



The Center for Professional Development in Nursing and Health

Age-Friendly Principles of Older Adult Care: The 4Ms

Date: September 28, 2022 **Time:** 6:00-7:30 PM

Remote-live meeting via Zoom

Fee: \$20 MU Alumni and Preceptors \$15, MU Students may register free of charge.

1.5 Nursing Continuing Professional Development contact hours will be provided

This program will provide information about the Age-Friendly Health System movement's 4Ms Framework: What Matters, Medication, Mentation, and Mobility. Resources will be provided with links to evidence-based guidelines and tools for use in providing age-friendly care to older adults, caregivers, and families.

Key topic areas include: Introduction to Age-Friendly Health Systems and the 4Ms Framework

- **What Matters:** Align care with the older adult's health outcome goals
- **Medication:** Ensure medications do not interfere with What Matters, Mobility, or Mentation
- **Mentation:** Prevent, identify, treat, and manage dementia, delirium, and depression
- **Mobility:** Ensure older adults move safely every day to maintain function and do What Matters

Speaker: Sherry Greenberg, PHD, RN, GNP-BC, FGSA, FNAP, FAANP, FAAN

Professor, Hess Endowed Chair in Nursing Education

Monmouth University, The Marjorie K. Unterberg School of Nursing and Health Studies

Successful Completion: Participants will attend 95% of the program, and complete an online evaluation to receive contact hours. Planners, content experts and speakers have declared no conflict of interest. There is no commercial support for this activity.

Register online! <https://www.monmouth.edu/school-of-nursing-health/continuing-education-programs/>

Pre-registration is required so please register early! Visit our website to view registration and refund policies. For additional questions, email bpaskewi@monmouth.edu

The Marjorie K. Unterberg School of Nursing and Health Studies at Monmouth University is approved as a provider of nursing continuing professional development by *New Jersey State Nurses Association*, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation
Provider Number: P242-10/21-24

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