



GHS Research Group Bulletin

Standard Edition

June 2014



Welcome and thank you for reading our first bulletin outlining the Geriatric Health Systems Research group’s current activities and accomplishments. This is a continuation of the predecessor InfoRehab newsletter, and is intended to encompass our range of research projects in addition to the InfoRehab research program. The title “Geriatric Health Systems (GHS) Research Group” was selected to better represent our systems focus and provide a cohesive face to our work. We hope that the newsletter will continue to stimulate dialogue and the generation of new ideas.

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 GHS group or be included on the bulletin distribution list, please contact us at information.ghs@uwaterloo.ca directly.

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Seniors Helping As Research Partners (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**.





Welcome our new member



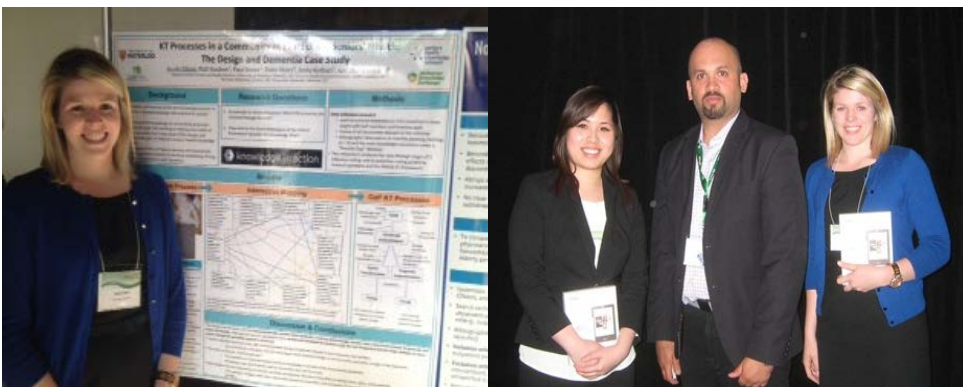
Allie Harrison, BSc Candidate, summer student

Allie Harrison is in her first year of Honours Health Studies at the University of Waterloo. She developed an interest in geriatric medicine in high school while volunteering with patients in the Hospital Elder Life Program at Grand River Hospital and learning the complexity of geriatric care under Dr. George Heckman. In her free time, Allie enjoys yoga, volunteering and playing rugby. She is on the executive of the University of Waterloo Geriatric Interest Group and a member of the School of Anatomy's dissection club. Her research interests include neurodegenerative diseases, brain injury and chronic disease management and prevention.

Successful Thesis Proposal

Congratulations to Kelsey Huson, for her successful MSc thesis proposal which took place at 10am on Monday, May 26, 2014. Supervisor is Dr. Paul Stolee, and committee members are Dr. George Heckman and Dr. Nancy Pearce. Her proposed evaluation project is intended as a pilot feasibility study to examine the implementation of the Hospital Elder Life Program (HELP) in a rehabilitation setting using a mixed methods (quantitative and qualitative) approach. Data will be collected through patient outcome measures, caregiver self-reported questionnaires, focus group interviews and individual interviews. Patients, caregivers, volunteers, and staff members involved with the HELP will provide information to help determine the usefulness, feasibility, and satisfaction with the HELP in a rehabilitation hospital setting.

NICE Knowledge Exchange – Rethink Aging Now! Winning Student Poster



Congratulations to Jacobi Elliott for winning the Doctoral student poster competition, at the National Initiative on Care of the Elderly conference on May 21, 2014 at the University of Toronto. Jacobi's poster was entitled KT Processes in a Community of Practice for Seniors' Health: The Design and Dementia Case Study.



International Conference on Integrated Care 2014 – Belgium



On April 2-4 2014, two of our PhD students, Heather McNeil and Jacobi Elliott presented at the 14th conference put on by IFIC in Brussels. Both presentations

were very well received by the conference goers. Jacobi’s presentation reported on the CIHR-funded InfoRehab program of research, focusing on “transitions and translations” and how we can improve health system integration for older adults. Heather’s presentation focused on our work to support older adults’ involvement in health care research, planning, and decision making.

In the European Union, there is a movement towards integration of health care and social care. Several examples of integrated health care have been achieved in regionalized systems. Conference presentations also emphasized the importance of information and communication technology (ICT) in achieving integrated care.

There were many interesting new models of integrated care, and we will consider these models in our future research. Outcome measurement remains a challenge in international research on integrated care, and a variety of outcome measures may be necessary to capture its complexity.

Full downloads of our students’ and other conference presentations can be found at http://www.integratedcarefoundation.org/conference/14_annual



McMaster Waterloo-Wellington Clinical Research and Quality Improvement Symposium- Poster Competition



Congratulations to Claire Lafortune, GHS member and BSc candidate (pictured with Dr. Andrew Costa - Research Lead), on her second place win in the poster competition at the first annual Clinical Research and Quality Improvement Symposium, held at McMaster’s Michael G. DeGroot School of Medicine’s Waterloo Campus on June 18. Claire’s poster entitled “A conversational interview with older patients and families provides information that could complement standardized assessment data used for quality improvement” was the result of a competitive CIHR studentship held by Claire and also her very first poster.



Managing the Seams: Transitions in Health Care for Older Adults

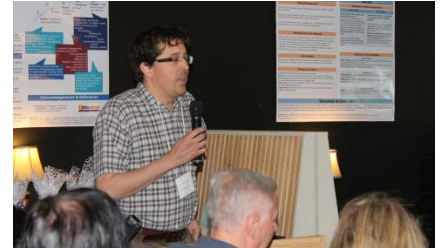
On Tuesday June 3rd, a group of 39 interested policy makers, health care providers, academic researchers, students, seniors and community members gathered in Waterloo to take part in GHS research group's Canadian Institutes of Health Research Café Scientifique entitled "Managing the Seams: Transitions in Health Care for Older Adults". This event promoted the engagement of community members in a discussion focused on research findings and current initiatives on the transitional care of older adults. In addition, the event was live-streamed bringing in a total of 198 additional participants, 171 viewers from across Canada and 27 from the United States, with a viewing of the live-stream set-up for seniors and community members at the Evergreen Seniors Centre in Guelph.

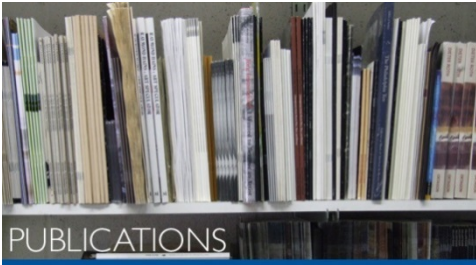
The event kicked off with presentations from keynote speakers including Dr. George Heckman, Dr. Veronique Boscart, Dr. Paul Stolee, Dr. Bert Chesworth and community representative Margaret Hedley. The presentations focused on how transitions from one setting to another can be complicated for older adults, and that information is often poorly shared between providers and patients. Central to these themes was the idea that a seamless system may be unattainable (at least in the near future) and we should focus on managing these seams to provide a better care experience.



With a wide range of participants and experiences, the discussion was lively and continuous with our online participants joining in the discussion via Twitter and email. Questions and comments focused on what improvements could be made to the health care system to make transitions smoother, how older adults can become engaged in their care, currently available community resources, and perspectives from patients, informal caregivers, and providers.

A video of the full event will be made available on our website for future viewing.





Heckman, G., Hillier, L., Manderson, B., McKinnon Wilson, J., Santi S., & Stolee, P. (2013). [Developing an Integrated System of Care for Frail Seniors](#). *Healthcare Management Forum*, 26(4), 200-208

A consultation process was undertaken with healthcare providers in the Waterloo Wellington region of southern Ontario to assess current system strengths, challenges and gaps in providing care to frail seniors. The findings will support strategies for improving system integration.

Elliott J, Forbes D, Chesworth B, Ceci C, Stolee P. (2014) [Information Sharing with Rural Family Caregivers during Care Transitions of Hip Fracture Patients](#). *International Journal of Integrated Care*, 14(2).

Following hip fracture surgery, patients often experience multiple transitions through different care settings, with resultant challenges to the quality and continuity of patient care. Family caregivers can play a key role in these transitions, but are often poorly engaged in the process.

Passport Day – March 19, 2014



The GHS research group was pleased to assist in data collection during Passport Day, an event attended by 200 health care providers and community partners from the Waterloo Wellington area to discuss the role of interRAI assessments as an enabler of the Seniors Strategy and a facilitator of integrated care, as well as of the quality of home and community care.

The afternoon was spent in discussion of case studies and current practices and attitudes toward privacy as an enabler of integrated care.



Yogurt Pear Smoothie



Ingredients

- 1 large ripe pear, peeled, cored and chopped
- 2/3 cup (150 mL) low-fat yogurt
- 1/3 cup (75 mL) apple cider
- 1 tbsp (15 mL) Toasted Wheat Germ (see below)
- 1 tsp (5 mL) liquid honey

Retrieved from <http://www.freshjuice.ca/eat-well/yogurt-pear-smoothie/r/12456>

Preparation

1. To make Toasted Wheat Germ, in dry skillet, toast 1/4 cup/60 mL wheat germ over medium heat, shaking pan and stirring often, until fragrant and golden, 4 to 6 minutes; let cool. (***Make-ahead: Cover and refrigerate for up to 1 month.***)
2. Blend together pear, yogurt, cider, Toasted Wheat Germ and honey.

Nutritional Information

Per serving: about
Calories – 296
Protein - 11 g
Fat (total) - 4 g
Sat. Fat - 2 g
Carbohydrate - 60 g
Fibre - 5 g
Cholesterol - 10 mg
Sodium - 119 mg
Calcium - 29 % RDI
Iron - 11 % RDI
Vitamin A - 3 % RDI
Vitamin C - 17 % RDI
Folate - 23 % RDI

