

# Implementing the 4Ms of Age-Friendly Health Systems

A 9-week virtual  
workshop series

**TWO 2026 DATE & TIME OPTIONS** Please register for only one series of sessions.

**Tuesdays, March 10 – May 19** from 12 to 1 pm facilitated by Ben Blomberg, MD

**Wednesdays, March 11 – May 20** from 12 to 1 pm facilitated by Mallory McClester Brown, MD

**Zoom login 5 minutes prior to event**

In this 9-week practical workshop series, participants will learn to apply the 4Ms of Age-Friendly Health Systems to their clinical practice by meeting weekly with a geriatrician faculty facilitator. Register early, limited seating.

By the end of the series, participants will be prepared to apply the 4Ms to their own practice and, if desired, apply for Level 1 Age-Friendly Health Systems recognition through the Institute for Healthcare Improvement.

Each weekly session will include a brief didactic covering core topics in geriatrics within the 4Ms framework (what matters, medications, mobility, mentation), followed by case discussions. Participants are encouraged to attend all sessions, but it is not required. Participants will be encouraged to share challenging cases of older adults from their own practice for consultation with the geriatrician faculty facilitator and peer discussion.

## Target Audience

Physicians, Physician Assistants, Nurse Practitioners, Registered Nurses, and other interested geriatric care team members

 [CLICK HERE TO REGISTER](#)

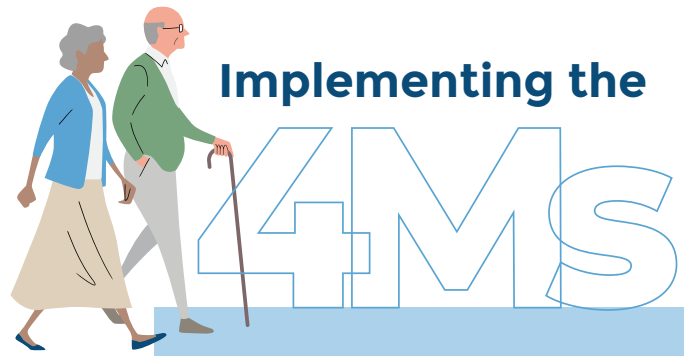
**WAKE AHEC**  
PART OF NC AHEC

**RECRUIT  
TRAIN  
RETAIN**

**CGWEP**  
Carolina Geriatric Workforce Enhancement Program

This project was supported by funds from the Bureau of Health Professions (BHP), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under Grant #: 1D31HP08833, Carolina Geriatric Education Center. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the BHP, HRSA, DHHS or the U.S. Government.

# Implementing the



## About Our Facilitators

### **Ben Blomberg, MD** UNC School of Medicine, Chapel Hill, NC

Dr. Ben Blomberg is a geriatrician at the University of North Carolina at Chapel Hill. His clinical focus includes the care of older adults in outpatient, hospital, and nursing facility settings. He serves as Assistant Medical Director at the Pines Nursing Facility at Carolina Meadows Retirement Community. He is a passionate educator at all levels of training and co-directs the Internal Medicine specialty bootcamp in the School of Medicine's Transition to Residency course. He has a special interest in serious illness communication skills, which allows patient care to align with What Matters.

### **Mallory McClester Brown, MD** UNC School of Medicine, Chapel Hill, NC

Mallory McClester Brown, MD is a Family Physician and Geriatrician at the University of North Carolina. She is the Residency Program Director for the Family Medicine Residency Program at the University of North Carolina, where she also serves as the Vice Chair of Education. Her clinical focus is on best practices for care of older adults in the outpatient and nursing home settings. She is deeply committed to increasing our primary care work force's understanding of the best practices for caring for older adults using the 4Ms model of care.

## Learning Objectives

At the conclusion of this educational activity, the participant should be able to:

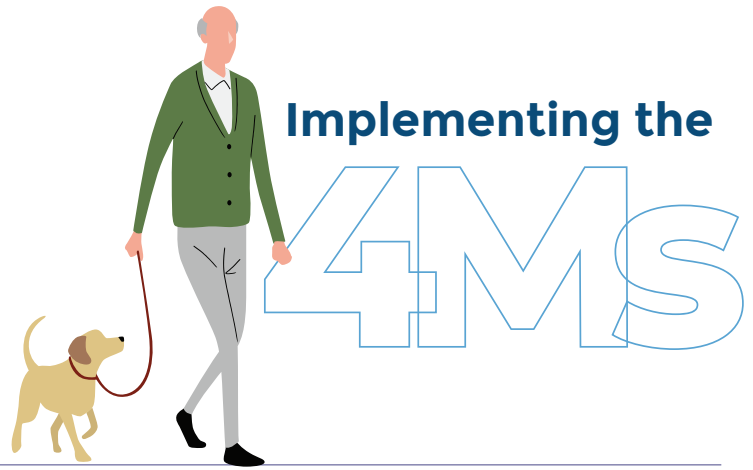
- Describe the importance of age-friendly health systems.
- Identify the four elements of the 4Ms framework.
- Define "What Matters" in the context of age-friendly care.
- Describe strategies to engage older adults in conversations about what matters and align care plans with their preferences.
- Identify common medications that may pose risks to older adults.
- Apply tools such as the AGS Beers criteria to optimize medication regimens in older adults.
- Describe the impact of dementia, delirium, and depression on the health of older adults.
- Identify screening tools for dementia, delirium, and depression in older adults.
- Identify age-friendly mobility assessment tools.
- Describe methods for supporting safe mobility for older adults.
- Apply the 4Ms framework to patient cases from the participants' own practices.
- Describe the process for achieving Level 1 Age-Friendly Health Systems Recognition.

## Workshop Topics

- Week 1** Intro to the 4Ms and Age-Friendly Health Systems
- Week 2** What Matters: Eliciting What Matters Most
- Week 3** What Matters: Aligning Care with Preferences
- Week 4** Medications: Age-Friendly Medication Management
- Week 5** Medications: Tools for Deprescribing
- Week 6** Mentation: Dementia and Depression
- Week 7** Mentation: Recognizing and Managing Delirium
- Week 8** Mobility: Functional Assessment and Fall Prevention
- Week 9** Mobility: Promoting Mobility and Physical Activity



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## Credit

**CME Credit:** The Wake Area Health Education Center (Wake AHEC) designates this live activity for a maximum of 9 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



The North Carolina Medical Society is a member of the Southern States CME Collaborative (SSCC). Wake Area Health Education Center is accredited by the SSCC to provide continuing medical education for physicians.

**Contact Hours:** Wake AHEC will provide up to 9 Contact Hours to participants.

A participant must attend 100% of the session attended to receive credit for that session. Partial credit will not be awarded.

## Up to 9 Nursing Contact Hours

Wake Area Health Education Center (AHEC) Nursing Education is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

## Registration Fee

- **No registration fee** due to support from the Carolina Geriatrics Workforce Enhancement Program. Register early, limited seating. **Note:** You are encouraged to attend all sessions but it is not required. Credit will be provided at the conclusion of the series for the weeks attended.
- Registration includes attendance, online handouts, online certificate of completion, and evaluation.
- Call 919-350-8547 for our Increment Weather Updates.

## ADA Statement

Visit [wakeahec.org](http://wakeahec.org) for our ADA Statement.

**Questions?** Contact Sharri Oxendine at 919-350-0461 or [soxendine@wakeahec.org](mailto:soxendine@wakeahec.org).



**CLICK HERE TO REGISTER**