



Welcome

...to the summer 2018 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 directly.

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Happy Seniors' Month!

June marks Seniors' Month in Ontario.

This year, we are celebrating our 34th annual Seniors' Month with the theme "Now's the time to start something new," highlighting that aging does not prevent anyone from leading fulfilling lives.



The GHS group is celebrating the many older adults who contribute to our work in meaningful ways every day through meetings, events, and especially through the Seniors Helping As Research Partners (SHARP) Network.

We will be hosting a research showcase and informal meeting for SHARP Network members and those who are interested in joining the SHARP group on Wednesday, June 27th, 2018 in the afternoon.

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**.



**Canadian
Frailty
Network**

**Réseau canadien
des soins aux
personnes fragilisées**

Transforming primary care for older Canadians living with frailty: Project Update

Shared Decision Tools to Help!

As a part of the CFN-funded, "Transforming primary care for Canada's frail elderly" project, the research team of Dr. Anik Giguère (Quebec Excellence Centre on Aging, Laval University) is developing patient decision aids in the form of decision boxes. These boxes present the benefits and harms of the health options available in six areas (functional decline, cognitive decline, malnutrition, caregiver burden, polypharmacy and depression). Decision boxes will be available in printable version and as an interactive web application. In testing the app, the research team learned about important design features from older adults with mild cognitive impairment. Three specific lessons learned include:

- 1) The app content should be simple, but not simplistic
- 2) The interface should be intuitive and user-friendly to adults aged 65 and over, and;
- 3) The app should provide a linear shared decision making process that describes a health problem, clarifies the patient's values, and provides the benefits and harms of the options valued by that patient.

Within the current study, we will test this web-based decision aid in clinical settings to understand its usefulness and ease of use in the context of primary care of older people.



Décision partagée, outils pour aider!

Dans le cadre du financement par le réseau CFN du projet de recherche "Transformation des soins et services de première ligne pour les aînés en perte d'autonomie au Canada", l'équipe de recherche du Dr. Anik Giguère (Centre d'Excellence sur le vieillissement, Université Laval) développe actuellement des outils d'aide à la décision nommés les boîtes de décision. Ces outils présentent les avantages et inconvénients des options de santé sur six facteurs de risque de perte d'autonomie (déclin fonctionnel, déclin cognitif, malnutrition, fardeau du proche aidant, polypharmacie et dépression). Ces boîtes à décision seront disponibles en version imprimable et en ligne. Lors de la mise à l'essai de la version en ligne, l'équipe de recherche a pris connaissance de caractéristiques de conception importantes pour des personnes âgées atteintes de troubles neurocognitifs légers. Entres autres, ces caractéristiques comprennent que :

- 1) le contenu doit être simple sans être simpliste,
- 2) l'interface doit être intuitive et conviviale pour des utilisateurs de 65 ans et plus, et
- 3) la navigation doit être un processus linéaire de prise de décision partant de l'information qui décrit un problème de santé, qui clarifie les valeurs du patient, et puis qui présent les avantages et les inconvénients des options envisagées par le patient en respectant ces valeurs.

Pour faire suite à cette étude, nous testerons cette aide à la décision en ligne dans des milieux cliniques afin de comprendre son utilité et sa facilité d'utilisation dans le cabinet du médecin de famille.

Recap: Public Lecture by Anne Martin-Matthews



On April 6, 2018, Professor Anne Martin-Matthews, Acting Vice-President, Research, Knowledge Translation and Ethics at the Canadian Institutes of Health Research (CIHR) and Professor in the Department of Sociology at the University of British Columbia (UBC) gave an inaugural lecture in honour of William F. Forbes.

Professor Forbes was the founding director of the first English-language graduate program in Gerontology in Canada. Professor Martin-Matthews' lecture, *A (Self) Reflexive Lens on Gerontology: Over Time, Through Change, With Aging*, was attended by over 100 faculty, staff, students, and community members, and opened discussions about where we have gone in the field of aging and gerontology, and where we may go in the future.

Event photos and a recording of the lecture can be found on the Network for Aging Research [event page](#).



Looking Back: Conferences & Presentations

Symposium on Aging Research (SoAR)



On April 25, Dr. Stolee, Alicia Gordon, Jill Van Damme, Paige Fernandes, Laura Brooks, and Justine Giosa attended the third annual Symposium on Aging Research in Waterloo, ON. This annual symposium allowed researchers from many University of Waterloo and Laurier faculties to come together and share their aging-focused research interests.

GHS group presentations at the event were as follows:

Gordon, A., McMurray, J., McNeil, H., Elliott, J., Stolee, P. (2018 April). A psychometric assessment of a measure of patient experience in rehabilitative care. Poster presentation at The 2018 Symposium on Aging Research (SoAR) in Waterloo, ON.

Van Damme, J., Brooks, K., Brooks, L., Neiterman, E., Elliott, J., Stolee, P. (2018 April). Older adult perspectives on social isolation. Poster presentation at The 2018 Symposium on Aging Research (SoAR) in Waterloo, ON.

Fernandes, P., Elliott, J., Stolee, P. (2018 April). Understanding how mHealth tools can support care coordination between older adults and their healthcare providers: a scoping study. Poster presentation at The 2018 Symposium on Aging Research (SoAR) in Waterloo, ON.

Brooks, L., Elliott, J., Gordon, A., Stolee, P. (2018 April). Setting priorities for aging research with a community-university partnership. Poster presentation at The 2018 Symposium on Aging Research (SoAR) in Waterloo, ON.

Giosa, J., Stolee, P., Byrne, K., Meyer, S., Holyoke, P. (2018 April). Integrated geriatric care planning in home care: meaningful inclusion of older adults, family/friend caregivers and health care providers. Oral presentation at The 2018 Symposium on Aging Research (SoAR) in Waterloo, ON.

Looking Back: Conferences & Presentations Cont'd

Canadian Agency for Drugs and Technologies in Health (CADTH)



From April 15 to April 17, Maggie MacNeil and Don Juzwishin attended the annual CADTH Symposium in Halifax, NS. The topic of this year's symposium was Managing Health Technologies: Supporting Appropriate, Affordable, and Accessible Care.

GHS group presentations at the event were as follows:

MacNeil, M., Koch, M., Juzwishin, D., Stolee, P. (2018 April). Mapping the policy and regulatory landscape for innovation. Poster presentation at The 2018 Canadian Agency for Drugs and Technologies in Health Symposium in Halifax, NS.

Simeonov, D., Mihailidis, A., Stolee, P., Juzwishin, D., Wang, R., Wilson, M. (2018 April). Making the case for technology in developing national policy strategies. Oral presentation at The 2018 Canadian Agency for Drugs and Technologies in Health Symposium in Halifax, NS.

International Conference on Integrated Care (ICIC)



From May 23 to May 25, Jacobi Elliott and Justine Giosa attended the 18th International Conference on Integrated Care in Utrecht, Netherlands. With a special focus on the design and delivery of integrated health and social care, this conference included researchers, clinicians and managers interested in sharing their integrated care projects and research.

GHS group presentations at the event were as follows:

Elliott, J., Stolee, P., Heckman, G., Boscart, V., SHARP Group. (2018 May). Improving patient-provider partnerships across the healthcare system. Oral poster presentation at the International Conference on Integrated Care in Utrecht, Netherlands.

Giosa, J., Stolee, P., Byrne, K., Meyer, S., Holyoke, P. (2018 May). Co-designing a framework for integrated home care planning with older adults, their caregivers and health care providers. Oral poster presentation at the International Conference on Integrated Care in Utrecht, Netherlands.

Canadian Association for Health Services and Policy Research (CAHSPR)



From May 29 to May 31, Maggie MacNeil attended the annual CAHSPR Scientific Conference in Montréal, QC. The theme for this year's conference was "Shaping the Future of Canada's Health Systems", which saw researchers and decision makers present topics that evoked conversations about how health services research will help to shape the future of Canada's healthcare.

GHS group presentations at the event were as follows:

MacNeil, M., Koch, M., Juzwishin, D., Stolee, P. (June 2018). Helping Innovators Navigate Policy and Regulatory Processes. Poster presentation at the Canadian Association for Health Services and Policy Research Conference in Montreal, QC.

Health Technology Assessment International (HTAi)



From June 1 to June 5, Don Juzwishin attended the Annual Health Technology Assessment International (HTAi) Annual Meeting in Vancouver, BC. Open to stakeholders with vested interest in using health technology assessments (HTA) in decision-making, researchers were able to present and discuss their work as it relates to the role of HTAs in healthcare.

GHS group presentations were as follows:

MacNeil, M., Koch, M., Juzwishin, D., Stolee, P. (2018 June). Helping innovators navigate policy and regulatory processes. Poster presentation at the Health Technology Assessment International (HTAi) Annual Meeting in Vancouver, BC.

McNeil, H., Juzwishin, D., Ahn, J., Chen, Y., Cicchetti, A., Kumne, N., Stolee, P. (2018 June). Health Technology Assessment and Aging: Moving Evidence to Action. Poster presentation at the Health Technology Assessment International (HTAi) Annual Meeting in Vancouver, BC.

Juzwishin, D. (2018 June). Value and Affordability: Cost Concerns, Silos and Patient Access to Innovative Medicines. Panel presentation at the Health Technology Assessment International (HTAi) Annual Meeting in Vancouver, BC.

New Publications



Sheiban, L., Stolee, P., McAiney, C., Boscart, V. (2018). [Health care provider experiences in primary care memory clinics: a phenomenological study](#). *BMC Family Practice*, 19:68. doi: <https://doi.org/10.1186/s12875-018->

To consider wider adoption of memory clinics, researchers explored the experiences of health care providers (HCPs) who work in primary care memory clinic teams. The three main themes from interviews with HCPs are: the importance of supporting patients and family members, working in a team setting, and professional rewards of caring for people with ADRD and their family members.

Heckman, G., Boscart, V., Huson, K., Costa, A., Harkness, K., Hirdes, J., Stolee, P., McKelvie, R. (2018). [Enhancing Knowledge and InterProfessional care for Heart Failure \(EKWIP-HF\) in long-term care: a pilot study](#). *Pilot and feasibility studies*, 4(1): 9. doi: [10.1186/s40814-017-0153-8](https://doi.org/10.1186/s40814-017-0153-8)

Researchers piloted a multimodal interprofessional education program about heart failure in long term care. The educational program was meant to improve heart failure knowledge, improve interprofessional communication and integrate improved knowledge and communication processes in work routines. The program was found to be useful and feasible for staff, who had increased confidence and strengthened assessment and clinical proficiency skills after the intervention.

Perlman, C., Law, J., Luan, H., Rios, S., Seitz, D., Stolee, P. (2018). [Geographic clustering of admissions to inpatient psychiatry among adults with cognitive disorder in Ontario, Canada: Does distance to hospital matter?.](#) *The Canadian Journal of Psychiatry*. doi: [10.1177/0706743717745870](https://doi.org/10.1177/0706743717745870)

This study explored relationships between hospital accessibility, socio-economic context, and geographic clustering of inpatient psychiatry admissions for adults with cognitive disorders. Residential instability and overall hospitalization rate were found to be significantly associated with an increased relative risk in admission to inpatient psychiatry. These findings show how spatial analysis can improve understanding of how geographic context and health system supply relate to service utilization.

Glenny, C., Kuspinar, A., Naglie, G., Stolee, P. (2018). [A qualitative study of healthcare provider perspectives on measuring functional outcomes in geriatric rehabilitation](#). *Clinical Rehabilitation*, 32(4). doi: [10.1177/0269215517733114](https://doi.org/10.1177/0269215517733114)

Researchers explored barriers and facilitators of using standardized outcome measures of physical function in geriatric rehabilitation settings via interviews with healthcare providers. Barriers included that standardized measures are difficult to complete and interpret in older complex patients, and they are used for reasons unrelated to patient care. Facilitators included improving daily communication, and receiving adequate education and support for their daily use.

Afzal, A., Stolee, P., Heckman, G., Boscart, V., Sanyal C. (2018). [The role of unregulated care providers in Canada – A scoping review](#). *International journal of older people nursing*. <https://doi.org/10.1111/opn.12190>

This scoping review was conducted to investigate the role of unregulated care professionals (UCPs) in the healthcare system, their potential role in interprofessional teams, the impacts of the UPCs role on quality of care and patient safety, and education and employment standards. Researchers found that unregulated care providers don't have a defined scope of practice, and that variations in education and employment standards have implications for quality of care and patient safety. Authors suggest that the evolving role of the UCP should be recognized, and variations in education and employment standards should be reduced.

STANDARD EDITION OF THE GHS BULLETIN

JUNE 2018

Successful Student Milestones

Congratulations to former GHS student Jasmine Bacola, who convocated with her BSc in Honours Health Studies, and who received the Governor General's Silver Medal and the Departmental Award for Distinguished Academic Achievement in the School of Public Health and Health Systems

Congratulations to Miranda McDermott, who convocated with her BSc degree in Honours Health Studies on June 12th, and has accepted her offer to attend Medical School at the University of Toronto

Congratulations to Melissa Koch, who convocated with her MSc in Health Studies and Gerontology on June 12th

Congratulations to Alicia Gordon, who has accepted her offer to attend Dentistry School at the University of Western Ontario

Congratulations to Laura Brooks, who has received a scholarship and accepted her offer to attend the MSc in Speech and Language Pathology program at McMaster University

Congratulations to Larissa Nagora, who has accepted her offer to attend the MSc in Occupational Therapy program at McMaster University

Congratulations to Paige Fernandes on her successful MSc thesis proposal

Congratulations to Kathleen Pauloff on her successful MSc thesis proposal

Congratulations to Arsalan Afzal, who welcomed a new baby girl, Liyana in April

Congratulations to Kerry Byrne, who welcomed a new baby boy, Charlie in May

Welcome to Our New Members

Hajar El-Sadaany



Hajar is a fourth year undergraduate student in Financial Analysis and Risk Management with a minor in Statistics. Hajar joined GHS to become more exposed to the world of statistical research. In her free time, Hajar likes to read, cook, and do anything outdoors!

Ben Kim



Ben Kim is a Ph.D. student in Public Health and Health Systems in the School of Public Health and Health Systems at the University of Waterloo. His current research investigates ways of leveraging emerging technology for the health of older adults and gerontological research.

Awards and Nominations

Paige Fernandes has been accepted to the CIHR Institute of Aging Summer Program in Aging in Harrison Hot Springs, B.C.

Jill Van Damme is a recipient of the 2018 Interdisciplinary Fellowship from the Canadian Frailty Network (CFN)

Justine Giosa won best podium presentation at the third annual Symposium on Aging Research in Waterloo, ON.

Dr. Paul Stolee has accepted the position as Interim Dean for the Faculty of Applied Health Sciences.

Seniors Helping as Research Partners

Our goal is to learn from seniors and their families, 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=Amd9bgI_tno



SENIORS HELPING AS RESEARCH PARTNERS



This vibrant, vegetarian main comes together in a tasty 20-minute snap—though it also holds up well when prepared the night before.

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Healthy Recipe: Feta-Herb Edamame Succotash

Ingredients:

- 1 TBSP olive oil
- 1 medium yellow onion, chopped
- 2 cups frozen edamame, thawed
- 1.5 cups frozen corn, thawed
- 1 cup grape tomatoes, halved
- ¼ cup feta cheese
- 2 TBSP fresh dill, chopped
- 2 TBSP parsley, chopped
- 2 TBSP sherry vinegar
- ½ TSP kosher salt
- ¼ TSP black pepper

Preparation

1. Heat a large non-stick skillet over medium-high. Add oil to pan; swirl to coat. Add onion, and cook, stirring occasionally, until tender, about 4 minutes.
2. Add edamame; cook, stirring constantly, 2 minutes. Add corn; cook, stirring constantly, 2 minutes. Remove from heat. Transfer to a bowl; cool 10 minutes. Stir in tomatoes, feta, dill, parsley, vinegar, salt, and pepper.

Nutrition Information

Amount Per Serving (1 cup)

Calories 218

Total Fat 8.6g

Salt 318mg

Total Carbohydrate 23g

Sugar 7g

Fiber 7g

Protein 14g

This recipe was borrowed from: [Cooking Light](#)