



## Welcome

...to the Spring 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 the 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).

## RehabWeek – June 24 to 28, 2019

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Clinical researchers, clinicians, engineers, and industry partners from around the world will gather in Toronto from June 24-28 for the 4<sup>th</sup> international RehabWeek.

The week-long event brings together different conferences in the field of rehabilitation technology at the same time and place in order to foster cross-disciplinary communication and the development of relationships among participants.

RehabWeek provides an opportunity for discussion of recent technological advancements as well as the fusion of new technologies, featuring various keynote lectures, panel discussions, workshops, and poster sessions.

General information and registration can be found [here](#).



Canadian  
Frailty  
Network

Réseau canadien  
des soins aux  
personnes fragilisées

## TRANSFORMING PRIMARY CARE FOR OLDER CANADIANS

As part of the *Transforming primary care for older Canadians living with frailty* grant, funded by the Canadian Frailty Network, a sub-project is being conducted by Alberta researchers, focused on the role of technology in integrated care. An initial rapid review explored barriers and facilitators to community engagement within the Alberta context. Investigators are now exploring how technology and tools (e.g., Caredove) facilitate integrated care between primary care networks, community services, and acute care. There are several initiatives currently underway in Alberta that aim to promote an integrated health care system, including the recent launch of [Primary Health Care Integration Network's Transformational Road Map](#) which endeavors to further integrate health, social, and community supports in Alberta. Using diverse evidence synthesis and key informant interviews we will identify how technology supports integrated health, components of care, and pathways to community services.



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Alberta Health  
Services

Inspiring solutions.  
Together.

Primary Health Care  
Integration Network

Dans le cadre du projet *Transforming primary care for older Canadians living with frailty* (Transformer les soins de première ligne pour les personnes âgées fragiles au Canada), subventionné par le Réseau canadien des soins aux personnes fragilisées, des chercheurs de l'Alberta ont entrepris un sous-projet axé sur le rôle de la technologie dans les soins intégrés. Une première recension rapide a permis d'explorer les obstacles et les facilitateurs qui influencent l'engagement communautaire dans le contexte albertain. Les chercheurs explorent présentement comment la technologie et les outils qui y sont reliés (p. ex. Caredove) facilitent les soins intégrés impliquant les réseaux de soins de première ligne, les services communautaires et les soins aigus. Plusieurs initiatives sont actuellement menées en Alberta pour favoriser l'implantation d'un système de soins de santé intégrés en première ligne. Parmi ces initiatives, on retrouve notamment le lancement récent de la Feuille de route transformationnelle du Réseau pour l'intégration des soins de santé primaires ([Primary Health Care Integration Network's Transformational Road Map](#)), qui vise à augmenter l'intégration des divers services de santé, des services sociaux et des soutiens communautaires en Alberta. Nous utiliserons diverses synthèses de données probantes et des entrevues avec des personnes-ressources clés afin de déterminer comment la technologie peut soutenir l'intégration des soins, leurs composantes et les voies d'accès aux services communautaires.



## Looking Back: Conferences & Presentations

### International Foundation for Integrated Care (IFIC)



From April 1 to 3, 2019, Dr. Jacobi Elliott and collaborator Susie Gregg (Clinical Geriatric Resource Consultant for Primary Care) attended the 19<sup>th</sup> International Conference on Integrated Care in San Sebastian, Spain. The focus was *A shared culture for change: Evaluating and implementing models of integrated people – centered services*. Jacobi presented implementation experiences from our work in *Transforming primary care for older Canadians living with frailty* project funded by the Canadian Frailty Network.

Elliott, J., Gregg, S., Stolee, P., Rockwood, K., Sims-Gould J., Giguère, A., & Mallinson, S. (2019, April). *Implementing a new model in primary care for older Canadians living with frailty*. Oral presentation at the International Foundation for Integrated Care Conference, San Sebastian, Spain.

### Canadian Agency for Drugs and Technologies in Health (CADTH)



From April 14 to April 16, 2019, Maggie MacNeil and Melissa Koch attended the annual Canadian Agency for Drugs and Technology in Health (CADTH) Symposium in Edmonton, Alberta. The program included content that was relevant to patients and caregivers, centred on the theme, *Supporting Health System Transformation*.

MacNeil, M., Koch, M., McNeil, H., Juzwishin, D., & Stolee, P. (2019, April). *Technology assessment and aging: Canadian and international perspectives*. Poster presentation at the 2019 Canadian Agency for Drugs and Technologies in Health Symposium in Edmonton, Alberta.

### AGE-WELL

From April 14 to April 16, at the CADTH Symposium, Melissa Koch and Maggie MacNeil hosted a workshop to share findings from AGE-WELL funded research around policy and regulatory barriers and facilitators to enable health technologies for older adults. Policy makers and innovators interested in health technology innovation participated in a concept mapping exercise to sort, rate and action policy options to support health technology innovation and adoption in Canada.

### Symposium on Aging Research (SoAR) 2019



On May 1, 2019, Kayla Brooks, Jill Van Damme, Maggie MacNeil, Alison Kernoghan, Catherine Tong, Melissa Koch, Veronica Sacco, and Cassandra Lemmon attended the annual Symposium on Aging Research in Waterloo, ON. This one day meeting encouraged graduate students to present their research, and learn about current research on processes, experiences, and systems related to aging. It also was a great opportunity for graduate students to network across disciplines and professions, initiate collaborations, and engage in conversations on aging research.

Brooks, K., Elliott, J., McAiney, C., & Stolee, P. (2019, May). *Evaluation of a regional behavioural support program*. Poster presentation at the 2019 Symposium on Aging Research University of Waterloo, Waterloo Ontario.

Van Damme, J., & Stolee, P. (2019, May). *Assessing the whole person in screening tools for older adults living with frailty: A protocol*. Poster presentation at the 2019 Symposium on Aging Research University of Waterloo, Waterloo Ontario.

### Canadian Frailty Network (CFN) Webinar



On March 21, 2019, Alison Kernoghan presented a webinar *Transforming primary care for older Canadians living with frailty*, to share project details and updates of this Canadian Frailty Network funded research project partner the Association for Family Health Teams of Ontario and their network.

## New Publications

Stolee, P., Elliott, J., Byrne, K., Sims-Gould, J., Tong, C., Chesworth, B., Egan, M., Ceci, C., & Forbes, D. (2019).

[A framework for supporting post-acute care transitions of older patients with hip fracture.](#)

*Journal of the American Medical Directors Association*, 20(4), 414-419. <https://doi.org/10.1016/j.jamda.2019.01.147>



Improving care transition is of critical importance for older patients, in particular those with complex care needs. This study examined the “Transitions of Care” (ToC) of complex older adults at multiple time points. After collecting and analyzing data from a range of stakeholders at multiple transition points along the health care continuum, the research report on 6 themes and identify potential points of intervention for clinicians and teams seeking to improve ToC for older complex patients.

## Lecture by Alex Mihailidis – June 18, 2019

THE NETWORK FOR AGING RESEARCH PRESENTS  
THE SECOND ANNUAL WILLIAM F. FORBES  
LECTURE WITH KEYNOTE SPEAKER

**ALEX MIHAILIDIS**

June 18, 2019 · 1:00–4:30pm  
University of Waterloo · Optometry: Room 1129



Alex Mihailidis is a Professor and the Barbara G. Stymiest Chair in Rehabilitation Technology at the University of Toronto and Toronto Rehab Institute, and co-Scientific Director of the AGE-WELL Network of Centres of Excellence.

**THEME:** “TECHNOLOGY & AGING: SUPPORTING OUR CURRENT AND FUTURE SELVES”

Please register for this event at: <https://uwaterloo.ca/network-for-aging-research/forbes-lecture>

## Awards and Nominations

**Congratulations to Dr. Jacobi Elliott** for receiving the 2019 Best Poster Award from the International Foundation for Integrated Care (IFIC) in San Sebastian Spain! This is Jacobi’s third IFIC Award.

**Congratulations to Veronica Sacco** on her 2018-2019 Canadian Association on Gerontology Student Representative Recognition Award!

**Congratulations to Maggie MacNeil** who received a travel award (\$1860) from the Canadian Agency for Drugs and Technology in Health to support her attendance at their annual Symposium in Edmonton, AB. She presented a poster titled *Technology Assessment and Aging: Canadian and International Perspectives*.

## Student Milestones

**Congratulations to Jill Van Damme** on her acceptance into the Canadian Institutes of Health Research-Institute of Aging Summer Program in Aging in Estérel, Québec! From May 26-31, graduate students and post-doctoral fellows will participate in innovative five-day training program focused on Geroscience.

**Congratulations to Arsalan Afzal** on his successful PhD thesis proposal!

**Congratulations to Kayla Brooks** on her successful MSc thesis proposal!

**Congratulations to Kassandra Lemmon** on her Hallman Undergrad Research Fellowship!



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



## Healthy Recipe: Collard Wraps

- Ingredients:**
- 4 large collard leaves
  - 1 red bell pepper
  - 1 avocado
  - 2-3 ounces alfalfa sprouts
  - 1/2 lime
  - 1 cup raw pecans
  - 1 tablespoon tamari (use coconut aminos for paleo version)
  - 1/2 teaspoon minced garlic
  - 1/2 teaspoon grated ginger
  - 1 teaspoon extra virgin olive oil

### Nutrition Information

Amount Per Serving
<b>Calories</b> 279
<b>Total Fat</b> 26g
Saturated Fat 2g
<b>Sodium</b> 257mg
<b>Total Carbohydrate</b> 11g
Sugar 2g
Fiber 6g
<b>Protein</b> 4g

### Preparation

1. To prepare collard leaves wash leaves, cut off white stem at the bottom that has no leaves and place them in a bath of warm water with juice of half a lemon. Let soak for 10 minutes. Dry the leaves off with paper towels and using a knife thinly slice down the central root (to make it easier to bend the leaves for wrapping).
2. Slice avocado and pepper.
3. In a food processor combine pecans, tamari, cumin (or garlic ginger mix) and olive oil. Pulse until combined and mixture clumps together.
4. Place a collard leaf in front of you and layer nut mix, red pepper slices, avocado slices, a drizzle of lime juice and alfalfa sprouts. Fold over the top and bottom and then wrap up the sides. Slice in half and serve.

*This recipe is great for the spring time. It allows the body to detox from all the heavy meals from winter time! It can also be used for dinner, but can also make a great and easy lunch!*

**Serves: 4**

**Preparation Time: 15 minutes**

**Cooking Time: 0**

This recipe was borrowed from:  
<https://avocadopesto.com/raw-vegan-recipes-collard-wraps/>



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