Implementation of What Matters Most in Long Term Care

An overview of the essential aspects of implementing long-term care.

Exploring the key elements and considerations for successful implementation.

"It is more important to know what sort of person has a disease than to know what sort of disease a person has," Hippocrates approximately 2,400 years ago.

Understanding the 4M's or 5M's framework

What Matters Most Meaningful Engagement

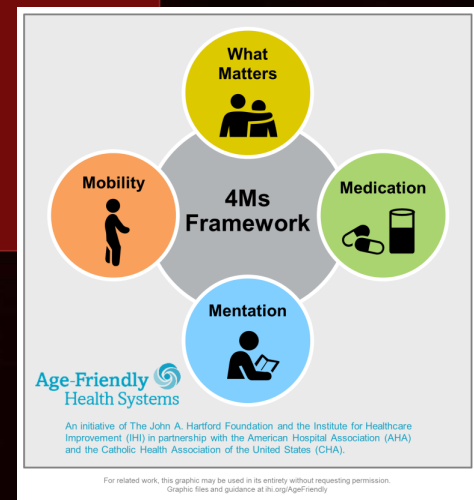Fostering connections and meaningful activities with and for residents.

Mobility

Promoting movement and preventing functional decline in residents.

Mentation

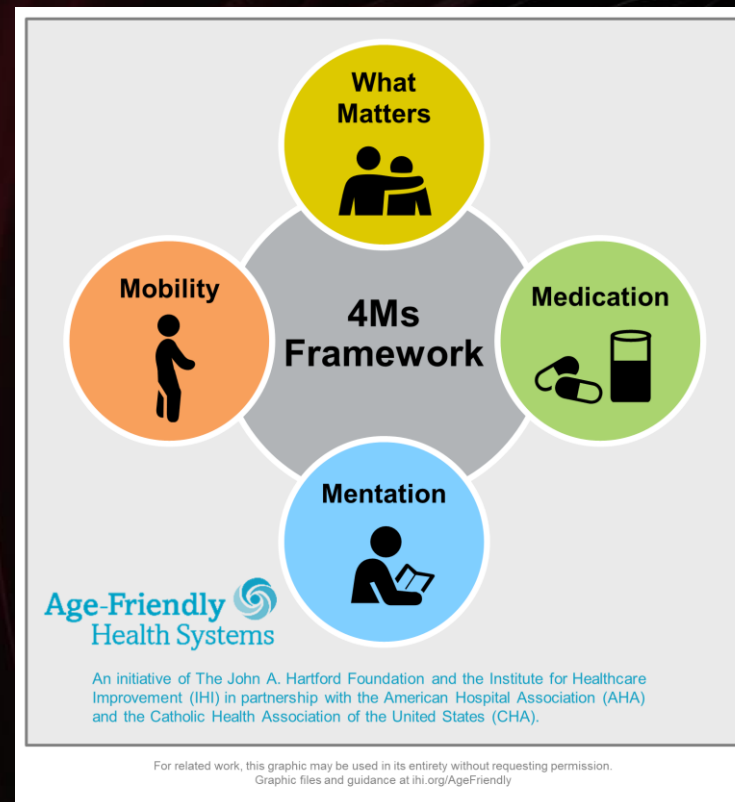Optimizing mental and cognitive health for residents.

Medication

Ensuring safe and appropriate medication management for residents.

Why do we care about What Matters Most ?

❖ More Meaningful Life
❖ Improved Health Outcomes
❖ Improved Resident/Family/Staff Satisfaction

Begin with the end in mind

✓	IHI
💊	Ask yourself how this M –What Matters Most relates to all the other M's of Mobility, Medications, and Mentation
👥	First Steps-Create Teams
📘	Use Implementation Guide/Workbook
🔭	Participate in IHI Age Friendly Calls/Zooms

What Matters

Know and align care with each older adult's specific health outcome goals and care preferences, including all stages of life and across settings of Care

• Ask each older adult What Matters most, document it, and share What Matters across the care team
• Align the care plan with What Matters most to the older adult
• List current tools, assessment forms, checklists, curriculae in current use
• Describe how the use of these tools are monitored/measured by leaders
• Describe current staff training

What Matters Most: A crucial component

The Conversation

Individualized care: Tailoring care plans to meet unique preferences and needs

Empowerment and dignity: Upholding individual autonomy and respect in decision-making

Quality of life: Focusing on enhancing well-being and personalized experiences

Importance of Person-Centered Care

Person-centered care is essential for addressing the unique needs and preferences of each individual.

It focuses on creating a warm and comforting atmosphere that enhances the overall well-being of elderly residents.

Addressing individual preferences and needs
needs

Addressing individual preferences and needs is vital in long-term care. By understanding each resident's unique preferences, such as food choices, daily routines, and social activities, a personalized care plan can be developed.

Enhancing Quality of Life Through Personalized Care

Individualized Care Plans Plans

Customized plans tailored to each resident's specific needs and preferences.

Emotional and Social Support

Creating an environment that fosters emotional well–being and social connections.

Meaningful Activities/Connections

Engaging residents in activities that align with their interests and abilities.

Measuring and assessing outcomes

Measuring and assessing outcomes is crucial in evaluating the effectiveness of person-centered care in long-term facilities. It involves tracking health improvements, satisfaction levels, and overall well-being of residents. Furthermore, it includes gathering feedback from families and adapting care based on the results. Regular assessments ensure that the care provided aligns with residents' needs and preferences.
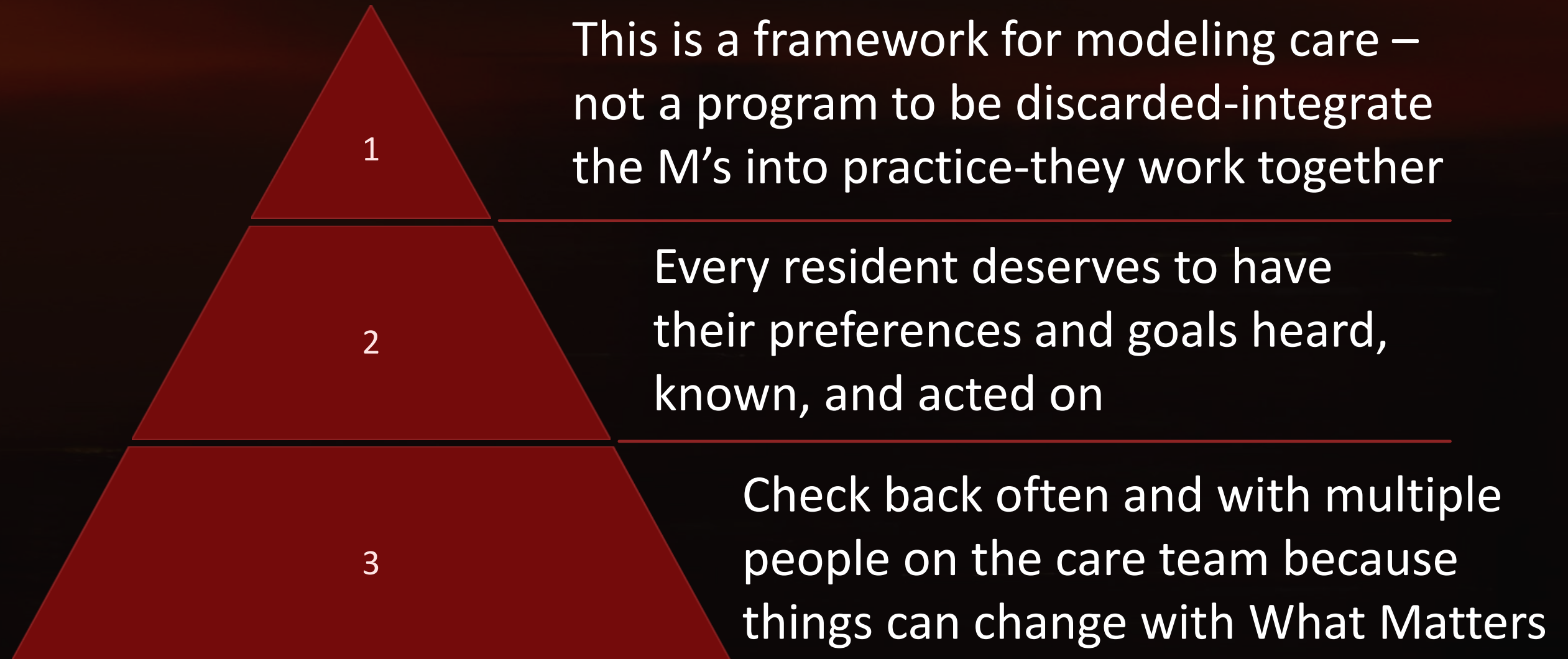
95%

Improved Satisfaction

High satisfaction levels among residents and families.

85%

Enhanced Well-being

Residents reporting improved well-being and quality of life.

Things to remember about What Matters

1 — This is a framework for modeling care – not a program to be discarded-integrate the M's into practice-they work together

2 — Every resident deserves to have their preferences and goals heard, known, and acted on

3 — Check back often and with multiple people on the care team because things can change with What Matters

Resources

https://www.alz.org/help-support/resources/kids-teens/50-activities

https://urldefense.com/v3/__https://mghdecisionsciences.org/tools-training/decision-worksheets/__;!!GNU8KkXDZlD12Q!-I6YdJl8eFtwzlscOSnheIdefZFYsJECzIzUc6bXROEfi_UntckPBvN2jDTw5CMusJ0j9JETpicm3jO7zfyyfPpC8SUS$

https://urldefense.com/v3/__https://www.ihi.org/sites/default/files/2023-09/IHI_Age_Friendly_What_Matters_to_Older_Adults_Toolkit.pdf__;!!GNU8KkXDZlD12Q!8eOftKwlaoY8bvkG4PWfRmgN4ychJrj80YUHLD1b-SPKYe58-RfKrmjyrdTmkb7bvguPmO4ojVU59D3xEQGW1tuOyBau$

https://urldefense.com/v3/__https://241684.fs1.hubspotusercontent-na1.net/hubfs/241684/IHI-Age-Friendly-Workbook-Nursing-Homes_March28-2022*20*28002*29.pdf__;JSUl!!GNU8KkXDZlD12Q!-gafVx3aIyXeVKrn9cvfTUoIjGUznivITyK9PPVqMGdxPGXj4bISf9nURW_dw2mlewHH2DDwFjl0tZ4apw56rf-Hm2QA$

https://urldefense.com/v3/__https://241684.fs1.hubspotusercontent-na1.net/hubfs/241684/IHI-Age-Friendly-Guide-Nursing-Homes_March28-2022.pdf__;!!GNU8KkXDZlD12Q!8gg9S3TS0M_-x2AyF5a3m9PVREJr8pL6WrsIp_BtvPLi9XlexEZ8R7uBk3D5ECo1u2tBhWgO3WHvQekwDC-vNsp8tK37$

Age-Friendly Health Systems | Institute for Healthcare Improvement (ihi.org)

PowerPoint Presentation (ihi.org)

https://theconversationproject.org/wp-content/uploads/2017/02/ConversationProject-StarterKit-Alzheimers-English.pdf

Thank you for contributing to the discussion today about What Matters Most

Contact Information:
Andrea Golden-Pogue
Andrea-Pogue@ouhsc.edu