



Bulletin

Standard Edition

November 2014

Welcome



Thank you for reading our autumn edition of the GHS Research Group’s bulletin. Inside you will find the current activities and accomplishments of the GHS Research Group. We hope that the newsletter will continue to stimulate dialogue and the generation of new ideas. For more frequent updates on our work, follow us on Twitter @inforehab_uw or like the InfoRehab 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?

Members of the Geriatric Health Systems Research Group have been brainstorming to come up with a slogan for our team. We wanted our slogan to encompass our goals, and the wide variety of work in which the GHS group is involved. The new slogan is adapted from a suggestion from Justine Giosa:

Meaningful partnerships
Collaborative research
Integrated solutions
Better geriatric care





Welcome our new members



Miranda McDermott, Co-op Student

Miranda McDermott is a third year Health Studies student with a specialization in pre health professions. This is her first term working as a co-op student for Dr. Stolee and the Geriatric Health Systems Research group. Previously, Miranda worked at the Familial Breast and Ovarian Cancer Clinic in Princess Margaret Hospital as a Genetic Counselling Assistant. In her free time she volunteers for Waterloo Let's Talk Science as an elementary school science teacher and works as a Teaching Assistant for the Biology Department at the University of Waterloo.



Kelly Leonard, Co-op Student

Kelly Leonard is a fourth year co-op student majoring in Therapeutic and Business Recreation, and minoring in Psychology. Her interests in research are mental health and aging, as well as recreation therapy and aging. Previously, Kelly has worked with adults who have mental illnesses at Waterloo Regional Homes for Mental Health, as a Relief Personal Support Worker. Kelly recently completed her third co-op term at The Royal Mental Health-Care & Research Hospital, in the Geriatric Outpatient Unit, as a Recreation Therapy Student.



Courtney Ropp, PhD Student

Courtney Ropp is a part-time PhD student in the School of Public Health and Health Systems. She completed her Master's degree at the University of Waterloo in Health Studies and Gerontology in 2011 under the supervision of Dr. Suzanne Tyas. Her Masters research focused on examining relationships between stroke and dementia with data from The Nun Study, a longitudinal study on aging and Alzheimer Disease. Since completing her Master's degree, Courtney has been working as a Research Associate for Homewood Research Institute. Homewood Research Institute collaborates with Homewood Health Centre, a mental health and addictions treatment facility located in Guelph, Ontario. Broadly, her role involves supporting and consulting on various evaluation and research projects.



Sarah Main, MSc Student

Sarah Main is a Masters student in the Health Studies and Gerontology program at the University of Waterloo, under the supervision of Dr. Paul Stolee and Dr. Veronique Boscart. She completed her undergraduate degree at Wilfrid Laurier University in Psychology, with a minor in Global Studies, in 2013. Over the past few years, Sarah has gained a wealth of experience in different volunteer settings. She is currently volunteering at Schlegel Villages in long-term care, with a focus on recreation and leisure activities for individuals with dementia. Sarah is passionate about improving the quality of life for individuals with dementia, especially in the long-term care setting. Her research interests lie with mental health and improving the quality of life for individuals with dementia, in the long-term care setting.



Landscapes of Aging

Critical Issues, Emerging Possibilities



Panorama du vieillissement

Enjeux critiques, nouvelles possibilités



The Geriatrics Health Systems Research Group attended the CAG 43rd Annual Scientific and Educational Meeting, in Niagara Falls, Ontario. The multidisciplinary conference took place from October 16-18, 2014, and was focussed on critical issues of individual and population aging.

CAG presentations by GHS group members

Claire Lafortune, former Co-op Student - "The rest of the story: Enhancing standardized assessments with conversational interviews with older patients and families"

Heather McNeil, PhD Student - "Engaging older adults in health care decision-making: Results from the CHOICE knowledge synthesis project"

Jacobi Elliot, PhD Student - "Finding the Way from Knowledge to Action for Seniors' Health: A Case Study of a Community of Practice"

Jessie Ashbourne, MSc Student - "Transitional care for persons with dementia and their caregivers"

Jeanette Prorok, PhD Student - "Health care experiences in primary care: perspectives of community-dwelling persons with dementia and their caregivers"

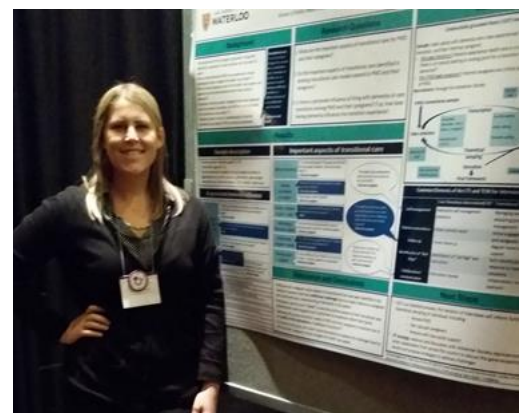
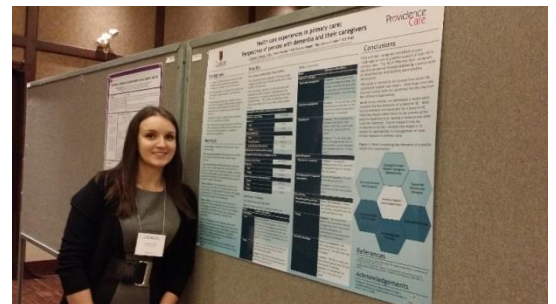
Justine Giosa, PhD Student - "Exploring the geriatric care assessment practices of home health care providers: The Geriatric Care Assessment Practices (G-CAP) Survey"

Kelsey Huson, MSc Student - "Examining the Hospital Elder Life Program in Acute Care and Rehabilitation Hospital Settings from the Perspectives of the Volunteers"

Linda Sheiban, Former MSc Student – "They don't know what they're missing": Health care provider experiences working in primary care memory clinics"

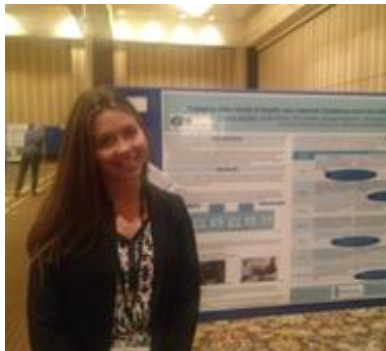
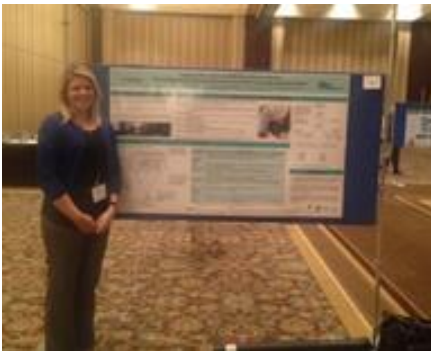
Loretta Hillier, GHS Research Associate – "Lessons Learned in the Implementation of a National Dementia Knowledge Translation Network."

Congratulations to all presenters, especially Jeanette Prorok (middle) and Jessie Ashbourne (bottom) who had their posters accepted into the CIHR IA Student Poster Competition at the CAG.





2014 TVN Annual Conference and Scientific Meeting



On Monday, September 22nd, Dr. Paul Stolee and two PhD students, Jacobi Elliot and Heather McNeil, attended the 2014 TVN Scientific Meeting. TVN brings together key researchers, practitioners, educators, policymakers, advocates and organizations devoted to improving health care for the frail elderly. Dr. Stolee presented the research of the CHOICE Knowledge Synthesis project; Jacobi and Heather both had poster boards. Jacobi’s poster focused on the guidelines developed for engaging seniors and their families in clinical decision making, Heather’s poster focused on the guidelines developed for engagement in policy and research.

Think Tank

i**nforehab**

InfoRehab investigators Dr. Paul Stolee and Jennie Wells participated in a TVN-funded Think Tank on Outpatient Rehabilitation of Older Adults with Cognitive Impairment, hosted by Dr. Kathy McGilton and Dr. Paula Van Wyk. The focus of the Think Tank was improving outpatient rehabilitation interventions for hip fracture patients with cognitive impairment. Dr. Paul Stolee presented the InfoRehab Transitions Study, which focused on transitions home after inpatient rehabilitation. Dr. Jennie Wells presented her research on rehabilitation for persons with cognitive impairment.

Second World Congress on Integrated Care – Sydney, Australia 2014

From November 23-26 2014, two of our PhD students, Jacobi Elliott and Heather McNeil, will be travelling to Australia to present their research at the World Congress hosted by the International Foundation for Integrated Care. The conference will bring together keynote speakers from North America, Europe and Asia, with the goal of promoting growth and development of integrated care across the globe. This conference will provide the opportunity for us to connect with policy makers, practitioners and researchers, and to share our research at the international level.

Jacobi and Heather earned a spot at the conference with their CHOICE (Choosing Healthcare Options by Involving Canada’s Elderly) Knowledge Synthesis Project. The focus of the project was to understand how to best engage seniors and their families in different aspects of health care, addressing a major finding from the InfoRehab project. Heather’s presentation will focus on the guidelines developed for engagement in policy and research. Jacobi will discuss the guidelines for engagement in healthcare decision making.

Good luck Jacobi and Heather!



Giosa, J. L., Stolee, P., Dupuis, S., Mock, S. M., & Santi, S. M. (2014). An examination of Family Caregiver Experiences during Care Transitions of Older Adults. *Canadian Journal on Aging*, 33(2), 137-153. doi:10.1017/S0714980814000026

Interviews were conducted with community and resource case managers, as well as with informal caregivers of older hip-fracture and stroke patients, and of those recovering from hip replacement surgery. The study focused on the experiences

of informal family caregivers when supporting care transitions from the hospital to home care for medically complex older adults. Caregiver needs in successful transitions were integrated into a theory addressing both a transitional care timeline and the emotional journey.

Sims-Gould, J., Byrne, K., Hicks, E., & Stolee, P. (2014) Feedback Fairs: Low-tech high impact knowledge to action. *Medical Education Journal*. 48(11), 1121-1122. doi: 10.1111/medu.12564

An ethnographic study examining the experiences of hip fracture patients, their family members and health care professionals (HCPs) in acute care settings was conducted. In order to share the findings with HCPs, we adapted the World Café approach to create a low-cost, low-resource method of engaging HCPs; we call this revised approach the ‘feedback fair’. Feedback fairs were found to generate three main outcomes:

- 1) They established a feedback loop.
- 2) Secondly, they fostered interdisciplinary dialogue on interventions to improve patient care.
- 3) Thirdly, the feedback fairs created a forum in which researchers could interact with clinicians and gain an understanding of HCPs’ reflections on the experiences of patients and family members.

New InfoRehab Projects

A Pilot Study to Assess the Use of a Transitional Care Checklist to Improve Continuity of Care from Rehabilitation Hospital to Home for Patients with Hip Fracture

Dr. Bert Chesworth is working on a project with the aim of assessing the implementation of a Transitional Care Checklist on a surgical care unit and in-patient rehabilitation unit, in an acute care setting with a focus on hip fracture patients. This will include an assessment of (i) the patient’s perspective of the quality of the care transition and (ii) the opinions of health care providers about the content, design and perceived effects of the Transitional Care Checklist on patient care.

Creation and Validation of a Crosswalk between the Functional Independence Measure (FIM) and the Minimum Data Set (MDS) for Hip Fracture Patients

Dr. Susan Jaglal hopes to create and validate a “crosswalk” algorithm between the FIM (used in short term rehab) and MDS (used in long term rehab) datasets to measure hip fracture patients’ functional ability across the rehabilitation continuum of care. There is currently no mandatory reported measure of functional ability in acute care, which causes gaps in the comparison of functional ability across different care settings. The study aims to improve understanding of the rehabilitation resources a patient should be allocated, through measurements of functional status.

Saying Farewell



We are sad to say goodbye to Heather Drouin. Heather previously completed two co-op terms and a work study term with the Geriatric Health Systems Research Group. After completing her Bachelor of Science Honours, in Health Studies at the University of Waterloo

Heather was hired as a Research Assistant by the GHS group. Heather has left Waterloo to get her Masters at Simon Fraser University.

Congratulations and good luck Heather!

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**



Bean Soup with Kale



Ingredients

- 1 tablespoon olive oil or canola oil
- 8 large garlic cloves, crushed or minced
- 1 medium yellow onion, chopped
- 4 cups chopped raw kale
- 4 cups low-fat, low-sodium chicken or vegetable broth
- 2 (15 ounce) cans white beans, such as cannellini or navy, undrained
- 4 plum tomatoes, chopped
- 2 teaspoons dried Italian herb seasoning
- Salt and pepper to taste
- 1 cup chopped parsley

Directions

In a large pot, heat olive oil. Add garlic and onion; saute until soft. Add kale and saute, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

