Welcome

...to the February 2016 edition of the Geriatric Health Systems Research Group (GHS) Bulletin; which contains recent events and accomplishments of the GHS Group, as well as updates on ongoing projects. We hope that you find the bulletin informative and that it provides material to stimulate dialogue and generate new ideas. For more frequent updates on our work, follow us on Twitter @GHS_UW or like the Geriatric Health Systems Research Group - UW Facebook page. If you would like to be included in our e-mail distribution of the bulletin or would like further information on the material presented, please complete our Contact Us form on our website. If you no longer wish to receive emails from the GHS group or be included on the bulletin distribution list, please contact us at information.ghs@uwaterloo.ca directly.

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Passport Day

On March 24\textsuperscript{th}, members of the GHS team will attend Passport Day, hosted by the Canadian Mental Health Association - Waterloo Wellington Dufferin (CMHA-WWD). At Passport Day, over 200 healthcare providers will meet to discuss specific topics related to mental health. This year the development of a Dementia Strategy will take centre stage, and conversations will focus on three main objectives:

- Understanding “The Whole Person and their Whole Journey”
- Understanding how an individual’s diverse background can impact their care
- Programs and services for persons living with dementia, and their care partners

Passport Day is supported by The Waterloo Wellington Geriatric Services Network and Waterloo Wellington Specialized Geriatric Services.
Looking Back: Conferences & Presentations

CAG Conference - Calgary, AB

From Possibility to Practice in Aging: Shaping a Future for All.
44th Annual Scientific and Educational Meeting.

On October 23-25th, 2015, Dr. Stolee, Jacobi Elliott, Heather McNeil, Sarah Main, Melissa Koch, Maggie MacNeil, Miranda McDermott, Jessie Ashbourne and Justine Giosa attended the Canadian Association on Gerontology Conference in Calgary, Alberta. We are very proud of our team for representing GHS so well with their amazing presentations. A special congratulations goes to Jessie Ashbourne who received the CAG Master’s Student Poster Award, and to Jacobi Elliott who received the Margery Boyce Award!

The poster presentations are as follows:
1. Ashbourne, J., Stolee, P., Holland, N. Whole person, whole journey: A qualitative inquiry into the strengths and weaknesses of the dementia care system in the South West Ontario Local Health Integration Network. **WINNING POSTER**

The oral presentations are as follows:

AGE-WELL NCE Conference & Annual General Meeting

As a pre-conference event for CAG 2015, AGE-WELL NCE held the inaugural AGE-WELL NCE Conference & Annual General Meeting in Calgary, AB. The conference included speakers, panels and networking opportunities to focus on the issues that are currently affecting the lives of seniors and caregivers in an effort to develop meaningful solutions for all Canadians. Maggie MacNeil presented the Project Poster and delivered the 60 second ‘Elevator Pitch’, explaining the PRI-TECH project.

OHA Conference - Toronto, ON

The Ontario Hospital Association (OHA) Health Achieve Conference, took place on November 3rd, 2015 in Toronto, ON. This conference has been running for over 90 years, and brings together thousands of health care and business leaders. Dr. Stolee gave an oral presentation entitled, “Whole Person, Whole Journey: Learning from the Health Care Experiences of Persons with Dementia”.

Dr. Stolee presented the findings from the development of the South West LHIN Dementia Strategy. The Alzheimer Society of Ontario has encouraged the development of an Ontario Dementia Plan, with engagement of those affected by dementia. The South West LHIN strategy, along with the Champlain LHIN’s Integrated Model of Dementia Care - Champlain 2020: Making Choices that Matter, can serve as building blocks for further strategy development on a provincial or national level.

Canadian Home Care Association Summit - Ottawa, ON

The Canadian Home Care Association Summit took place on November 9th, 2015 in Ottawa, ON. Aspects of home care from around the world were explored to collectively advance the vision of accessible, high quality home and community care services. PhD student Justine Giosa contributed a poster presentation titled “Theory or Reality? Let’s get real about person and family-centred geriatric home care”, and an oral presentation, entitled “What’s RAI Got to do With the Price of Eggs?”. The presentations are as follows:


GSA’s 68th Annual Scientific Meeting - Orlando, FL

The Gerontological Society of America’s (GSA) 68th Annual Scientific Meeting took place on November 18-22nd in Orlando, Florida. The theme for this year was “Aging as a Lifelong Process”. The InfoRehab team contributed a poster on, “Complex Patients, Complex System: Care Transitions for Older Hip Fracture Patients”. The poster supports the need for system-level solutions, including supports for health system navigation across multiple transitions, improved inter-professional collaboration within and across care settings, more effective health information systems, and greater patient and family engagement. This poster was presented by Dr. Dorothy Forbes, from the Faculty of Nursing at the University of Alberta. The poster presentation is as follows:

Collaborative Care Transition Symposium - Toronto, ON

On February 19th, 2016, members of the Geriatric Health Systems Research Group attended the Collaborative Care Transition Symposium at St. Michael’s Hospital. Dr. Stolee gave a keynote presentation on the challenges experienced by older patients as they transition across care settings. PhD students Jacobi Elliott and Heather McNeil also attended and hosted a workshop for conference participants on Patient Engagement. The Collaborative Care Transition Symposium focused on topics that are relevant to those involved in the patient and family journey along the continuum of care. Interactive sessions and poster presentations were given by clinicians, researchers, educators and quality improvement leaders that highlighted innovative ideas to improve patient and family experience during care transitions. In addition, a patient panel provided valuable insights on this topic.

New Publications


This study conducted a systematic search to identify and assess the measured goals of Chronic Care Model (CCM) interventions in older populations. The aim of this study was to determine the extent to which published CCM initiatives were evaluated based on population, community, system and individual-level outcomes. The results showed that while a range of system-level and individual patient outcomes have been used to evaluate CCM interventions, no studies employed measures of population or community health outcomes. Future efforts to test CCM interventions with seniors would be aided by more consistent outcome measures, greater attention to outcomes for the caregivers of older persons with chronic illness, and a greater focus on population and community impacts.


This pilot feasibility study protocol aims to measure and evaluate the feasibility, effectiveness and implementation of an evidence-based Lifestyle-integrated Functional strength and balance Exercise (LiFE) intervention. This program is adapted as a group-based format (Mi-LiFE) for primary care to promote increased physical activity levels in older adults aged 75 years or older. A cost-effective, generalizable model of chronic disease management using exercise in a real-world setting remains elusive. Therefore, if the intervention appears feasible, the resultant information will be used to design a larger trial.


This study describes the health and clinical characteristics of persons experiencing dyspnea who receive palliative home care services, and identified factors affecting change in dyspnea over time. Change in dyspnea over time was collected using anonymized assessments from the interRAI palliative care assessment instrument (interRAI PC). Results highlight that dyspnea should be identified and prioritized during the care planning process. Integrated approaches using the interRAI PC dyspnea clinical assessment protocol may assist clinicians to make informed decisions addressing dyspnea at the person-level, and thereby improve quality of life at the end of life.
New Publications Cont’d …


This systematic review identifies empirically tested survey instruments designed to measure patient experience across a rehabilitative care system. Further research is required to develop psychometrically tested instruments that measure patients' experience across a rehabilitative system.


The CHOICE Knowledge Synthesis Project: Choosing Healthcare Options by Involving Canada's Elderly aims to understand the underlying context and mechanisms needed to achieve meaningful engagement of older adults in healthcare decision-making, research and planning. The synthesis will guide the development of best practice guidelines and recommendations for engagement of older people and their families and caregivers in clinical decision-making, healthcare delivery, planning and research. Results will be further disseminated with the help of their partners.


This study investigates which client characteristics in the interRAI HC assessment tool are most relevant in predicting rehabilitation use. Analyses confirmed the importance of functional decline and mobility variables in targeting rehabilitation services, however other items in use as potential predictors may be less relevant. There are inconsistencies between variables that are considered important for classifying clients who need rehabilitation and those identified in this study based on use. This may indicate an inconsistency in the client characteristics considered relevant in theory versus actual practice.

Awards & Nominations

Congratulations to MSc student, Jessie Ashbourne, who received an Outstanding Achievement in Graduate Studies Award, at the University of Waterloo on October 23rd, 2015. Jessie also won the Masters Poster Award at the CAG 2015 Conference on October 24th, 2015.

Congratulations to PhD student, Jacobi Elliott, who received the Margery Boyce Award at the CAG 2015 Conference on October 25th, 2015. This award supports post-baccalaureate students who have made a significant contribution to their community with or on behalf of seniors.

Successful Student Milestones

Congratulations to PhD student, Justine Giosa, who completed her comprehensive exam on November 13, 2015. Her presentation was entitled “Let’s get real about person and family-centred geriatric home care: A realist synthesis”.

Congratulations to PhD student, Heather McNeil, who gave her thesis proposal on December 16th, 2015. Her proposed project title is “Engaging Canada’s Older Adults in Health TECHnology Innovation Ecosystems”. 
Seniors Helping as Research Partners:

Our goal is to learn from seniors and their families, to develop a sustainable network, and to advance the development of research priorities and collaborations with the ultimate objective of improving the health care system for older adults.

If you are 55+ and interested in more information or volunteering with the SHARP network, please contact the GHS research group through Jacobi Elliott at 519-888-4567 ext. 38982.

Check out the following video where we collaborated with SHARP members to find out why they choose to volunteer with SHARP: https://www.youtube.com/watch?v=Amd9bql_tno

Healthy Recipe - Winter Minestrone with Pesto Croûtes

**INGREDIENTS**

<table>
<thead>
<tr>
<th>For the Minestrone:</th>
<th>For the Pesto Croûtes:</th>
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<tbody>
<tr>
<td>• 2 tbsp. olive oil</td>
<td>• 3-4 slices of crusty bread</td>
</tr>
<tr>
<td>• 1 onion, chopped</td>
<td>• 3 tbsp. olive oil</td>
</tr>
<tr>
<td>• 100g unsmoked lardons or chopped streaky bacon</td>
<td>• 1 tbsp. pesto</td>
</tr>
<tr>
<td>• 2 large carrots, chopped</td>
<td></td>
</tr>
<tr>
<td>• 2 sticks celery, chopped</td>
<td></td>
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<tr>
<td>• 1 medium potato, chopped</td>
<td></td>
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<tr>
<td>• 2 garlic cloves, finely chopped or crushed</td>
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<tr>
<td>• 400 g can chopped tomatoes</td>
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<tr>
<td>• 1l vegetable stock (from granules or a cube)</td>
<td></td>
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<tr>
<td>• Few cabbage leaves, shredded</td>
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<tr>
<td>• 400 g can haricot beans</td>
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<tr>
<td>• Handful chopped parsley</td>
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**Nutrition Information**

<table>
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<tr>
<th>Per Serving:</th>
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<tbody>
<tr>
<td>• 274 calories</td>
</tr>
<tr>
<td>• 13 g protein</td>
</tr>
<tr>
<td>• 28 g carbs</td>
</tr>
<tr>
<td>• 13 g fat</td>
</tr>
<tr>
<td>- 3 g saturated fats</td>
</tr>
<tr>
<td>• 8 g fiber</td>
</tr>
<tr>
<td>• 12 g sugar</td>
</tr>
<tr>
<td>• 2.56 g salt</td>
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**Preparation**

1. Heat the olive oil in a large pan, add the onion and lardons or bacon and fry for about 5 mins until the onion is starting to brown. Tip in the carrots, celery, potato and garlic, stir well and cook for a few minutes.

2. Add the tomatoes, stock and sage, and bring to the boil, stirring. Reduce heat to simmer and cook partly covered for 30 mins, stirring in the cabbage after 15 mins. Drain and rinse the beans and add to the pan with the parsley. Season and serve with pesto croûtes, see below, or add crusty bread.

3. For the pesto croûtes: Cut 3-4 slices of crusty bread into chunks, about 2 cm thick. Tip into an ovenproof pan. Mix the olive oil and pesto, then add to the bread, tossing it with your hands until the croûtes are evenly coated. Bake in a moderate oven for about 10 mins until crisp.