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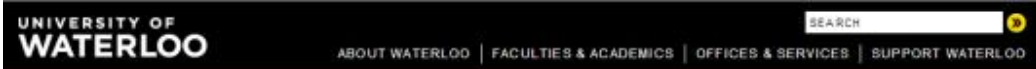
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Welcome

...to the Summer 2016 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 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.



GERIATRIC HEALTH SYSTEMS RESEARCH GROUP

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Welcome to Geriatric Health Systems Research Group



AGE-WELL EPIC Summer Institute

Co-Creating Possibilities: Living Well with Dementia

On July 4th to 8th, Melissa Koch attended the 2016 AGE-WELL EPIC Summer Institute in Mont Tremblant, QC. This week of workshops, lectures, and activities allowed attendees to develop a solution or technology that improves the quality of life for older adults with dementia. Throughout the week, each team worked through the design process from problem definition to brainstorming and business models to prototyping. Melissa was on the team rLIFE (reconnecting to Life through social Interaction and Fulfilling Experiences) which took home first prize in the pitch competition. The team rLIFE received a cash prize of \$1500, the opportunity to present the solution or technology at the AGE-WELL 2nd Annual Conference, and support from the network to develop the idea further.



CuriousU 2016

On August 14th to 23rd, Heather McNeil attended the CuriousU Summer School Festival 2016 in the Netherlands. CuriousU is a unique combination of a festival and an international summer school program hosted by the University of Twente. Heather participated in The Future of Health Technology Program which teaches about new health technologies and how to evaluate them, and how to apply that knowledge to assess their effects and impacts. During her time there, Heather participated in a competition to design a health technology assessment (HTA). Her team designed and presented a poster, titled "*Sniffing Out Diabetes: An Evaluation of E-nose for Diagnosis of Type II Diabetes.*" Heather's team was voted best poster on her topic.

Looking Back: Conferences & Presentations

CADTH Symposium



Expanding the Reach of Health Technology Assessment

On April 10th, Maggie MacNeil and Melissa Koch attended the 2016 Canadian Agency for Drugs and Technologies in Health Symposium in Ottawa, ON. 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. Maggie and Melissa presented their poster, titled "Policy and Regulatory Issues in Enabling Health Technology for Older Adults: The AGE-WELL PRI-TECH Project."

SoAR



Symposium on Aging Research

On May 6th, Heather McNeil, Sarah Main, Maggie MacNeil, and Melissa Koch attended the 2016 SoAR conference in Waterloo, ON. 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.

The poster presentations were as follows:

1. Main S., Stolee P., Boscart V., Meyer S., Wheeler J., Kress M. It reminds me that I'm still me: Social programs for younger persons with dementia.
2. McNeil, H., McMurray, J., Stolee, P. Engaging Canada's Older adults in health TECHNOLOGY innovation ecosystems: The ECOTECH Project.

The oral presentations were as follows:

1. MacNeil, M., Koch, M. Enabling Health Technology Innovation for Older Adults: The AGE-WELL PRI-TECH Project.
2. Main, S., Stolee, P., Boscart, V., Meyer, S., Wheeler, J., Kress, M. It reminds me I'm still me: Social programs for younger persons with dementia.
3. McNeil, H. Engaging Canada's Older adults in health TECHNOLOGY innovation ecosystems: The ECOTECH Project.
4. McNeil, H. Puchyr, P. Engaging Older Adults in Health Care Research and Planning: Lessons from the SHARP Group.

CAHSPR Conference



A Learning Healthcare System: Let the Patient Revolution Begin!

On May 9th, Maggie MacNeil, Melissa Koch and Jacobi Elliott attended the 2016 Canadian Association for Health Services and Policy Research Conference in Toronto, ON. This conference is Canada's largest gathering of health care policy makers, managers, researchers, students and stakeholders and focuses on improving health and healthcare by advancing the quality, relevance and application of research on health services and health policy. Jacobi presented her poster on "Developing a process of risk-stratified care coordination for older adults in primary care," and Melissa and Maggie presented their poster on "Enabling Health Technology Innovation for Older Adults: Barriers and Facilitators in Policy and Regulatory Processes," for which they won second place.

HTAi Annual Meeting



Informing Health Care Decisions with Values and Evidence

On May 10th, Heather McNeil attended the 2016 Health Technology Assessment international Annual Meeting in Tokyo, Japan. This conference was focused on the role of health technology assessment in universal health coverage, the potential value of new technologies or innovations, and the measurement of value in health interventions. While at the conference, Heather and Dr. Don Juzwishin coordinated an international panel on "Health Technology Assessment and Aging: International Perspectives of Challenges and Opportunities". Heather presented on engaging older adults in health technology innovation.



International Conference on Integrated Care



A Movement for Change: Enabling People-Centred and Integrated Health and Social Care

On May 23rd, Jacobi Elliott attended the 2016 International Conference on Integrated Care, hosted by the International Foundation for Integrated Care in Barcelona, Spain. This conference focused on sharing the latest evidence about the design and delivery of integrated health and social care with clinicians, managers and researchers. While at the conference, Jacobi presented on "Implementing & evaluating a process of risk-stratified care coordination for older adults in primary care, using a co-design approach." She won best poster for her topic.

Waterloo-Wellington Clinical Research and Quality Improvement Symposium



Technology and Health: Intersections and Opportunities

On May 25th, coop students Laura Brooks and Zach DeVries attended the 2016 WWCROIS in Kitchener, ON. This symposium is focused on research and quality improvement in the Waterloo-Wellington region, bringing together students, professionals, clinicians and researchers working to improve the quality of clinical care within the region. Laura and Zach presented their project on the "Evolution and Function of Chronic Disease Prevention and Management Clinics in a Family Health Team."

11th Annual NICE Knowledge Exchange

Coming of Age

On May 26th, Maggie MacNeil, Melissa Koch, Sarah Main, and Heather McNeil attended the 2016 Annual National Initiative for Care of the Elderly (NICE) Knowledge Exchange in Toronto, ON. This conference provides a unique opportunity for members of the community, clinicians, academics and researchers, practitioners, business leaders, seniors and students to come together with the common goal of improving the care of older adults. Melissa and Maggie presented their poster on "The PRI-TECH Project: Policy and Regulatory Issues in Enabling Health Technology for Older Adults," for which they won first place. Sarah presented her poster titled "The feasibility of Goal Attainment Scaling as an individualized outcome measure in social programs for younger persons with dementia." Heather presented her poster "Engaging Canada's Older adults in health TECHNOLOGY innovation systems: The ECOTECH Project."



MSVU Aging Conference

Our Future is Aging: Current Research on Knowledge, Practice and Policy

On June 17th, Maggie MacNeil attended the 2016 Mount Saint Vincent University Aging Conference. This conference brings together researchers, academics, service providers, decision makers, artists, students, policy analysts and community members to discuss perspectives on aging research within the Atlantic region and across Canada. Conference attendees also discussed different approaches to aging research through over 50 different presentations from representatives from practice and policy. Maggie presented her poster "Enabling health technology innovation for older adults."

New Publications

Elliott, J., McNeil, H., Ashbourne, J., Huson, K., Boscart, V., Stolee, P. (2016). [Engaging Older Adults in Health Care Decision-Making: A Realist Synthesis](#). *The Patient*. 1-11. Doi:10.1007/s40271-016-0168-x

This paper reports a realist synthesis review of available research on older patients and their caregivers' engagement in healthcare decision making. The review included peer reviewed and grey literature, as well as theoretical frameworks, individual interviews, and group consultations. The work yielded a framework to guide involvement of patient and caregivers in healthcare decision making.

Holroyd-Leduc, J., Resin, J., Ashley, L., Barwich, D., Elliott, J., Huras, P., Légaré, F., Mahoney, M.K., Maybee, A., McNeil, H., Pullman, D., Sawatzky, R., Stolee, P., Muscedere, J. (2016). [Giving voice to older adults living with frailty and their family caregivers: Engagement in research, health care decision making, and in health policy](#). *Research Involvement and Engagement*. 2(23). DOI: 10.1186/s40900-016-0038-7.

The aim of this review paper was to summarize existing literature on the engagement of frail older adults and their caregivers. Engagement was examined in three different settings: research, health and social care, and policy. Facilitators and barriers to older adult and caregiver engagement were discussed. It was found that the older adult must be the central consideration for successful engagement. Further, the attitude of the research teams and research method will affect the level of engagement possible. Finally, participants should be engaged in the knowledge translation and dissemination of results. Challenges to engagement include power imbalances and inaccessible meeting locations. More information on engagement in influencing system planning and policy, engagement of caregivers, and cultural factors and implications were also discussed. The focus of the review was on the Canadian context, but the evidence is likely applicable to other health systems in the developed world where frailty is an issue.

McNeil, H., Elliott, J., Huson, K., Ashbourne, J., Heckman, G., Walker, J., Stolee, P. (2016). [Engaging older adults in healthcare research and planning: a realist synthesis](#). *Research involvement and Engagement*, 2:10. Doi:10.1186/s40900-016-0022-2

A realist synthesis was conducted by the research group to understand how older adults and their caregivers are currently engaged in healthcare research and planning. A framework was created involving five stages to promote meaningful engagement of older adults and their caregivers in healthcare research and planning: environment, plan, establish, build, and transition.

Prorok, J. C., Hussain, M., Horgan, S., Seitz, D. P. (2016). ['I shouldn't have had to push and fight': health care experiences of persons with dementia and their caregivers in primary care](#). *Aging & Mental Health*. 1-8. Doi:10.1080/13607863.2016.1159280

This qualitative study involved individual interviews and focus groups with participants with dementia and their caregivers from Alzheimer's Society support groups. Four main themes emerged: communication, caregiver as a manager, system navigation, and ease of access. The health care experience for patients with dementia and their caregivers was improved when they were informed, felt supported, had a good relationship with their primary care physician, and when their provider was knowledgeable, accessible, and communicated well.

Huson, K., Stolee, P., Pearce, N., Bradfield, C., Heckman, G. A. (2016). [Examining the Hospital Elder Life Program in a rehabilitation setting: a pilot feasibility study](#). *BMC Geriatrics*. 16:140. Doi: 10.1186/s12877-016-0313-3.

This mixed methods (qualitative and quantitative) study evaluated The Hospital Elder Life Program (HELP) and its effects to prevent delirium and functional decline in older patients in a rehabilitation setting. It was determined that patients receiving the HELP had a greater improvement on cognitive and functional outcomes as well as a shorter length of stay than patients who did not get the HELP.

Recent Projects & Initiatives

CFN Catalyst Grant

Developing patient-provider partnerships across the system

Many older adults and their families want to be involved in making decisions about their care, but this doesn't always happen. The GHS group was awarded a **Canadian Frailty Network (CFN) Catalyst Grant** to focus on engaging older adults in their care planning. Together with patients, their family caregivers and health care providers, the GHS group will work to gain a better understanding of how patients and families have been involved in making decisions about their care. This information will guide the development of patient engagement strategies to be used in multiple healthcare settings.

Successful Student Milestones

Congratulations to Jacobi Elliott on a successful Doctoral Thesis Defense in February titled, "Developing a process of risk-stratified care coordination for older adults in primary care." Dr. Elliott attended convocation for her PhD on June 14th.

Congratulations to Sarah Main on a successful Master's thesis defense in August titled, "It reminds me that I'm still me."

Congratulations to former GHS co-op students on their graduation:

Stephanie Hinton (MSc)

Cole Edick (BSc)

Nicole Holland (BSc)

Brittany Hicks (BSc)



Awards & Nominations

Congratulations to Jacobi Elliott on winning best poster at the International Conference on Integrated Care in Barcelona, Spain.

Congratulations to Maggie MacNeil and Melissa Koch on winning best poster at the NICE knowledge exchange and second best poster at the CAHSPR conference.

Congratulations to Melissa Koch on winning the pitch competition at the AGE-WELL EPIC Summer Institute.

Congratulations to Heather McNeil on winning best poster at the CuriousU poster competition.

Congratulations to the SHARP group for their Service Awards for Geriatric Excellence (SAGE) nomination. The SHARP group was a finalist for the Volunteer award.

Seniors Helping as Research Partners:



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 chose to volunteer with SHARP: <http://uwaterloo.ca/ghs/sharp>



Healthy Recipe: Butternut Squash and Spinach Filo

Ingredients:

1	Butternut Squash (about 1 kg), peeled, de-seeded and cut into 2cm dice
2	Red Onions, cut into wedges
1 Tsp	Chili Flakes
400g Bag	Spinach
100g	Feta Cheese, crumbled
4 Sheets	Filo Pastry
1 Tbsp	Olive Oil

Nutrition Information

Amount Per Serving

Calories 294

Total Fat 10g

Saturated Fat 4g

Salt 1.4g

Total Carbohydrate 40g

Sugar 17g

Fiber 8g

Protein 12g

This crispy pastry-topped pie is crammed full of vegetables, containing 5 full servings of your recommended daily intake.

Serves: 4

Preparation Time: 20 Mins

Cooking Time: 45 Mins

Level: Easy

Preparation:

1. Heat oven to 220C (425°F). Put the squash, onions and chili flakes in an ovenproof pie dish (or 4 individual dishes). Season and cook for 20 minutes until the squash is tender and the onions are starting to char at the edges.
2. Meanwhile, put the spinach in a colander and pour a kettleful of boiling water over it. Squeeze out any excess liquid and stir into the squash mix. Dot over the feta, crumble up the pastry and place on top, then brush with the oil. Return to the oven and cook for a further 15 minutes until the pastry is golden and crisp. Serve with green salad.

This recipe was borrowed from:

<http://www.bbcgoodfood.com/recipes/1973647/butternut-squash-and-spinach-filo-pie>



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