



## Welcome

...to the Winter 2019 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 email 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](mailto:information.ghs@uwaterloo.ca) directly.

## Canada's Alzheimer's Awareness Month

### Inside this Issue

**Cover** *Page 1*

Welcome  
Alzheimer's Awareness

**Inside** *Page 2-5*

Canadian Frailty Network  
Project Update  
Conferences & Presentations  
New Publications  
New Members  
Awards & Nominations  
Successful Student  
Milestones

**Back** *Page 6*

Seniors Helping as Research  
Partners  
Healthy Recipe



Alzheimer's disease is a common condition among older adults that affects people all across the world. Although Alzheimer's is found in both males and females, 72% of the people living with Alzheimer's disease are women. The disproportionate rates of disease between sexes is due in part to the fact that women live longer than their male counterparts, and are consequently at more risk because age is a very strong risk factor for the disease.

To raise awareness on this issue, the Alzheimer's Society of Canada has launched a national campaign called "The 72%", to further inform women over the age of 40 that memory loss is not the only warning sign of Alzheimer's. In fact, there are a total of 10 early [indicators](#) of the disease.

The Alzheimer's Society of Canada has also, launched "Yes, I live with dementia – Let me help you understand". This is a movement to help society better understand Alzheimer's and how it affects those living with it. These stories serve to reduce the stigma that is associated with the disease as many patients, and caregivers, note the fear and denial they receive from those close to them. On their [website](#), the Alzheimer's Society provides numerous profiles of people and their story of how Alzheimer's has affected their life.



Canadian  
Frailty  
Network

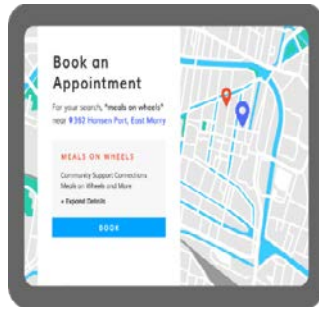
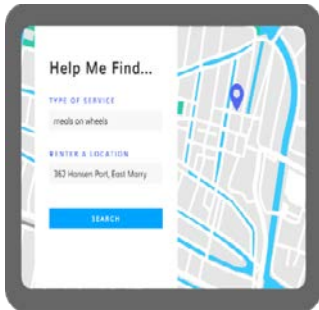
Réseau canadien  
des soins aux  
personnes fragilisées



## Finding and referring to supports in the community with Caredove

Caredove is an online platform that was created to make it easy for professionals to find and connect their patients to the care they need in their community that helps them to remain independent, supported and healthy. Caredove has received positive feedback from patients and health providers in helping to streamline access to services and improve patient transitions.

As part of the CFN-funded, *Transforming Primary Care for Older Canadians Living with Frailty* project, we have been working with Caredove in each of our study site regions to populate their site with all of the available community-specific services. In the coming months, Caredove will be implemented at each of our study sites in Alberta, Ontario and Quebec to link patients with appropriate resources in their community, based on their identified needs and level of risk.

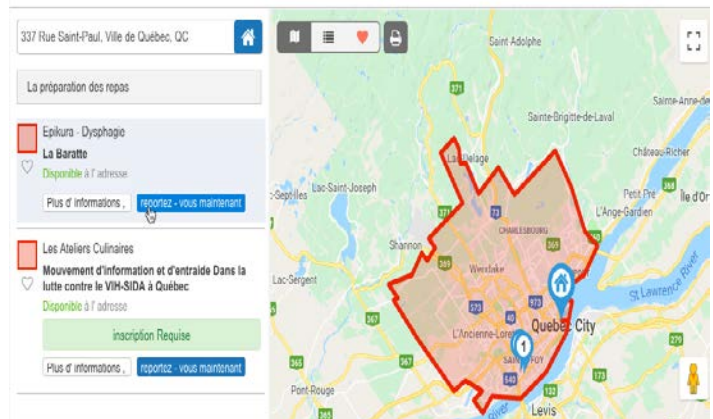


## Repérer les structures de soutien dans la communauté avec Caredove pour référer

Caredove est une plateforme Web qui a été créée pour aider les professionnels à repérer facilement les soins et les services disponibles dans la communauté où vivent leurs patients, afin les mettre en contact avec les ressources nécessaires, et ainsi les aider à maintenir leur indépendance et leur santé, avec le soutien adéquat. Caredove a suscité plusieurs commentaires positifs de la part des patients et des prestataires de soins de santé, en appuyant ces derniers dans l'optimisation de l'accès aux services et l'amélioration des transitions.

Dans le cadre du projet « Transformer les soins de première ligne pour les Canadiens âgés et fragiles » (*Transforming Primary Care for Older Canadians Living with Frailty*), financé par le RCF (CFN), nous avons travaillé avec Caredove dans chacune des régions où se situaient les sites de recherche afin de s'assurer que tous les services communautaires disponibles soient présentés sur leurs portails. Au cours des prochains mois, Caredove sera mis en ligne dans chacun de nos sites de recherche en Alberta, en Ontario et au Québec pour diriger les patients vers les ressources appropriées dans leur communauté, en accord avec les besoins identifiés et le niveau de risques.

La nutrition et de la nutrition	Arthrite	Programmes de jour (adultes)	Soin des pieds	Comportement de soutien
Activité physique	Diabète	entretien ménager résidentiel	visites amicales	Clinique de médecine gériatrique
dépendances	Hypertension	Ropas sur roues	Entretien de la maison et de réparation	Gériatrique Clinique de santé mentale
La gestion du stress	l'ostéoporose	Transport pour les personnes âgées	répit de nuit pour les aidants naturels	
Gestion du poids	Dormir	Groupes de soutien	Autre	



## Looking Back: Conferences & Presentations

### Canadian Association on Gerontology (CAG)

From October 18 to October 20, Alison Kernoghan, Ben Kim, Dr. Catherine Tong, Jeanette Prorok, Jill Van Damme, Dr. Justine Giosa, Kayla Brooks, Melissa Koch, Dr. Paul Stolee, and Veronica Sacco attended the CAG 2018, 47<sup>th</sup> Annual Scientific and Educational Meeting in Vancouver B.C. The topic this year was *"Making it Matter: Mobilizing Aging Research, Practice & Policy."*

1. Kim, B., Nguyen, O., Puri, A., **Stolee, P.** & Lee, J. (2018, October). *Smart activity tracker adherence and acceptance by older adults*. Poster presentation at the Canadian Association on Gerontology (CAG) 2018, 47<sup>th</sup> Annual Scientific and Educational Meeting, Vancouver, B.C.
2. Van Damme, J. & **Stolee, P.** (2018, October). *Assessing the whole person in screening tools for older adults living with frailty: A protocol for a scoping review*. Poster presentation at the Canadian Association on Gerontology (CAG) 2018, 47<sup>th</sup> Annual Scientific and Educational Meeting, Vancouver, B.C.
3. Brooks, K., Elliott, J. & **Stolee, P.** (2018, October). *A framework evaluation of a regional behavioural support program*. Poster presentation at the Canadian Association on Gerontology (CAG) 2018, 47<sup>th</sup> Annual Scientific and Educational Meeting, Vancouver, B.C.
4. Giosa, J., **Stolee, P.**, Byrne, K., Meyer, S. & Holyoke, P. (2018, October). *Integrated geriatric care planning in home care: Inclusive assessment, dialogue-based goal-setting and flexible communication strategies*. Poster presentation at the Canadian Association on Gerontology (CAG) 2018, 47<sup>th</sup> Annual Scientific and Educational Meeting, Vancouver, B.C.
5. Koch, M., McDermott, M., Elliott, J., Kernoghan, A., **Stolee, P.** & GHS Research Group (2018, October). *A community consultation to develop a regional strategy for older adults living with frailty*. Poster presentation at the Canadian Association on Gerontology (CAG) 2018, 47<sup>th</sup> Annual Scientific and Educational Meeting, Vancouver, B.C.
6. Sacco, V., & Savelli, M. (2018, October). *Lived experiences of individuals with Parkinson's disease and their caregivers: An integrated illness narrative study*. Poster presentation at the Canadian Association on Gerontology, 47<sup>th</sup> Annual Scientific and Educational Meeting, Vancouver, B.C.
7. Prorok, J.C., **Stolee, P.**, McMillan, C. & Oremus, M. (2018, October). *Development and psychometric testing of a measure of the healthcare experiences of persons with dementia and their caregivers: Phase 2 results*. Poster presentation at the Canadian Association on Gerontology, 47<sup>th</sup> Annual Scientific and Educational Meeting, Vancouver, B.C.

### AGE-WELL



From October 16 to October 18, Dr. Paul Stolee, Alison Kernoghan and Melissa Koch attended the AGE-WELL 4<sup>th</sup> Annual Conference in Vancouver, B.C. The topic this year was *"Innovation in Action,"* showcasing AGE-WELL's multi-disciplinary program of research and innovation.

McMurray, J., McNeil, H., McNeil, J., MacNeil, M., Koch, M., Kernoghan, A., Gordon, A., Jantzi, M., Kim, B., Sveistrup, H., Juzwishin, D., Hirdes, J., Lee J. & **Stolee, P.** (2018, October). *Making Connections: A community workshop to build novel solutions to address social inclusion for older adults*. Poster presentation at the AGE-WELL 4<sup>th</sup> Annual Conference, Vancouver, B.C.

### Home Care Summits

Alison Kernoghan and Melissa Koch attended the 2018 Canadian Home Care Association Summits in Charlottetown, P.E.I. (October 1-2) and Vancouver, B.C. (October 22-23). The topic this year was *"Go Beyond,"* in collaborating to create solutions to common challenges facing all home care providers.

1. Kernoghan, A., Koch, M., Elliott, J. & Stolee, P. (2018, October). *Transforming primary care for older Canadians living with frailty*. Oral presentation at the Canadian Home Care Association, 2018 Home Care Summit, Vancouver, B.C.
2. Kernoghan, A., Koch, M., Elliott, J. & Stolee, P. (2018, October). *Transforming primary care for older Canadians living with frailty*. Oral presentation at the Canadian Home Care Association, 2018 Home Care Summit, Charlottetown, PEI.

## New Publications

Elliott, J., Stolee, P., Boscart, V., Giangregorio, L. & Heckman, G. (2018). [Coordinating care for older adults in primary care settings: Understanding the current context](#). *BMC Family Practice*, 19(1). doi:10.1186/s12875-018-0821-7



This study set out to gain a deeper comprehension of the current processes of two family health teams in Ontario and how they operate within interdisciplinary teams. Semi-structured interviews with three focus groups of health care providers and six individual health care providers were transcribed and analyzed. A cluster technique yielded six key themes from the interviews. The results of this study provide insight into the current operations of primary care teams and aids in forming a basis for future interventions in primary care.

Juzwishin, D., McNeil, H., Ahn, J., Chen, Y., Cicchetti, A., Kume, N., . . . Stolee, P. (2018). [Aging and health technology assessment: An idea whose time has come](#). *International Journal of Technology Assessment in Health Care*, 34(5), 442-446. doi:10.1017/s0266462318000600

During the Health Technology Assessment International (HTAi) 2016 and HTAi 2017, a panel of experts discussed the state of aging and health technology assessment (HTA) in their respective countries. The themes of conversation in 2016 sparked two top themes for 2017 which were: (i) identification of challenges in HTA and aging; and (ii) approaches to advancing effectiveness of HTA for aging. HTAi allows a platform for dialogue about the future direction of aging and encourages growth in this field.

MacNeil, M., Koch, M., Juzwishin, D., & Stolee, P. (2018). [PD50 Helping innovators navigate policy and regulatory processes](#). *International Journal of Technology Assessment in Health Care*, 34(S1), 147. <https://doi.org/10.1017/S026646231800315X>

The intention of this study was to further understanding of policy among innovators, and promote endorsement of technology by stakeholders. This study utilized a policy primer to support innovators by identifying policy consideration as they create new technologies; a survey was also conducted on AGE-WELL projects. The combination of the policy primer and survey data yielded project specific innovation maps which innovators found useful in gaining a deeper understanding of policy and regulatory processes.

MacNeil, M., Koch, M., Kuspinar, A., Juzwishin, D., Lehoux, P., & Stolee, P. (2018). [Enabling health technology innovation in Canada: Barriers and facilitators in policy and regulatory processes](#). *Health Policy*. <https://doi.org/10.1016/j.healthpol.2018.09.018>

This scoping review identified policy facilitators to improving technology, as well as barriers that limit the ability of innovators to create technology that will help better serve Canadians. The Arksey and O'Malley methodology was utilized for capturing the 67 relevant articles in published as well as grey literature. Six themes were used to classify where the barrier or facilitator to innovation occurs: development, assessment, implementation, Canadian policy context, partnerships and resources. This article also identifies sustainability as an important stage within the innovation pathway and mentions that contribution of both users and consumers will aid in success at each stage.



### New Publications Continued

McMurray, J., McNeil, H., Gordon, A., Elliott, J., & Stolee, P. (2019). [Building a rehabilitative care measurement instrument to improve the patient experience](#). *Archives of Physical Medicine and Rehabilitation*, 100(1), 39-44. doi:10.1016/j.apmr.2018.05.022

The WatLX is a patient experience measure intended for patients in rehabilitative care. This instrument was created using information from a cross-sectional validation study, while cognitive interviews tested the interface and design. Question development occurred through the collaboration of subject matter experts, health care providers, patients and caregivers. The 10-item questionnaire measures six concepts paramount to outpatient rehabilitation care.

### Welcome, New Members

#### Jennifer (Jenn) Paluszewska-Matthew

**Jennifer** is a graduate of the health and fitness promotion program at Humber College. She has always had a strong interest in kinesiology, human physiology, and biomechanics. She enjoys coaching others, and supporting others in reaching their health and fitness goals. She is currently part of the Geriatric Health Systems Research Group, as a research assistant in the School of Public Health and Health Systems at the University of Waterloo.



#### Kassandra (Kassy) Lemmon

**Kassandra** is a fourth-year Honours BSc health studies minoring in gerontology at the University of Waterloo. Her interest in geriatrics drove her to select the Geriatric Health Systems Research Group research assistant position for her fourth and final co-op term. The accumulation of her co-op experiences has validated her desire to work in the field of geriatrics and after achieving her BSc, to work towards a MBA or MSc.



### Awards and Nominations

**Congratulations to Veronica Sacco** who received recognition for her winning Master's Poster at the Canadian Association of Gerontology's 47<sup>th</sup> Annual Scientific and Educational meeting. Her poster was about the lived experiences of individuals with Parkinson's disease and their caregivers.

### Successful Student Milestones

**Congratulations to Jeannette Prorok** on successfully defending her PhD thesis  
**Congratulations to Jill Van Damme** on defending her MSc thesis proposal  
**Congratulations to Maggie MacNeil** on successfully defending her PhD thesis proposal  
**Good luck to Kayla Brooks** who will be defending her MSc thesis proposal



### 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=Amd9bqj\\_tno](https://www.youtube.com/watch?v=Amd9bqj_tno)



SENIORS HELPING AS RESEARCH PARTNERS



### Healthy Recipe: Crustless Spinach Quiche

#### Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 (10 ounce) package of frozen spinach, thawed
- 5 eggs
- 3/4 lb. Muenster cheese
- Salt and pepper

#### Nutrition Information

**Amount Per Serving (126 g/serving)**

**Calories 311.1**

**Total Fat 23.6**

Saturated Fat 12.5

**Salt 455.1**

**Total Carbohydrate 4.8**

Sugar 1.9

Fiber 1.8

**Protein 20.6**

#### Preparation

1. Preheat oven to 350-degrees F.
2. Spray 9-inch pie plate with Pam. (It is suggested to use a CorningWare quiche dish).
3. Heat oil in skillet over medium high heat. Add onion and sauté until browned (5 min).
4. Add spinach; cook until excess moisture evaporates. Let cool.
5. Beat eggs in bowl. Add cheese.
6. Stir egg-cheese mixture into onion-spinach mixture. Season to taste with salt and pepper, if desired.
7. Turn into pie pan, spreading top evenly.



*Quiche is great for breakfast and dinner – so this recipe is versatile. It is easy to make and is easy to pair with other foods to expand your meal. You can also add different spices, vegetables, or meat as substitutions just as easily!*

**Serves: 6**

**Preparation Time: 10 minutes**

**Cooking Time: 40-45 minutes**

This recipe was borrowed from:

<https://www.geniuskitchen.com/recipe/crustless-spinach-quiche-56836>

Contact Geriatric Health Systems Research Group

Lyle Hallman Institute, Room 2727  
University of Waterloo  
200 University Ave. West  
Waterloo, Ontario, Canada  
N2L 3G1

Connect with us



Provide website feedback

