



Bulletin

Standard Edition

October 2015

WELCOME ■ ■ ■

...to the October 2015 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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WHAT'S NEW? ■ ■ ■

Dr. Paul Stolee is the new Editor-in-Chief of the Canadian Journal on Aging/ La Revue canadienne du vieillissement (CJA/RCV). CJA/RCV is a refereed, quarterly publication of the Canadian Association on Gerontology. The journal publishes manuscripts on aging, in both French and English, including topics covering biology, health sciences, psychology, social sciences, and social policy and practice. Follow @cjarcv on Twitter for announcements, the newest articles, special issues and reminders.



WELCOME NEW MEMBERS ■ ■ ■



Melissa Koch is a MSc student in the Health Studies and Gerontology program at the University of Waterloo, under the supervision of Dr. Paul Stolee. She completed her two undergraduate degrees at McMaster University in Social work and Health and Aging in 2013. As part of her social work practicum experience, Melissa spent time in long-term care facilities and hospitals gaining experience in social work practices. These experiences sparked her interest in working with older adults and their caregivers, and understanding the Canadian health care system and end-of-life care. While at Waterloo, Melissa will be working on projects within one of Canada's Networks of Centres of Excellence, AGE-WELL [Aging Gracefully across Environments using Technology to Support Wellness, Engagement and Long Life (www.age-well.ca)].

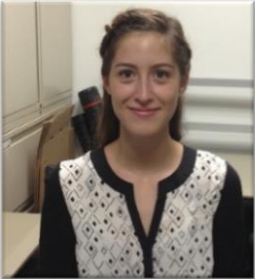


Maggie MacNeil is a PhD student in the Aging, Health and Wellbeing program under the supervision of Dr. Paul Stolee. Maggie received her B.A. (with distinction) from Concordia University in Montreal with a joint specialization in sociology and anthropology and minor in urban studies. She completed her master's degree in Public Policy and Public Administration at Concordia University. Her master's research was a comparison of age-friendly advocacy efforts in two Canadian cities. Between 2013 and 2015, Maggie worked as a policy analyst for the Senior's Policy and Minister of State Support Unit within the department of Employment and Social Development Canada. Maggie brings policy experience to contribute to a project under the Canadian Networks of Centres of Excellence funded project, AGE-WELL. The project will focus on the policy and regulatory issues in enabling technological innovation.



Ayse Kuspinar is a Postdoctoral Research Fellow with the Geriatric Health Systems (GHS) Research Group. Dr. Kuspinar completed her undergraduate degree in Physical Therapy at McGill University, Montreal. She is a registered physical therapist with several years of clinical experience in various health conditions including orthopedics, geriatrics and neurology. Dr. Kuspinar also obtained her Master's and Doctoral degree (with distinction) from McGill University. During her graduate studies, she received awards from the Canadian Institutes of Health Research (CIHR) and the Fonds de Recherche en Santé du Québec (FRSQ). Dr. Kuspinar has training in both clinical epidemiology and rehabilitation sciences. Her research interests include health outcomes, research methodology, modern measurement methods, cost-utility and quality of life. Dr. Kuspinar is currently working with the GHS Research Group on a project funded by the AGE-WELL network.

She will also be applying her research methodology and statistics background to help design, develop and undertake different projects with the GHS Group.



Mia Papasideris is a new co-op student at GHS. She just completed her second year of undergraduate studies at the University of Waterloo in the Health Studies program and is working to complete an Honours Bachelors of Science degree with a Pre-Health Specialization. Her previous co-op term was spent at the Canadian Institute of Health Information in the Health Indicators and Client Support branch.



Anees Ebrahim is a new co-op student at GHS. He is a third year undergraduate student at the University of Waterloo working towards his Bachelor of Science, Honours Health Studies with a minor in Gerontology. His previous work term was as a program coordinator at the Ontario Gerontology Association, where he conducted literature reviews and helped in the preparations of their annual conference.



Jasmine Bacola is a new co-op student at GHS. She has currently completed her second year at the University of Waterloo, and is working to obtain an Honors Bachelor of Health Promotion degree. Jasmine spent her last co-op term working with L'Arche Sudbury, a non-profit organization, where she supported adults with developmental disabilities in their activities of daily living.

SUCCESSFUL THESIS DEFENCE ■ ■ ■

Congratulations to Jessie Ashbourne for her successful MSc thesis defence, which took place on August 5th, 2015. Her MSc thesis defence is entitled, "Understanding Care Transitions from the Perspectives of Persons with Dementia and Their Caregivers: A Grounded Theory". Jessie played a lead role in our group's dementia strategy work (discussed below).

OGA CONFERENCE - TORONTO, ON ■ ■ ■

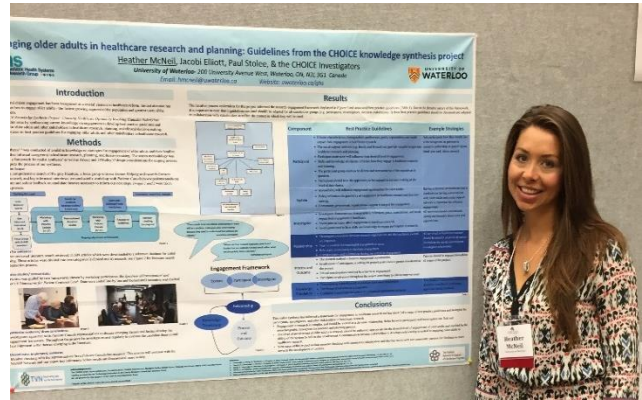
On April 21, PhD student Justine Giosa took part in the Ontario Gerontology Association (OGA) Conference in Toronto, ON. The conference provided a *forum for learning, networking, and sharing through keynote speaker presentations, workshops and concurrent sessions... to inspire new ways of transforming and shaping the care and services of older people*. Justine gave a presentation called, "Service Allocation and Frontline Assessments in Geriatric Home care: Identical Twins or Distant Cousins?", and discussed the implications resulting from a survey of home health care providers' geriatric assessment practices in relation to Ontario's current investment in the interRAI Home Care Assessment (RAI-HC). The presentation is as follows:

Giosa, J., Stolee, P., Holyoke, P. Service allocation and frontline assessments in geriatric home care: identical twins or distant cousins? Oral presentation at the Ontario Gerontology Association Conference, Toronto, ON. April 21, 2015.



CAHSPR CONFERENCE - Montreal, PQ ■ ■ ■

On May 26, PhD students Jacobi Elliott, Heather McNeil, and Justine Giosa took part in the Canadian Association for Health Services and Policy Research (CAHSPR) Conference in Montreal, PQ. The conference focused on *Learning from Each Other: Across disciplines, jurisdictions and generations*, with particular emphasis on reducing the gap between available research evidence and knowledge translation. Jacobi Elliott was selected as one of three individuals who gave a “rapid fire” presentation.



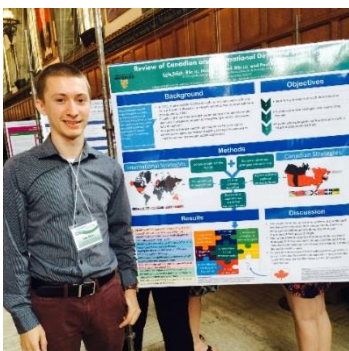
The presentations are as follows:

Elliott, J., McNeil, H., Stolee, P., & the CHOICE Investigators. Engaging older adults in health care decision-making: Key findings and recommendations from the CHOICE knowledge synthesis project. Oral/Poster presentation at the Canadian Association for Health Services and Policy Research (CAHSPR) Conference 2015, Montreal, PQ. May 26, 2015.

McNeil, H., Stolee, P., Elliott, J., & the CHOICE Investigators. Engaging older adults in health care research and policy: Guidelines from the CHOICE project. Poster presentation at the Canadian Association for Health Services and Policy Research (CAHSPR) Conference 2015, Montreal, PQ. May 26, 2015.

Giosa, J., Stolee, P., Holyoke, P. Geriatric care planning in home care: time for change? Oral presentation at the Canadian Association for Health Services and Policy Research (CAHSPR) Conference 2015, Montreal, PQ. May 26, 2015.

NICE CONFERENCE - TORONTO, ON ■ ■ ■



On May 28th, co-op students Nicole Holland and Cole Edick took part in the student poster competition at the Annual NICE Knowledge Exchange. The theme this year was engAGEing; the conference focused on the power of social engagement among older adults, with particular emphasis on addressing and combatting issues of social isolation and loneliness. The posters presented by Nicole and Cole are as follows:

Holland, N., Ashbourne, J., Stolee, P. Whole Person, Whole Journey: A Qualitative Investigation of the Strengths and Limitations of Dementia Care in the South West Local Health Integration Network. Poster presentation at the NICE Knowledge Exchange Conference, Toronto, ON. May 28, 2015.

Edick, C., Holland, N., Stolee, P. Review of Canadian and International Dementia Strategies. Poster presentation at the NICE Knowledge Exchange Conference, Toronto, ON. May 28, 2015.



TVN NATIONAL FORUM 2015 - TORONTO, ON ■ ■ ■

From June 4-5, Dr. Stolee and PhD candidate Jacobi Elliott attended the TVN National Forum 2015: *Moving towards a strategy for the care of Canada's frail elderly*, the first of two focused forums to develop a national strategy to initiate transformational change in health care for Canada's seriously ill, and frail elderly. Paul was on the Panel discussing hot topics; his presentation was "Patient Experience and Engagement across Transitions in Care". Paul enjoyed re-connecting with Saskatchewan Health Status Survey of the Elderly colleagues, Dr. Duncan Robertson and Dr. Kenneth Rockwood (on right). Duncan took this opportunity to present Ken with the First Edition of Brocklehurst's Textbook of Geriatric Medicine and Gerontology (Ken is now a co-editor), completing Ken's collection of all seven editions.



Paul enjoyed re-connecting with Saskatchewan Health Status Survey of the Elderly colleagues, Dr. Duncan Robertson and Dr. Kenneth Rockwood (on right). Duncan took this opportunity to present Ken with the First Edition of Brocklehurst's Textbook of Geriatric Medicine and Gerontology (Ken is now a co-editor), completing Ken's collection of all seven editions.

SAFER HEALTHCARE NOW FORUM - TORONTO, ON ■ ■ ■

In June, Dr. Stolee took part in a Safer Healthcare Now Forum, held by the Canadian Patient Safety Institute in Toronto, ON. The forum's focus was on safe transitions of care, and the enablers of clinical improvement, such as teamwork and communication, change leadership, and patient safety culture. Dr. Stolee gave a presentation on "Patient Safety at Transitions of Care". His presentation focused on the findings of the InfoRehab transition study, which explored information need, use, and sharing at points of transition across the health care system from the perspective of patients, their families, and health care providers. He also touched on the care transition experiences of persons with dementia, drawing on Jessie Ashbourne's thesis (see above).



HTAi 12th ANNUAL MEETING - NORWAY ■ ■ ■

The annual meeting Health Technology Assessment International (HTAi) took place on June 15-17th in Oslo, Norway. AGE-WELL work package 7 co-leads, Dr. Paul Stolee from the University of Waterloo and Dr. Don Juzwishin from Alberta Health Services, attended the meeting which focused on the latest and best thinking regarding the dissemination of HTA, uptake of HTA findings, and implementation of decisions informed by HTA. The entire range of applications of HTA were considered, across the types of health technologies, health systems, geographic regions, and decision makers. Patient engagement in HTA was a strong theme of the conference.





3rd ANNUAL TVN CONFERENCE - TORONTO ■ ■ ■

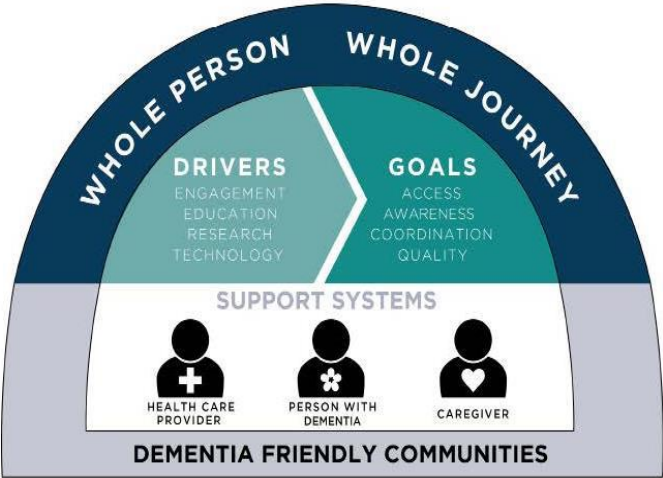
On September 27th, Dr. Stolee and TVN Interdisciplinary Fellow Jacobi Elliott attended the 3rd Annual TVN conference in Toronto, ON. This conference provided an opportunity for those



interested in improving health care for frail older adults to network with others in the field and to collaborate and build relationships. Congratulations to Jacobi Elliott who received the winning poster among TVN Interdisciplinary Fellows at the conference! Jacobi’s presentation is as follows: Elliott, J., Stolee, P. Developing a System Navigator Role in Primary Care: Understanding the Context. Poster presentation at the 3rd Annual TVN Conference, Toronto, ON. September 27, 2015. Dr. Stolee presented “Meaningful Engagement: Results of the CHOICE knowledge synthesis project”; the CHOICE project was funded by TVN.

SOUTHWEST LHIN DEMENTIA STRATEGY ■ ■ ■

Over the winter, the GHS Research Group developed a dementia strategy for the Southwest Local Health Integration Network. In order to understand the different perspectives of those with lived experience of the dementia care system, we conducted individual interviews with 20 caregivers, 6 persons with dementia, and 33 health care providers, and consulted with 50 health care professionals during 4 community meetings. These consultations allowed us to determine perceived needs, gaps, priorities and system strengths. We also reviewed 26 dementia strategies from other regions, provinces and countries, as well as 15 other strategies relevant to the care of older adults. The



themes that emerged through the review of strategies and the consultation process were brought together to develop a prioritization survey completed by 52 health care professionals, 12 persons with dementia and their caregivers. We brought this information together to build a dementia strategy for the region - *Whole Person, Whole Journey: Picturing a dementia-friendly tomorrow, today, a dementia strategy for the SW LHIN*; the resulting framework is presented in the above diagram.



LOOK FOR US AT.... ■ ■ ■

Canadian Association on Gerontology Conference



The CAG Conference, is taking place on October 23-25, 2015 in Calgary, Alberta. This conference is called “From Possibility to Practice in Aging: Shaping a Future for All”, and is the 44th Annual Scientific and Educational Meeting of CAG. Dr. Stolee, Jacobi Elliott, Heather McNeil, Sarah Main, Melissa Koch, Maggie MacNeil, Justine Giosa, Kelsey Huson and Jessie Ashbourne will be presenting.

OHA Health Achieve Conference



OHA Health Achieve Conference, is taking place on November 3rd, 2015 in Toronto, ON. Dr. Stolee is presenting on “Whole Person, Whole Journey: Learning from the Health Care Experiences of Persons with Dementia”, as part of a session on innovations in care, sponsored by the Regional Geriatric Programs of Ontario.

AWARDS & NOMINATIONS ■ ■ ■

Congratulations to MSc student Melissa Koch, who received the *AGE-WELL Graduate Student Award in Technology and Aging*, on August 31st, 2015. This award provides partial funding to highly qualified master’s, doctoral and postdoctoral candidates and provides them with access to training and mentorship opportunities through the AGE-WELL.

Congratulations to PhD student Jacobi Elliott who was invited to attend the *Service Award for Geriatric Excellence (SAGE)* gala dinner. SAGE is a unique program that celebrates the outstanding contributions of individuals and organizations committed to providing the highest quality of care to older adults in our communities. Jacobi was nominated for an award in the “Individual Category”. The awards took place on May 22, 2015.

Congratulations to PhD student Justine Giosa, who received a *Frederick Banting and Charles Best Canada Graduate Scholarships Doctoral Award (CGS-D)* in May 2015. This award provides special recognition and support to students who are pursuing a doctoral degree in a health-related field in Canada. Justine was ranked 16/ 471 in the competition for the award. Her research is focused on the development and testing of a more integrated geriatric care planning approach at the service provider level in home care that includes common assessment, person-centred goal setting and interdisciplinary collaboration.

Congratulations to PhD student Jacobi Elliott, who received a 1-year *TVN Interdisciplinary Fellowship Program Award* in March 2015. This award provides recognition and support to students who are pursuing research to improve care for frail older adults and their families. Jacobi’s project, titled “Productive Partnerships: Developing Patient-Provider Partnerships in Primary Care for System Navigation”, focuses on the development of a system navigation role in primary care for frail older adults with chronic illness.



NEW PUBLICATIONS ■ ■ ■

Keheyayan, V., Hirdes, J.P., Tyas, S.L., & Stolee, P. (2015). [Residents' Self-Reported Quality of Life in Long-Term Care Facilities in Canada](#). *Canadian Journal on Aging*, 34(2): 149-164. doi: 10.1017/S0714980814000579

This cross-sectional, descriptive study examined the self-reported quality of life of long-term care facility residents in Canada using the interRAI Self-Report Nursing Home Quality of Life Survey instrument. This study also aimed to test the instrument's psychometric properties.

Psychometric testing of the instrument supported its reliability and its convergent and content validity for assessing the residents' quality of life. Findings showed that residents rated positively several aspects of their life, such as having privacy during visits and staff's being honest with them. Residents gave lower ratings to other aspects such as autonomy, staff-resident bonding, and personal relationships. The findings point to gaps between facility philosophies of care and their translation into a care environment where care is truly resident-directed. Moreover, the findings have potential implications for resident care planning, facility programming, social policy development, and future research.



Lafortune, C., Huson, K., Santi, S., Stolee, P. (2015). [Community-based primary health care for older adults: A qualitative study of the perceptions of clients, caregivers and health care providers](#). *BMC Geriatrics*, 15(57). doi:10.1186/s12877-015-0052-x

Data was gathered through focus group interviews held with clients, informal caregivers, and health care providers in mid-sized urban and rural communities in Ontario, and during a series of feedback sessions with participants. An extensive list of barriers, facilitators, and recommended health system improvements was generated. Barriers included poor system integration and limited access to services. Identified facilitators were person and family-focused care, self-management resources, and successful collaborative practice. Recommended system improvements included expanding and integrating care teams, supports for system navigation, and development of standardized information systems and care pathways. Older adults still experience frustrating obstacles when trying to access CBPHC.

Prorok, J., Stolee, P., Cooke, M., McAiney, C., & Lee, L. (2015). [Evaluation of a Dementia Education Program for Family Medicine Residents](#). *Canadian Geriatrics Journal*, 18(2): 57-64. doi:10.5770/cgj.18.148

This study evaluated the impact of a dementia education program for family medicine residents (FMR) on residents' knowledge, attitudes, and confidence with dementia assessment and management. A three-part questionnaire was developed and validated for this program. Data was collected through a mixed methods study. Differences in questionnaire scores between program participants and the comparison group were examined. Each questionnaire component displayed high internal consistency and test-test reliability. When comparing program participants and the comparison group, the program participants scored significantly higher on the knowledge components, and also reported greater confidence in several areas. Qualitative data supported that residents felt the program focused on important topic areas, and appreciated being able to participate in an interprofessional team.



Sweet Potato-Pecan Casserole

Cook time: 1 hr 15 min | Makes: 8 servings



*Recipe
courtesy of Elli
Krieger from
Food Network
Magazine*

Ingredients:

- Cooking spray
- 3 ½ pounds sweet potatoes (about 5 medium), peeled and cut into 1-inch chunks
- 1/3 cup honey
- 1 large egg
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- Kosher salt
- 1 tablespoon packed dark brown sugar
- 1/3 cup finely chopped pecans
-

Directions:

1. Preheat oven to 350 degrees F. Mist an 8-inch square baking dish with cooking spray.
2. Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20-25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, ½ teaspoon cinnamon, the nutmeg, ginger and ½ teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish.
3. Mix the brown sugar, pecans and the remaining ½ teaspoon cinnamon in a bowl; sprinkle over the potatoes.
4. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Per serving: Calories: 160; Fat 4 g (Saturated 1 g); Cholesterol 25 mg; Sodium 180 mg; Carbohydrate 31 g; Fiber 3 g; Protein 3 g

Healthy Eating Tips for Thanksgiving

1. **Toss the turkey skin.** Though delicious, the skin is very high in fat- and not the good kind.
2. **Eat before dinner.** Make sure to have breakfast and lunch. If you show up at dinner starving, you'll be more likely to overeat and your body will have a harder time digesting the heavy meal.
3. **Eat plenty of vegetables.** Before reaching for turkey and potatoes, fill your plate 2/3 full of veggies.
4. **Drink lots of water.** Water helps your stomach stay full and keeps you from overeating.
5. **Leave the dinner table after eating.** Hanging out around the table may tempt you to snack on some leftovers.

Provided by the Readers Digest:

<http://www.readersdigest.ca/food/healthy-food/6-healthy-eating-tips-thanksgiving/>

SHARP ■ ■ ■

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**.



SHARP
SENIORS HELPING AS RESEARCH PARTNERS