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Situation Analysis

The U.S. population is aging, with the number of adults age 65 or older projected to reach 95 million by 2060. Sutter Amador Hospital, a small rural hospital, worked to implement and integrate age-friendly care principles across all inpatient care units.

Project Goals

- Establish a collaborative interprofessional committee focused on age-friendly care.
- Implement wide adoption of the 4Ms — what matters, medications, mobility and mentation — across all inpatient care units.
- Track quality improvement data for each unit's care of older adult patients, working toward level 2 "Committed to Care Excellence" recognition as part of the Age-Friendly Health Systems initiative.

Actions Taken

- Identified and welcomed team members to participate in interprofessional Age-Friendly Care Committee.
- Established baseline performance the 4Ms — what matters, medications, mobility and mentation — across all inpatient care units, creating actionable, measurable, achievable and relevant goals for each one.
- Executed quality improvement projects in every department to enhance the care that older adult patients receive.

Positive Outcomes

- Reduced delirium in intensive care unit patients from 42% to 39%.
- Increased ambulation of patients in the ICU and on all unit floors. Ambulating at least 3x/day improved by 13%.
- Reduced patients' length of stay from 4.9 days to 3.8 days for adults age 54-82 and from 4.2 to 2.2 days for adults age >82yr.
- Achieved level 2 Age-Friendly Health Systems "Committed to Excellence" recognition.



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