

4Ms Behavioral Health (4Ms-BH) Checklist

4Ms	Assess	Date	Act On	Date	Notes
What Matters Links: Mentation Mobility Medication	Ask what matters in their life, health, and health care		Document what matters where the team can access.		<i>Example:</i> Adult daughter is POA; daughter and PCP have POA.
	Ask whether patient has a Health Care Power of Attorney or other Advance Directive(s)		Assure HCPOA in chart <u>OR</u> complete HCPOA form <u>OR</u> document patient preference not to have one.		
	Assess internalized ageism		Address ageism; attend to suicide risk link		
	Assess social determinants of health		Create plan to address SDOH needs.		
Medication Links: What Matters Mentation Mobility	Review medication list for high-risk medications		Discuss any concerns about medications, treatment adherence, or side effects with prescriber.		
	Identify any potential side effects		If the prescriber, consider deprescribing high-risk medications.		
	Screen for alcohol and drug use, including medication misuse		Create and implement evidence-based treatment plan for SUD.		
Mentation Links: What Matters Mobility Medication	Complete diagnostic assessment, with validated tools for: Depression		Create & implement evidence-based treatment plan based on cognitive status and What Matters.		
	Suicide risk; potentially linked to internalized ageism		Create suicide prevention plan as needed, per clinic protocol.		
	Anxiety		Create & implement evidence-based treatment plan.		
	Cognitive impairment (including caregiver observations)		Refer for further cognitive assessment if needed.		
	Caregiver involvement; assess caregiver needs, as indicated		Provide referrals and community support for family caregivers, as needed. Document caregiver in EHR.		
Mobility Links: What Matters Mentation Medication	Screen for: Falls and fall risk: # falls in last 12 months Fear of falling: Y or N		Refer: Safe mobility plan for fall risk		
	Impact of mobility on mood		Create and implement safe mobility plan for mood		