MED-MSL-TD-US-0354_v1

The 4Ms of Age-Friendly Care for TD Patients in LTC

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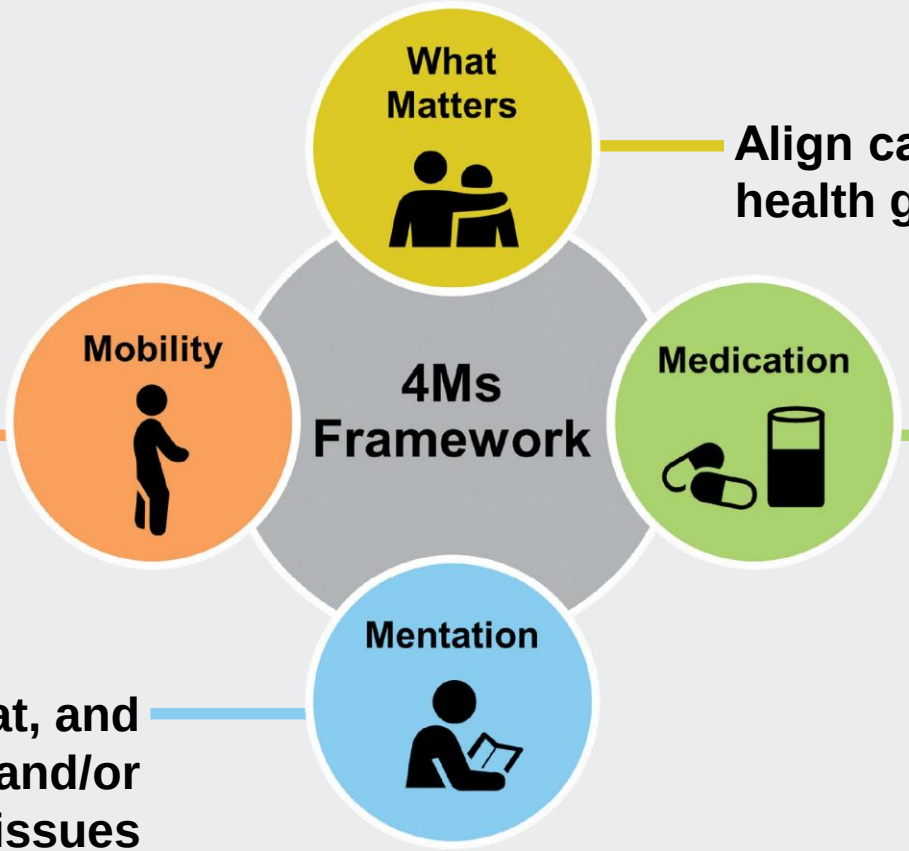
4Ms Framework for Age-Friendly Health Systems

An initiative of the John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI)*



Align care with older adult's health goals and preferences

Ensure safe daily movement to maintain function

Use Age-Friendly medications that don't interfere with other domains of the framework

Prevent, identify, treat, and manage cognitive and/or mental health issues

Age-Friendly Health Systems

Image courtesy of IHI at https://www.ihi.org.

LTC, long-term care; TD, tardive dyskinesia.

* In partnership with American Heart Association (AHA) and California Health Advocates (CHA).

What Matters

What would make tomorrow a really great day for you?[1]

Is anything getting in the way of doing the activities you would like to do?[2]

What Matters

Ask your residents or care partners **What Matters** most and consider the impact of TD on[3-6]:

- Social interactions
- Standing, moving, or balance
- Social participation and activities
- Eating, swallowing, or speech
- Functionality with ADLs

ADL, activity of daily living; TD, tardive dyskinesia.

1. IHI. Accessed April 9, 2025. https://www.ihi.org/sites/default/files/2023-10/AgeFriendlyHealthSystems_How-to-Have-Conversations-with-Older-Adults-About-What-Matters.pdf. **2.** APA. *DSM-5-TR*. American Psychiatric Publishing. 2022. **3.** Yassa R. *Acta Psychiatr Scand*. 1989;80(1):64-67. **4.** Citrome L, et al. *Neuropsychiatr Dis Treat*. 2021;17:3127-3134. **5.** Yassa R, et al. *Acta Psychiatr Scand*. 1986;73(5):506-510. **6.** McEvoy J, *et al. Qual Life Res*. 2019;28(12):3303-3312.

Medication

Assess residents for **appropriate TD diagnosis** and medication treatment[1]

Review psychotropic medications to evaluate effectiveness and potential adverse consequences (i.e., TD)[2]

Review high-risk and potentially inappropriate medications (i.e., antipsychotics and anticholinergics such as benztropine)

Reduce anticholinergic burden where appropriate[3]

Add **VMAT2 inhibitor** if appropriate[4]

TD, tardive dyskinesia; VMAT2, vesicular monoamine transporter 2.

1. APA. *DSM-5-TR.* American Psychiatric Publishing. 2022. **2.** CMS. State Operations Manual. Appendix PP - Guidance to Surveyors for Long Term Care Facilities. Accessed April 9, 2025. https://www.cms.gov/medicare/ provider-enrollment-and-certification/guidanceforlawsandregulations/downloads/appendix-pp-state-operations-manual.pdf **3.** Vanegas-Arroyave N, et al. *CNS Drugs*. 2024;38(4):239-254. **4.** APA. *Practice Guideline for the Treatment of Patients With Schizophrenia*. Accessed April 9, 2025. https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890424841.

Mentation

Loneliness and **social isolation** have been associated with cognitive decline[1]

Screen for **dementia, cognitive impairment, and depression**[2]

Discuss impacts of TD: **social stigma, interest in daily activities, quality of life**[3]

Evaluate medication adverse effects that may be **worsening cognition** (i.e., anticholinergic burden)[4]

TD, tardive dyskinesia.

1. Lara E, et al. *Int J Geriatr Psychiatry*. 2019;34(11):1613-1622. **2.** IHI. Accessed April 9, 2025. https://forms.ihi.org/hubfs/IHIAgeFriendlyHealthSystems_GuidetoUsing4MsCare.pdf
3. Citrome L, et al. *Neuropsychiatr Dis Treat*. 2021;17:3127-3134. **4.** Vanegas-Arroyave N, et al. *CNS Drugs*. 2024;38(4):239-254.

Mobility

Ensure residents with “extrapyramidal symptoms” have **definitive movement disorder diagnosis**[1]

Confirm **structured assessment** (i.e., AIMS) for drug-induced movement disorders is performed at **recommended intervals**[2]

Assess **mobility** and **risk/history of falls** utilizing interdisciplinary care teams and ensure mobility findings are care planned[3]

Monitor if ability to **move independently** or **perform ADLs** has worsened; including moving around in bed and from bed to chair[3]

ADL, activity of daily living; AIMS, Abnormal Involuntary Movement Scale.

1. Dilks S, et al. *Nurs Clin North Am.* 2019;54(4):595-608. **2.** APA. *Practice Guideline for the Treatment of Patients With Schizophrenia*. Accessed April 9, 2025. https://psychiatryonline.org/doi/book/10.1176 / appi.books.9780890424841. **3.** CMS. State Operations Manual. Appendix PP - Guidance to Surveyors for Long Term Care Facilities. Accessed April 9, 2025. https://www.cms.gov/medicare/provider-enrollment-and-certification/guidanceforlawsandregulations/downloads/appendix-pp-state-operations-manual.pdf.