours:** 1
Montana Nurses Association (MNA) is accredited with distinction as an approver of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation.

*COURSE EXPIRATION DATE*

For continuing nursing education, it is required that courses be reviewed periodically to ensure that content is reflective of best available evidence. Current courses will not be valid for MNA credit after the published expiration date.