

CMS 2025 AGE-FRIENDLY MEASURES

Enhancing Data and Performance



What Are the CMS 2025 Age-Friendly Measures?

Prepare for CMS 2025 Age-Friendly Measures

The CMS 2025 Age-Friendly Measures are a set of guidelines and metrics designed to improve the quality of care for older adults within the Medicare and Medicaid programs. These measures focus on key aspects of geriatric care, aligned with the 4Ms Framework:

- **What Matters:** Understanding and respecting each patient's individual goals and preferences to ensure that care is aligned with what is most important to them.
- **Medication:** Using medications safely and effectively, minimizing polypharmacy, and reducing the risk of adverse drug events.
- **Mentation:** Preventing, identifying, treating, and managing cognitive impairments, including dementia, depression, and delirium.
- **Mobility:** Ensuring that older adults move safely every day to maintain function and prevent falls.

These measures are not merely regulatory requirements; they represent a holistic approach to elderly care that can significantly enhance patient outcomes and satisfaction.



The Impact of CMS 2025 Measures on Hospitals



Implementing the CMS 2025 Age-Friendly Measures will have a profound impact on hospital operations and quality improvement initiatives. Here are some key areas affected:

1. Data Collection and Reporting

- **Increased Data Requirements:** Hospitals will need to collect more detailed data on geriatric care, requiring robust data management systems. This includes comprehensive patient histories, medication records, and functional assessments.
- **Enhanced Reporting Mechanisms:** Transparent reporting on age-friendly metrics will be essential for compliance and performance evaluation. Hospitals must ensure that their data reporting aligns with CMS standards to avoid penalties.



2. Quality Improvement Initiatives

- **Integration of New Metrics:** Existing quality improvement programs will need to incorporate the new age-friendly measures, necessitating adjustments in strategies and goals. This integration ensures that all aspects of patient care are aligned with the latest standards.



Performance Benchmarks: Establishing benchmarks based on CMS measures will guide hospitals in assessing their performance and identifying areas for improvement. These benchmarks serve as targets for continuous enhancement of care quality.

3. Resource Allocation

- **Investment in Training:** Healthcare staff will require training to effectively implement age-friendly practices and utilize new data collection tools. Proper training ensures that staff are competent in delivering high-quality care tailored to older adults.
- **Technology Upgrades:** Investing in advanced health IT systems will be crucial for efficient data management and reporting. Modernizing IT infrastructure supports the seamless integration of new measures and enhances overall operational efficiency.

4. Patient Outcomes

- **Improved Care Quality:** Adhering to age-friendly measures is expected to enhance the quality of care for older adults, leading to better health outcomes and higher patient satisfaction. Comprehensive care approaches address the multifaceted needs of elderly patients, fostering holistic well-being.
- **Reduced Readmissions:** Effective care coordination and comprehensive assessments can reduce hospital readmissions, lowering costs and improving patient experiences. By addressing potential health issues proactively, hospitals can minimize the likelihood of complications that lead to readmissions.

Integrating Age-Friendly Metrics into Quality Improvement Initiatives

To successfully integrate the CMS 2025 Age-Friendly Measures into your hospital's quality improvement initiatives, a strategic approach is essential. Here's how you can achieve this integration:



Assess Current Practices

- **Gap Analysis:** Conduct a thorough assessment of your current geriatric care practices to identify gaps relative to the new CMS measures. Understanding existing strengths and weaknesses allows for targeted improvements.
- **Stakeholder Engagement:** Involve key stakeholders, including healthcare providers, administrators, and IT personnel, to gain insights and foster collaboration. Engaging diverse perspectives ensures comprehensive strategy development.



Develop an Implementation Plan

- **Set Clear Goals:** Define specific, measurable objectives aligned with the CMS age-friendly metrics. Clear goals provide direction and facilitate progress tracking.
- **Allocate Resources:** Ensure that adequate resources, including funding and personnel, are allocated to support the implementation process. Proper resource allocation is critical for the successful adoption of new measures.



Enhance Data Management

- **Adopt Advanced Health IT Systems:** Utilize electronic health records (EHRs) and other health IT solutions to streamline data collection and reporting. Advanced systems support accurate and efficient data handling.
- **Automate Data Processes:** Implement automation tools to reduce manual data entry and minimize errors, ensuring accurate and timely reporting. Automation enhances data reliability and frees up staff time for patient care.



Train and Educate Staff

- Comprehensive Training Programs: Develop training programs to educate healthcare staff on the new age-friendly measures and the importance of data accuracy. Well-trained staff are better equipped to implement changes effectively.
- Continuous Education: Provide ongoing education opportunities to keep staff updated on best practices and regulatory changes. Continuous learning fosters a culture of excellence and adaptability.



Monitor and Evaluate Performance

- Regular Audits: Conduct regular audits to assess compliance with CMS measures and identify areas for improvement. Audits provide valuable feedback and ensure adherence to standards.
- Performance Metrics: Use performance metrics to track progress and make data-driven decisions to enhance care quality. Metrics offer quantifiable insights into the effectiveness of implemented measures.



Integrate the 4Ms Framework

- What Matters: Align care with patient preferences through personalized plans and family involvement.
- Medication: Focus on polypharmacy reduction and regular medication reviews for effectiveness.
- Mentation: Regular cognitive assessments and mental health support are essential.
- Mobility: Prioritize fall prevention and physical therapy to maintain or improve mobility.

ARE YOU READY FOR 2025?

Schedule a free consultation with Readiness Rounds today to explore how we can help you implement CMS 2025 Age-Friendly Measures seamlessly. No obligations, just insights for your hospital's success.

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