



Welcome

...to the spring 2017 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.



Network for Aging Research 2017 Symposium

You're invited to the 2017 Network for Aging Research (NAR) Symposium: *Engagement in Innovation*

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THE NETWORK FOR AGING RESEARCH at the University of Waterloo

Spring 2017 Symposium
June 26th

ENGAGEMENT *in* INNOVATION

| | |
|--------------------------------------|---|
| 8:00 - 9:00 AHS Foyer | Sign-In • Coffee and Pastries • Posters |
| 9:00 - 9:15 AHS 1689 | Opening Remarks • James Rush, Dean, Faculty of Applied Health Sciences • Paul Stolee, Director, Network for Aging Research |
| 9:15 - 10:15 AHS 1689 | Keynote: Olive Bryanton, PhD (c) <i>Olive uses Photovoice to learn about and understand the realities of women 85 and older living in rural PEI.</i> |
| 10:15 - 10:45 AHS 2nd Floor Foyer | Posters • Posters are located on the 2nd floor |
| 10:45 - 11:15 AHS 1689 | Engagement in Innovation: The SHARP Group <i>Heather McNeil works with the SHARP group to engage older adults in innovation and research.</i> |
| 11:15 - 12:15 AHS 1689 | Priority Setting <i>Participate in setting priorities for aging research that will be used to inform future NAR research and events. This will take place in the foyer, after brief instruction</i> |
| 12:15 - 1:15 AHS Foyer | Posters and Lunch |



Keynote Speaker: Olive Bryanton, PhD (c)



This will be an interactive event with opportunities to discuss research priorities for the Network. **Register by June 16 at 2 PM.** Visit the events page on uwaterloo.ca/nar or [click here to view the event & registration page](#)

GHS Group Receives CFN Transformative Grant







Transforming primary care for older Canadians living with frailty

Members of the GHS group collaborated with investigators across the country to submit a grant to the Canadian Frailty Network to support stronger primary care for older adults living with frailty. We are pleased to announce that the Canadian Frailty Network (CFN, formerly TVN) has been renewed, and that our application was successful in the CFN Transformative Grant competition.

Primary care is seen as a "gatekeeper" and as a patient's medical "home", helping patients navigate throughout their whole care journey. We believe health system improvements and transformations should be rooted in primary health care, as it is the best place within the health system to provide and coordinate care for at-risk older persons. Our research in primary care focuses on ways in which this setting can effectively coordinate care for older adults.

Based on findings from our [previous research](#), we now plan to apply evidence-informed interventions to primary care locations across Alberta, Ontario, and Quebec in nine urban and rural sites.

Our research will address the following key areas:

-  Consistent risk screening and assessment;
-  Care coordination and system navigation;
-  Patient/caregiver engagement and shared decision-making; and
-  Enabling technology supports.

Research question



Compared to usual care in primary care settings, does our proposed model improve health, social and economic outcomes for older Canadians living with frailty?

Principal Investigators

Paul Stolee, Anik Giguère, Kenneth Rockwood, Joanie Sims-Gould, Esther Suter

Co-Investigators

G. Ross Baker, Veronique Boscart, Catherine Burns, Kerry Byrne, Andrew Costa, Jacobi Elliott, Dorothy Forbes, Justine Giosa, Kelly Grindrod, Mohammad Hajizadeh, Heather Hanson, George Heckman, Jayna Holroyd-Leduc, Wanrudee Isaranuwachai, Lucille Juneau, Edeltraut Kröger, Ayse Kuspinar, Samantha Meyer, Josephine McMurray, Marie-Josée Sirois, Olga Theou, Holly Witteman

Partners



Looking Back: Conferences & Presentations

Passport Day



Care Transitions for Complex Older Adults

On February 7, members of the GHS team attended Passport Day, hosted by the Canadian Mental Health Association – Waterloo Wellington (CMHA-WW). Passport Day is an annual event that brings together various care providers and community members to engage in different topics relating to the broader health system and optimizing health care delivery. This year, the theme was care transitions for complex older adults. Conversations focused on these three main objectives:

- Learning about current work happening provincially to improve care transitions across the system;
- Understanding experiences from the perspectives of care providers and older adults; and
- Collaborating with peers to provide practice input to inform the future direction of care transition work in our region.

Dr. Paul Stolee was invited as the keynote speaker, and shared his experience and thoughts concerning this field through an engaging talk, entitled '*Managing the seams: Care transitions for older adults*'.



Reverse Trade Show



Glenrose Rehabilitation Hospital's Reverse Trade Show

On March 21, Dr. Chiranjeet Sanyal and Melissa Koch attended the Reverse Trade Show held at the Glenrose Rehabilitation Hospital in Edmonton, Alberta. This unique opportunity allows for healthcare stakeholders (including clinical staff, government funding agencies, technical experts, and researchers) to hear hospital clinicians present current challenges within the hospital that require the development of innovative technological solutions. The challenges, shared through eight presentations, allow for innovators to collaborate with clinicians on current issues within the hospital and create new products with commercial values that improve care for individuals living with disabilities.

CGS Conference



Integrating Care, Making an Impact

On April 20-22, Jeannette Prorok attended the 2017 Canadian Geriatrics Society Conference in Toronto, Ontario. The goal of the CGS conference is to bring doctors and other professionals together to challenge the conventional meaning of geriatrics and discuss its current and future role in the health system in Canada. Further, the conference aims to adapt practice to align with changing societal views on controversial issues, and assess and apply the evidence base for managing complex chronic conditions that affect frail older adults.

The poster presentation was as follows:

Prorok, J., Stolee, P. Development and psychometric testing of a measure of the healthcare experiences of persons with dementia and their caregivers: Phase 1 results.

CFN Annual National Conference

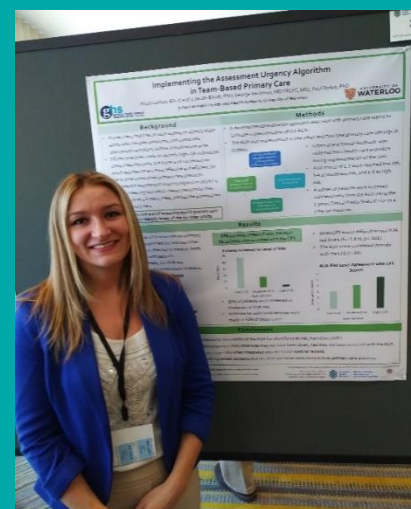
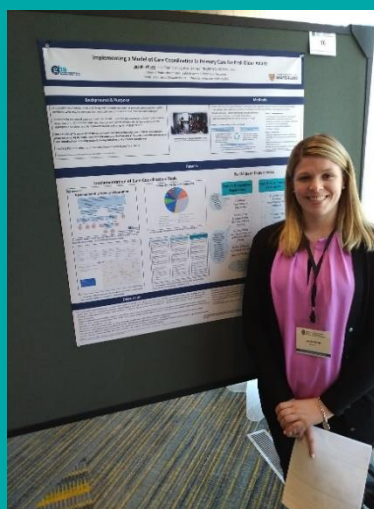
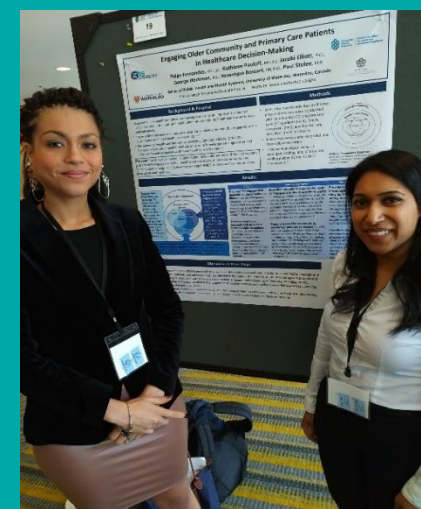
On April 23-24, Dr. Stolee, Dr. Jacobi Elliott, Kathleen Pauloff, Paige Fernandes, and Alicia Gordon attended the Canadian Frailty Network (CFN) Annual National Conference. The conference brings together researchers, practitioners, educators, policymakers, advocates and organizations devoted to improving health care for the frail elderly. The GHS team gave both poster and invited oral presentations.

The oral presentations were as follows:

1. Elliott, J. Patient-Partnerships Across the Health Care System.
2. Stolee, P. Transforming Primary Care for Frail Older Canadians.

The poster presentations were as follows:

1. Elliott, J., Stolee, P., Heckman, G. Implementing a Model of Care Coordination in Primary Care for Frail Older Adults.
2. Fernandes, P., Pauloff, K., Elliott, J., Heckman, G., Boscart, V., Stolee, P. Engaging Older Community and Primary Care Clients in Healthcare Decision-Making.
3. Gordon, A., Elliott, J., Heckman, G., Stolee, P. Implementing the Assessment Urgency Algorithm in Team-Based Primary Care.



CADTH Symposium

Measuring Value in Theory and the Real World

Between April 23-25, Dr. Sanyal, Melissa Koch, and Maggie MacNeil attended the 2017 Canadian Association for Drugs and Technologies in Health Symposium in Ottawa, Ontario. This symposium brings patients, clinicians, researchers and a variety of Canadian and international experts together to discuss the needs of decision makers, the barriers to evidence adoption and how health technology assessment is improving health care decision-making by providing evidence to stakeholders.

The poster presentations were as follows:

1. MacNeil, M., Koch, M., Sanyal, C., Juzwishin, D., Stolee, P. "The Tyranny of the Acute" and Other Stories: Enabling Health Technology Innovation and Adoption for Canadian Older Adults.
2. Sanyal, C., Stolee, P., Juzwishin, D., Husereau, D. A Systematic Review of Cost-Effectiveness Studies of eHealth Technologies.

SoAR



Symposium on Aging Research

On May 5, Dr. Sanyal, Dr. Heather McNeil, Maggie MacNeil, Kathleen Pauloff, Paige Fernandes, Laura Brooks and Dr. Stolee attended the 2017 SoAR Conference in Waterloo, Ontario. SoAR is an interdisciplinary forum hosted by the University of Waterloo for graduate research, with a focus on aging research. This forum allows graduate students from any discipline to come together to discuss current research on aging related to processes, experiences, and systems. SHARP group member and Peter Puchyr presented at the SoAR conferred on the Pearls of Wisdom Panel.

The poster presentations were as follows:

1. Fernandes, P., Elliott, J., Stolee, P. Understanding Older Community Client's Engagement Role in their Healthcare Decision-Making.
2. MacNeil, M., Koch, M., Sanyal, C., Juzwishin, D., Stolee, P., Health System Structures and Enabling Health Technologies for Older Adults in Canada.
3. Pauloff, K., Elliott, J., Stolee, P. Toward Improving Older Adult Patient Engagement Practices in Primary Care Settings: Identifying Challenges and Opportunities.

The oral presentations were as follows:

1. Brooks, L., Elliott, J., Stolee, P. Transitional Care Experiences of Older Hip Fracture Patients.
2. Sanyal, C., Stolee, P., Juzwishin, D., Husereau, D. Economic Evaluations of eHealth Technologies: A Systematic Review.

CAHSPR



Towards an Accord for Change

On May 24-26, Maggie MacNeil, Melissa Koch, Dr. Sanyal, and Dr. McNeil attended the Canadian Association for Health Services and Policy Research conference in Toronto, Ontario. The contributions of health services research were discussed in terms of reaching an accord on how to improve the Canadian healthcare system. Collaboration among the federal, provincial, and territorial governments, as well as among providers, institutions, regional, provincial and federal governments were key themes.

The poster presentations were as follows:

1. MacNeil, M., Koch, M., Sanyal, C., Juzwishin, D., Stolee, P. "The messiest space for technology adoption": Barriers and facilitators to enabling health technology innovation and adoption for Canadian older adults.
2. Sanyal, C., Stolee, P., Juzwishin, D., Husereau, D. A Systematic Review of Economic Evaluations of eHealth Technologies.
3. McMurray, J., McNeil, H., Elliott, J., Gordon, A., Ho, R., Levy, C., Stolee, P. Lessons from the field: A province-wide implementation of the WatLX™, a patient experience instrument for rehabilitative care.

Welcome to Our New Member



Alison Kernoghan, Research and Knowledge Exchange Associate

Alison has completed an Honours Bachelor of Science degree in Health Studies and Gerontology and a Masters in Public Health, both from the University of Waterloo. Prior to joining the GHS group, Alison managed and conducted research and evaluation projects involving capacity development, the generation of practice-based evidence, and knowledge translation and exchange to improve population health. Alison will be involved in a variety of projects, including the CFN-funded project to transform primary health care for frail older Canadians using efficient screening tools, care coordination, patient and caregiver engagement, and enabling technologies.

New Publications

Lafortune, C., Elliott, J., Egan, M.Y., Stolee, P. (2017). [The rest of the story: A qualitative study of complementing standardized assessment data with informal interviews with older patients and families.](#) *The Patient*, 10(2). doi: [10.1007/s40271-016-0193-9](#)

This study conducted qualitative interviews with older patients and families to identify information that they consider important, but that might not be included in standardized health assessments. Three themes identified as missing from these assessments emerged from the data analysis process: 1) Informal caregiver and family considerations, 2) Insider healthcare knowledge, and 3) Patients' healthcare attitudes and experiences. Focus group interviews then confirmed the importance of these findings, as well as emphasized the importance of open-ended questions and conducting assessments in a patient-centred way.

Edick, C., Holland, N., Ashbourne, J., Elliott, J., Stolee, P. (2017). [A review of Canadian and international dementia strategies.](#) *Healthcare Management Forum*, 30(1), 32-39. doi: [10.1177/0840470416664533](#)

This review aimed to identify existing national and Canadian provincial dementia strategies and their major themes. Thematic analysis exposed common themes, such as improved diagnoses and assessments, increased access to care, and improved education of the healthcare workforce. This reinforced the importance of a multi-faceted response to dementia and illustrated that, despite variation in needs across populations and geographies, there remain many common priorities. The strategic themes identified in this review may provide a useful starting point for the development of new national strategies or, alternatively, as a check to determine if important priority areas have been missed in strategy development.

Heckman, G., Boscart, V., Franco, B., Hillier, L., Crutchlow, L., Lee, L., Molnar, F., Seitz, D., Stolee, P. (2016). [Quality of dementia care in the community: Identifying key quality assurance components.](#) *Canadian Geriatrics Journal*, 19(4), 164-181. doi: [10.5770/cgj.19.233](#)

This study sought to identify key quality indicators, quality improvement mechanisms, and potential barriers and facilitators to the establishment of a quality assurance framework for primary care-based memory clinics – established in several jurisdictions to improve the care for persons with dementia. Three overarching themes were revealed related to potential barriers and facilitators to quality assurance: 1) perceived importance, 2) collaboration and role clarity, and 3) implementation process. System integration and closer integration between these clinics and specialists were emphasized as essential for the provision of high-quality dementia care in community settings.

Awards and Nominations

Miranda McDermott received the Michael T. Sharratt Award for outstanding involvement in sports, physical activities and volunteer efforts.

Former Master's student Sarah Main received the Provost Doctoral Entrance Scholarship for Women, the Susan Pearce and Leslie Harwood Scholarship, and the UW Provost Graduate Scholarship.

Former co-op students Jasmine Bacola and Sarah Roberts received University of Waterloo Upper Year Scholarships.

Former co-op student Zach Devries received the NSERC undergraduate research award

Dr. Paul Stolee received a SAGE 2017 service award for geriatric excellence, in the individual category

Successful Student Milestones

Congratulations to Heather McNeil on her successful PhD thesis defense.

Congratulations to Melissa Koch on her successful MSc thesis proposal.

Congratulations to Arsalan Afzal on the successful completion of his PhD comprehensive examinations.

Congratulations to Laura Brooks, and Alicia Gordon on successful completion of their BSc in Honours Health Studies.



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 **Dr. 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=Amdqbgj_tno



Healthy Recipe: Hot-smoked salmon salad with a chilli lemon dressing

Ingredients:

- 2 ¼ cups new potatoes, halved
- 1 ½ cups packed asparagus tips
- 3 cups mixed salad leaves
- 1 bunch each parsley and mint, leaves roughly chopped
- 1 ½ cups radish, thinly sliced
- 8 hot-smoked salmon steaks, skin removed
- 4 spring onions, sliced diagonally

Nutrition Information

| Amount Per Serving | |
|---------------------------|-------|
| Calories | 299 |
| Total Fat | 19g |
| Saturated Fat 3g | |
| Salt | 2.09g |
| Total Carbohydrate | 13g |
| Sugar 3g | |
| Fiber 2g | |
| Protein | 21g |

For the dressing:

- 3 tbsp lemon juice
- 125ml olive oil
- 1 tsp wholegrain mustard
- 2 red chillies

Preparation:

1. Boil potatoes in salted water for 10 minutes until tender, adding the asparagus tips for the final 2 minutes of cooking. Drain and allow to cool. Whisk together the salad dressing ingredients, then season to taste.
2. In a large bowl, toss together the potatoes, asparagus, salad leaves, herbs and radishes. Add two-thirds of the dressing, thoroughly mix through the salad, then spread the salad over a large platter. Break the hot-smoked salmon into large chunks, then scatter over the top along with the spring onions. Finish by pouring remaining dressing over the top.

This delicious salad is thrown together in minutes to make a fresh, seasonal dish that's stylish enough for entertaining.

Serves: 8
Preparation Time: 20 min
Cooking Time: 10 min
Level: Easy

This recipe was borrowed from:
<http://www.bbcgoodfood.com/recipes/5890/hot-smoked-salmon-salad-with-a-chilli-lemon-dressin>