Enhancing Mobility in Hospital at Home Using the 4Ms: A Collaborative Care Model

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Purpose:

Hospital at Home (HaH) programs deliver acute hospital-level care in the home, with evidence showing reduced infections, greater satisfaction, and cost savings.

Older adults face complex needs including:

- Mobility
- Cognition
- Medications
- individualized care

The Age-Friendly Health Systems 4Ms Framework (What Matters, Medication, Mentation, Mobility) provides a structured approach to optimize older adult care.

Methods:

This quality improvement initiative applies to the 4Ms within an HaH program through interdisciplinary collaboration.

•Mobility (PT):
- •Tinetti, 10-Meter Walk
- •Fall risk screening
- •Progressive Personalized goals

•Mentation (RN):
- •CAM-ICU, Delirium Checklist
- •Cognitive engagement via movement
- •

•Medication (Pharmacist):
- •Beers Criteria
- •Structured admission tools

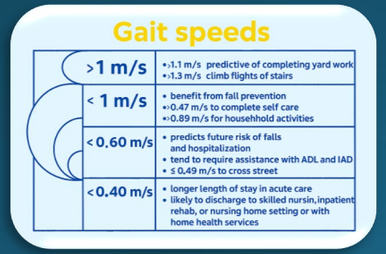
•What Matters (APPs, Physicians):
- •Goal-aligned care
- •Patient priorities

Discussion:

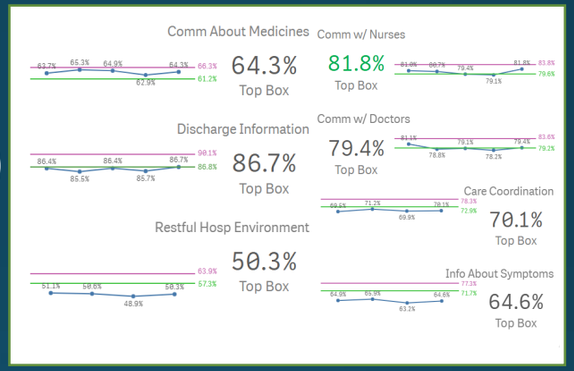
Improved Function & Safety

- Personalized PT-led mobility plans enhance functional outcomes.
- Tailored home safety assessments reduce environmental risks and fall rates.
- Home-Based Advantage
- Familiar environments support context-specific functional tasks.
- Patients engage more naturally in daily routines.

- **Embedding the 4Ms aligns with:**
  - Value-based care
  - Geriatric best practices
  - Enhanced safety, satisfaction, and outcomes



FY2025 Patient Experience



~ 2300	9000	6 %	90th %ile	99th %ile
Patients Treated	Bed Days	30 Day Readmission Rate	Patient Experience Scores	Team Member Engagement

6 %
30-Day Readmission Rate
TGH AT HOME

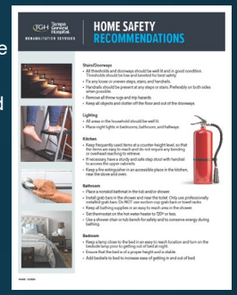
14 %
30-Day Readmission Rate
TGH Tampa General Hospital

Meeting Patients Where they are…..

- Understanding a home
- Medication Education
- Patient Instructions
- Arranging Follow-up
- Link to Social Resources

Summary of use:

- Provides a scalable blueprint for integrating the 4Ms into Hospital at Home (HaH) programs.
- Highlights PTs' leadership in Mobility and interdisciplinary collaboration across all domains.
- Supports gradual, QI-driven adoption through:
- Technology infrastructure
- Enables safe, goal-oriented care for complex aging-in-place patients.



Importance to Members:

- Embedding the 4Ms ensures high-quality, person-centered care for older adults in HaH settings.
- PT and nursing collaboration improves functional and cognitive outcomes.
- Reduces readmissions, enhances safety, and boosts patient satisfaction.
- Aligns with system goals:
- Better outcomes
- Shorter length of stay
- More individualized, dignified care for aging population

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TGH At Home Website