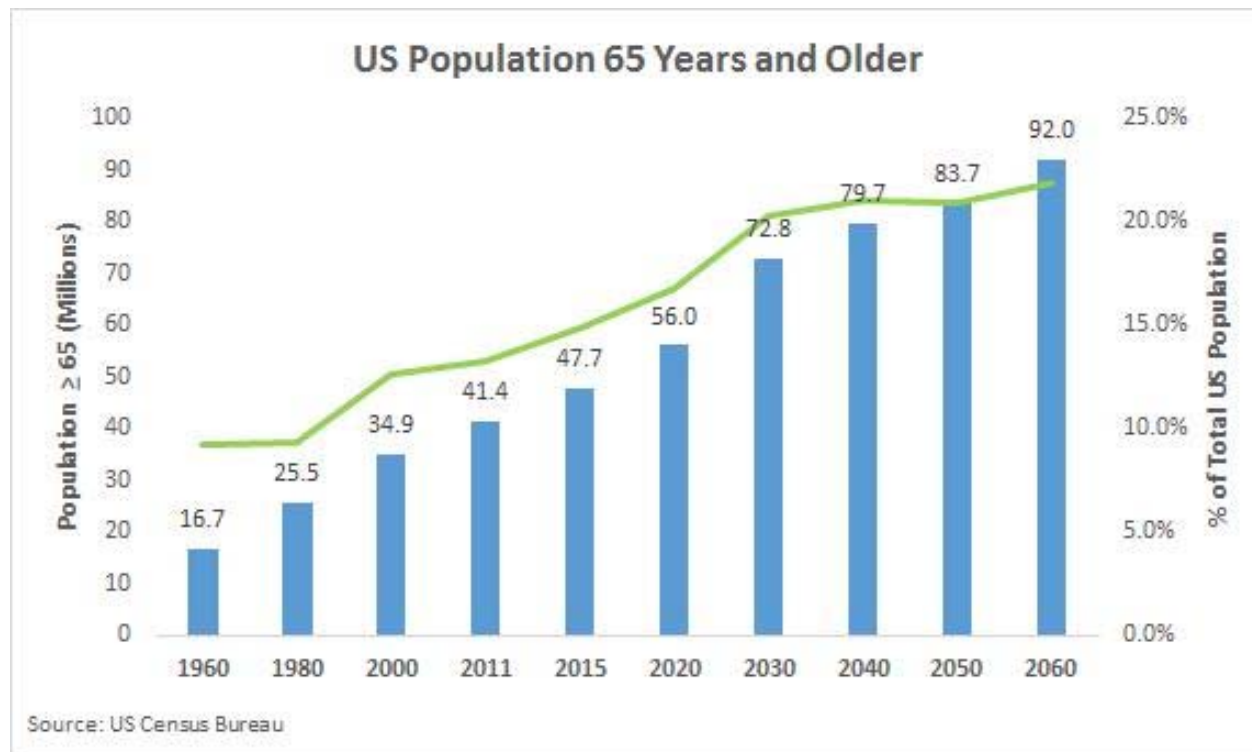


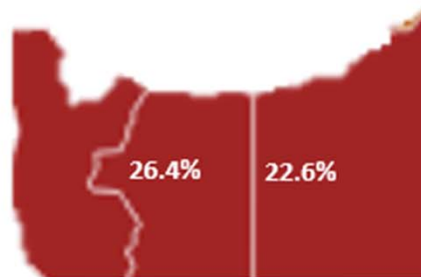
Age Friendly Hospital System

Steven Hersch, MD
Vice President of Medical Affairs and Administrator
Asante Ashland Community Hospital

July 11, 2022

The Over 65 Age Group is Growing





An Aging Southern Oregon

18.2% of Oregonians are 65+

In Jackson County: **22.6%**

In Josephine County: **26.4%**

Ashland Demographics

US Census Bureau - July 2021

All Topics	Ashland city, Oregon
Population Estimates, July 1 2021, (V2021)	NA
PEOPLE	
Age and Sex	
Persons under 5 years, percent	3.5%
Persons under 18 years, percent	13.5%
Persons 65 years and over, percent	24.4%
Female persons, percent	52.2%

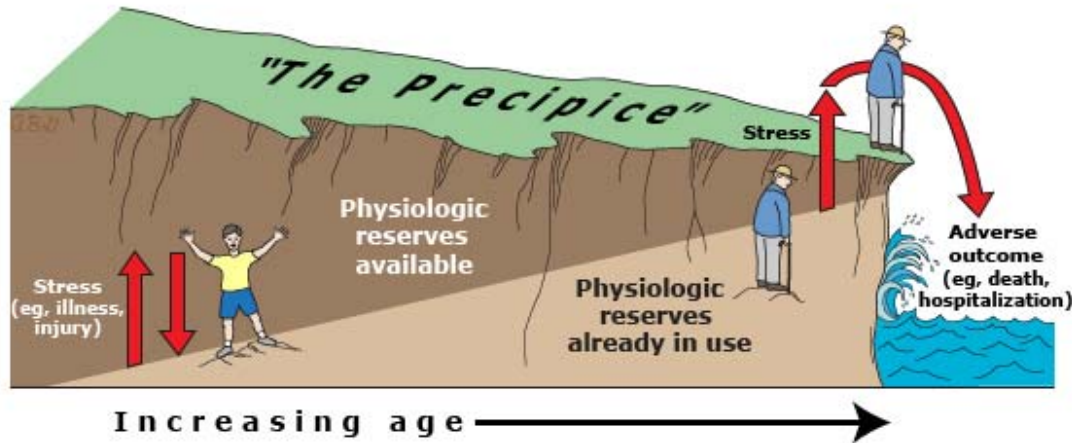


AACH Age Demographics for Med/Surg & ICU Unit Patients September - November 2021

65 and older	220	56%
Under 65	171	44%



Why Age Friendly?



Aging population needs:

- Specialized care
- Focused attention
- Coordinated specialists, medications, tests, care plans, etc.



Institute *for*
Healthcare
Improvement

Age-Friendly 
Health Systems

Committed to
Care Excellence
for Older Adults

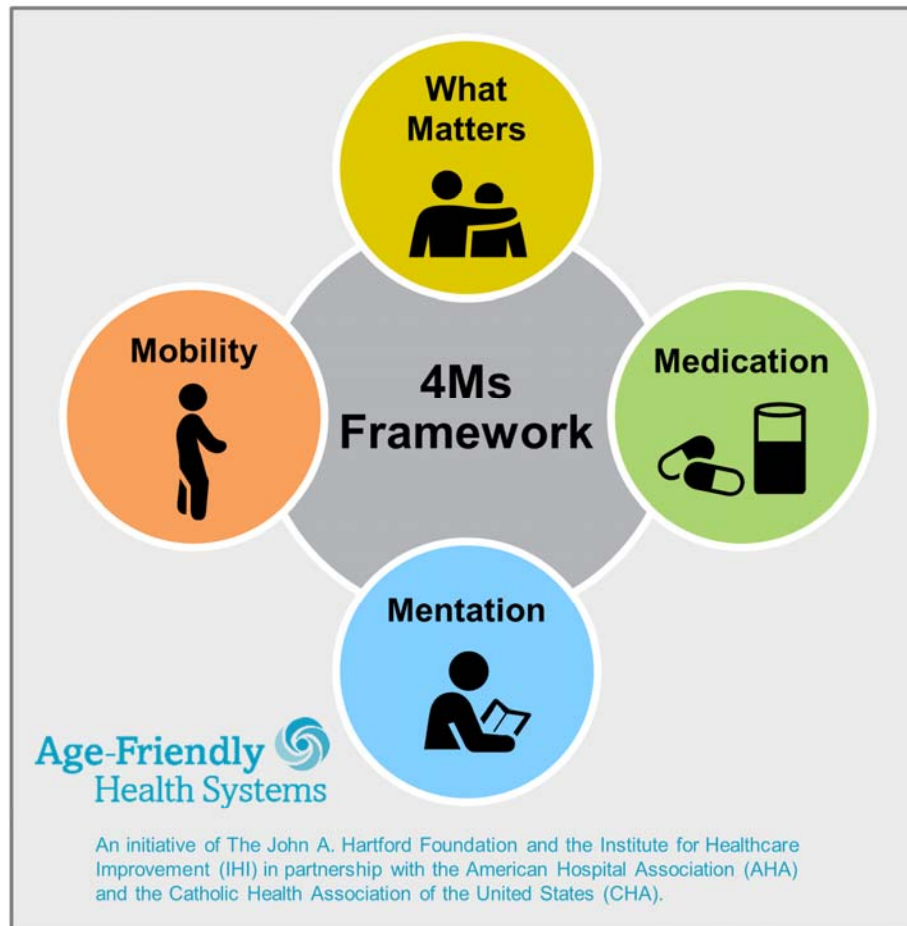
Age Friendly Health Systems sponsors

- The John A Hartford Foundation
- Institute for Healthcare Improvement (IHI)
- American Hospital Association (AHA)
- Catholic Health Association of the United States (CHA)

Why do this at AACH?

- High touch facility
- Culture of Teamwork across departments
- High patient satisfaction
- Community encouragement





For related work, this graphic may be used in its entirety without requesting permission.
 Graphic files and guidance at ihi.org/AgeFriendly

What Matters

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

Medication

If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation 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.

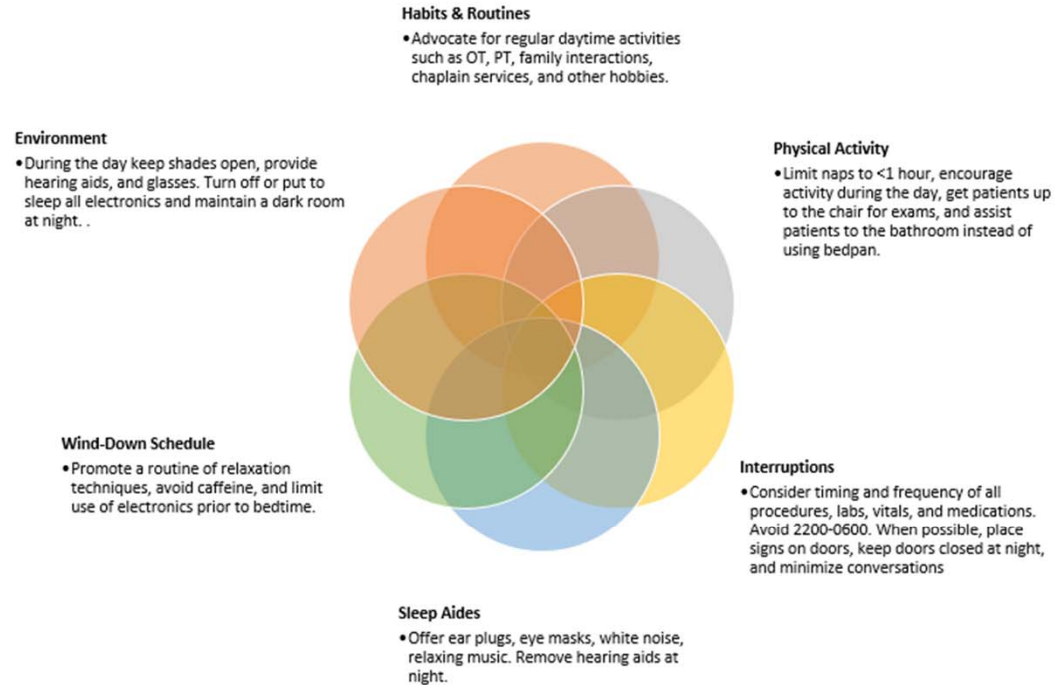
M: Medication

M: Medication

- Focus on Sleep medications – main reason for use of sedative medication
- Process:
 - non-pharmacologic sleep protocol
 - Pharmacologic sleep protocol

Non-Pharmacologic Sleep Promotion

(courtesy UCSF/Dr Rogers)



M: Mobility

Asante Mobility Tool and Fall Prevention



Asante Mobility Tool (AMT) Fast Facts

M: Mentation

Delirium Prevention and Treatment



Delirium Fast Facts

M: What Matters

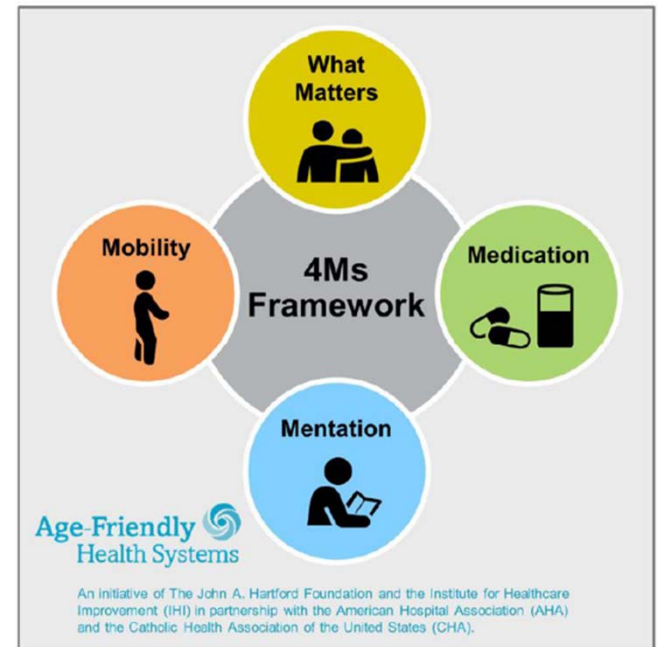
What matters

- Align care with patient wishes and values
 - Ascertain advance directive, POLST
 - Elicit wishes and values
- Potential methods:
 - Life story review
 - 'surprise' question
 - GoWish deck



What will this look like for a hospitalized older patient?

- Attention to sleep, nonmedical measures
- Family involvement in mobility plan
- Family cues for supporting cognition
- What matters discussions
- Communication with outpatient team
- Summary to patient



Community interest and support

- Ashland Chamber of Commerce
- Livable Ashland
- Asante Foundation
- Mountain Meadows philanthropic mission

Asante Foundation Commitment

Support:

- Expert consultation to develop program
- Expert consultant for CME
- Support for nursing education
- Support for physical plant improvements
- Support for Asante Foundation Chair in Geriatrics
(*currently recruiting*)

Questions?