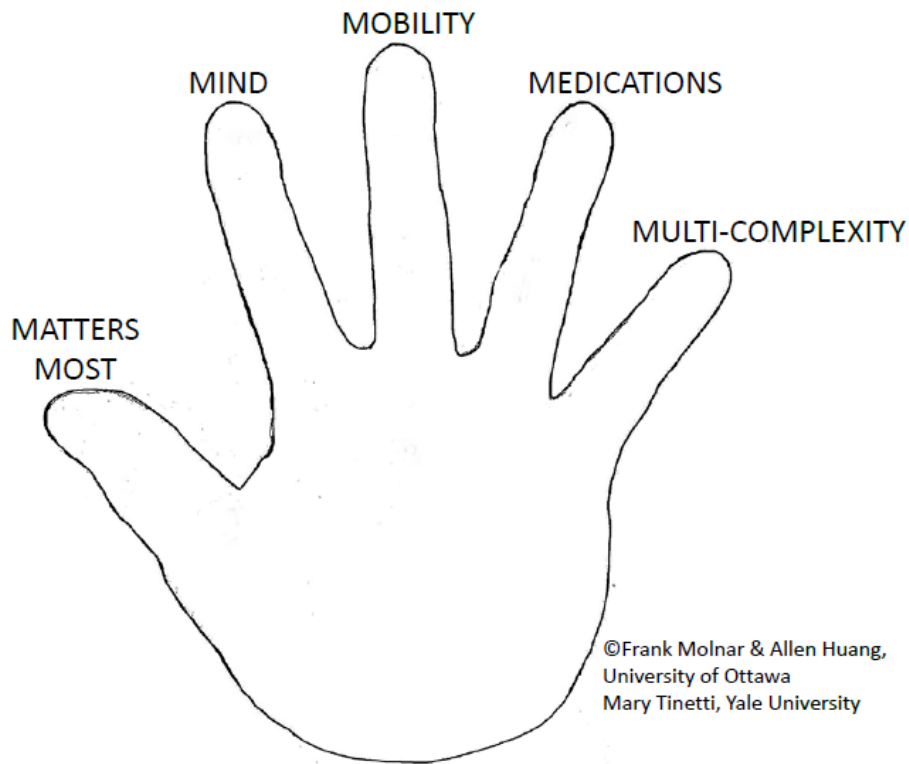


On April 21, 2017 Dr. Mary Tinetti gave the Keynote Address at the Canadian Geriatrics Society 37th Annual Scientific Meeting in Toronto, Ontario, Canada. During that address she presented the GERIATRIC 5Ms© – a simplified communication framework to describe the core competencies in Geriatrics in a fashion that should be more comprehensible and more memorable to those outside of the field. The GERIATRIC 5Ms© are a merging of the 4M framework that had been developed in the United States for use in J.A. Harford Foundation project with the Institute for Health Care Improvement aimed at defining Age Friendly Health Systems with an overlapping and slightly different 4M framework that had been independently developed at the University Ottawa Division of Geriatric Medicine for their Strategic Plan (2015). To review the discussion that led to this merged GERIATRIC 5Ms© framework please see the Editor’s Response and the Letter to the Editor in the CGS CME Journal Volume 6, Issue 2, December 2016 [here](#). The framework describing core competencies in Geriatric Medicine and Care of the Elderly is shown below:

<u>GERIATRIC 5Ms©</u>	
<u>MIND</u>	M entation, Dementia, Delirium, Depression
<u>MOBILITY</u>	Impaired gait and balance, fall injury prevention
<u>MEDICATIONS</u>	Polypharmacy, De- prescribing, Optimal prescribing, Adverse medication effects and medication burden
<u>MULTI-COMPLEXITY</u>	M ulti-morbidity, Complex bio-psycho-social situations
<u>MATTERS MOST</u>	Each individual's own meaningful health outcome goals and care preferences.

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Visual of a hand providing an alternative representation of the GERIATRIC 5Ms© framework



Dr. Frank Molnar

Canadian Geriatrics Society, CME Journal