

News

Newsletter Issue #5 – June 2023



Kimberly Campbell, (PhD), Research Associate joins Senior Living apartment tenant Marcel Lemay, (Petty Officer, ret'd), to unlock the secrets of the Magic Table as they prepare to unveil this innovation in care for long-term care residents in the Rideau Veterans Residence.

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**Perley
Health**

Centre of Excellence
in Frailty-Informed Care™

Letter from the Director



*Danielle Sinden,
Director, Centre of
Excellence and Research
Operations*

As this edition of our newsletter makes clear, our Centre of Excellence (CoE) continues to make solid progress toward transforming care for all Seniors and Veterans. I'm particularly excited that we've hired Heather MacLeod as our Knowledge Translation Specialist. Heather has the experience and expertise needed to ensure that relevant evidence-based best practices and protocols are readily available to all. The recent donation from the Masonic Foundation of Ontario helps us to scale up our knowledge-mobilization efforts.

The growing number of collaborative projects undertaken with key partners is another sign of progress. A few years ago, Algonquin College established the Living Classroom at Perley Health. Under the partnership, students enrolled in the College's Personal Support Worker Program study and complete practicums here. A similar arrangement is now in place for the College's Registered Practical Nursing Program. A second key partner— Centre for Aging + Brain Health Innovation—recently funded Perley Health's implementation of a promising

technology that improves the well-being of people living with dementia. Finally, the latest issue of Long Term Care Today, the official magazine of the Ontario Long Term Care Association, has a feature article about SeeMe®: Understanding frailty together. Developed and validated at Perley Health, and the subject of ongoing CoE initiatives, SeeMe® is a collaborative method of developing care plans for residents.

Perley Health's success is the result of many factors—dedicated staff, generous donors and an organizational culture that prioritizes excellence in care and innovation. These factors help to attract top-quality staff, such as Nurse Practitioner Susan Shea, a recent hire. These factors also make it possible for initiatives such as the CoE to blossom.

I hope you enjoy our newsletter and I encourage you to share your comments — along with your ideas for future editions — by contacting me directly.

Danielle Sinden,
Director, Centre of Excellence and
Research Operations
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Who we are.

Established in 2019, Perley Health Centre of Excellence in Frailty-Informed Care™ (CoE) aims to set a new benchmark in seniors' care, facilitating applied research that fuels innovation in education, best practices, and knowledge translation. Our goal is to ensure Seniors and Veterans living with frailty receive the highest level of care both within our walls and beyond. The CoE is part of Perley Health, a unique and innovative community of care located on a 25-acre campus adjacent to The Ottawa Hospital. Perley Health is home to approximately 450 residents (many of them Veterans who served overseas) in long-term care, along with approximately 200 seniors in 139 independent-living apartments. Funded by donations to the Perley Health Foundation, the CoE supports Perley Health's mission of excellence in the health, safety, and well-being of Seniors and Veterans.

Nothing short of excellent

Exceptional care, research, education and innovations at Perley Health are supported in part by the generosity of our community. To donate to the Centre of Excellence in Frailty-Informed Care™, please visit: www.PerleyHealthFoundation.ca





A Magical Partnership

The CoE has partnered with the Centre for Aging + Brain Health Innovation (CABHI) on a series of projects that promise to improve the care of people living with dementia and build Perley Health's capacity to implement innovations in care.

The latest project involves an interactive and innovative technology called Magic Table, which is designed to engage and stimulate people living with dementia. Equipped with sensors and projectors, the technology displays images on a table and responds when users touch the images, enabling a variety of fun and stimulating games and activities. Under the partnership, a Magic Table is installed in the Rideau Veterans Residence, where Veteran residents living with dementia participate in activities alongside caregivers.



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CABHI is a solution accelerator focused on driving innovation in the aging and brain health sector. Since its establishment in 2015, CABHI has attracted total funding of more than \$124 million from the private, public and non-profit sectors—the largest investment in aging and brain health in Canadian history and one of the largest in the world.

“Innovators around the globe are developing more and more technologies that aim to improve brain health and aging,” says Shusmita Rashid, CABHI’s Director of Knowledge Mobilization and Strategic Relations. “Unfortunately, many care organizations in Canada struggle to access the funding, training and technical support they need to implement and validate these technologies.”

To help bridge the gap, CABHI launched the Discover + Adopt (D+A) Program last year. Perley Health is among six organizations in the first D+A cohort. Along with dedicated funding for staff and resources, cohort members receive coaching and implementation support.

Preliminary studies indicate that Magic Table helps people living with dementia to overcome apathy and decrease restlessness. Other benefits include stronger relationships between caregivers and residents, and increased job satisfaction among care professionals.

To help mobilize knowledge generated through its programs, CABHI hosts an annual summit. The 2023 edition attracted more than 1,350 registrants from 30+ countries.

“Part of what makes the D+A program unique is its long-term implementation support,” says CoE Director Danielle Sinden, who presented at the CABHI Summit. “We look forward to measuring and sharing the impacts of Magic Table, and to collaborating further with CABHI.”

Previous Perley Health projects conducted in partnership with CABHI include the Active Seniors website, along with the use of virtual reality to engage residents living with dementia. The CoE is studying various aspects of the implementation of Magic Table at Perley Health, including its impacts on residents and staff.

“I am confident that the project will improve Perley Health’s capacity to adopt and validate future innovations,” says Sinden. “And by sharing what we learn about both Magic Table and its implementation, we can improve the quality of care delivered elsewhere.”



Building Bridges



Heather MacLeod,
OT Reg. (Ont.),
DSc(candidate)

Knowledge Translation
Specialist

Heather MacLeod is fired up about her new job as the CoE's Knowledge Translation Specialist.

"In this role, I'll be able to apply everything I've learned—and continue to learn—about improving quality of life for seniors and Veterans living with frailty," she says.

Prior to joining the CoE, Heather worked with the Regional Geriatric Program of Eastern Ontario for more than two decades in a variety of roles.

As a geriatric assessor for 15 years, she met one-on-one with seniors to identify and implement ways to maximize their quality of life. As team leader for six years, she supervised other assessors and shared what she'd learned. She then served as knowledge translation specialist for 18 months, training clinicians and implementing best practices to provide better care both locally and provincially.

"Unfortunately, ageism is so rampant in our society that most of the seniors I worked with had internalized it," she says. "Many mistakenly believed that their quality of life should diminish simply because of advancing age. But there's no reason to think that way and there's more and more evidence to prove it."

Heather's new role involves knowledge mobilization, a relatively new but rapidly growing and increasingly important discipline. Knowledge mobilization aims to ensure that relevant information and research lead to better practices and policies. The surest way to improve the health

and well-being of Veterans and seniors living with frailty is to broadly implement evidence-based best practices in care. To achieve this goal, Heather must establish and strengthen the links between research and practice.

"In the field of medicine, these links are well-established," she says. "Once a surgical procedure or drug regimen is proven to inspire better health outcomes, for instance, it's widely shared among doctors, and patients benefit. When it comes to the care of people living with frailty, however, the links are few and far between."

Heather has both the practical and academic credentials needed to succeed. She earned a Master's degree in Occupational Therapy, two Bachelor of Science degrees and is currently working toward a doctorate in health leadership and rehabilitation.

"Heather's knowledge, experience and passion really set her apart from the other candidates we considered," says CoE Director Danielle Sinden. "We're delighted to have her here."

Heather recognizes that the CoE and Perley Health have all the elements needed to make a tangible difference in the care of Canada's rapidly growing population of Veterans and seniors living with frailty.

"Perley Health values and supports innovation, and benefits from strong donor support," she says. "Improving people's day-to-lives has always inspired me in my work. I feel that this is exactly where I need to be at this point in my life."

Publications

Differences in the longitudinal change of behaviours related to dementia in long-term care: a growth mixture modelling approach

Robitaille, A., Garcia, L. Muniz Terrera, G. – 2023.

BMC Geriatrics

bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-023-03933-y

Lessons from Long-Term Care Home Partners during the COVID-19 Pandemic

Campbell, S., Boutette, M., and Plant, J. – 2022.

Healthcare Quarterly

www.longwoods.com/content/26981/healthcare-quarterly/lessons-from-long-term-care-home-partners-during-the-covid-19-pandemic

The cost-effectiveness of a nursing home-based transitional care unit for increasing the potential for independent living in the community among hospitalized older adults

Murmann, M., Sinden, D., Hsu, A.T., Thavorn, K., Eddeen, A.B., Sun, A.H., and Robert, B. – 2022.

Journal of Medical Economics

www.tandfonline.com/doi/full/10.1080/13696998.2022.2156152

Virtual Reality for Veteran Relaxation: Can VR Therapy Help Veterans Living With Dementia Who Exhibit Responsive Behaviors

Appel, L., Appel, E., Kisonas, E., Lewis, S., and Sheng, L. Q. – 2022.

Frontiers in Virtual Reality

www.frontiersin.org/articles/10.3389/frvir.2021.724020/full

Presentations and Speaking Engagements

Interdisciplinary School of Health Sciences, University of Ottawa

May 26, 2023

Profiles in Leadership Series

Danielle Sinden, Director, Centre of Excellence and Research Operations

envisAGE Kickoff Event

May 16, 2023

Panel discussion: What are the Needs of Communities in the AgeTech Sector?

Danielle Sinden, Director, Centre of Excellence and Research Operations

Created by MEDTEQ+ and co-led by AGE-WELL, envisAGE provides startups and SMEs access to funding programs and services to help them innovate in AgeTech.

AdvantAge Ontario Quality Improvement Workshop

April 19, 2023

Mary Boutette, Chief Operating Officer

Telfer School of Management, University of Ottawa

March 28, 2023

Master of Health Administration Program – Quality Improvement

Mary Boutette, Chief Operating Officer

School of Social Work, Carleton University

March 28, 2023

Nancy Do, Resident Care Liaison

Centre for Aging + Brain Innovation 2023 Summit

March 22, 2023

Showcase of Discover and Adopt Program Innovation Projects

Danielle Sinden, Director, Centre of Excellence and Research Operations

The Social Planning Council of Ottawa and the Ottawa Ethno-Cultural Seniors Network

December 13, 2022

Nancy Do, Resident Care Liaison

Social Welfare in Canada, Algonquin College

December 5, 2022

Nancy Do, Resident Care Liaison

Annual KT Canada Scientific Meeting

May 11-12, 2023

Knowledge Translation Needs of Long-Term Care in Ontario

Heather MacLeod, Knowledge Translation Specialist, Kainat Bashir, CIHR Health System Impact Fellow

e-Health Conference 2023, Toronto, Ontario

May 28-30 2023

Key Factors Affecting Technology Adoption in Long-Term Care Homes

- i. Danielle Cruise, Research Associate
- ii. Mirou Jaana, PhD, MPH; Danielle Sinden, Linda Garcia, PhD.

Webinar Series

Our monthly webinar series aims to inspire meaningful policy and program change by establishing a forum for news and discussions about frailty-related innovation and research, and by nurturing and engaging a broad network of older adults and their families and caregivers, LTC professionals and researchers, along with members of the community.

Recent Webinar:

EntourAGE - Interweaving Generational Relationships:

A look at a person-centered intergenerational companionship program for older adults living with dementia.

Objectives:

- 1) Explore the impact of intergenerational companionship on older adults with dementia and their caregivers
- 2) Role of intergenerational companionship on the attitudes, beliefs and career trajectories of students
- 3) Nexus for fostering partnerships between the education and healthcare systems

FREE Webinar
All Are Welcome
Wednesday, June 21st, 2023
12:00pm–1:00pm ET

Presented by:



Annie Robitaille, PhD



Linda Garcia, PhD.

Past webinars

View any of our archived webinars by visiting this page on the CoE website:

www.PerleyHealth.ca/free-webinar-series

- **What are the benefits of intergenerational activities?**
Emmanuel Dupl a, PhD and B atrice Crettenand Pecorini, PhD Candidate, May 24, 2023
- **Collaboration for Cognitive Accessibility**
Virginie Cobigo, C.Psych., PhD, April 12, 2023
- **Stronger Together: Creating Dementia-Inclusive Communities**
Catharina van Esa and Ana Sofia, March 22nd, 2023
- **Building Bridges: Connecting with older adults living with frailty through music**
Gertrude “Trudy” L tourneau, M.Mus, February 9th , 2023
- **Population based research on the health of older Veterans in Canada: The Canadian Longitudinal Study on Aging**
Christina Wolfson, PhD, January 25, 2023

Centre of Excellence – June 2023

Current Research Projects

The Centre of Excellence in Frailty-Informed Care provides residents, tenants, families, caregivers and staff the opportunity to become involved in a variety of innovative projects and initiatives. This creates opportunities to engage in meaningful social and recreational activities such as learning a new skill, sharing experiences, and providing input on various issues. Participation also helps contribute to knowledge that can help improve care. All projects follow public health measures related to COVID-19 and the policies set out by Perley Health.

Making “nonessential” Family Caregiving Essential in Long-Term Care Homes

Principal Investigator: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa

This study aims to gain a better understanding of the response to COVID-19 that pertains to family caregiver presence in LTC and increase the evidence about the impact of reduced levels of family caregivers on residents and their family caregivers. This project involves in-person or virtual interviews with staff, family/friend caregivers, formal volunteers, and residents to examine the impact of the restrictions on caregivers and residents. The data gained from this project can help improve the current COVID-19 situation in addition to improving pandemic preparedness for LTC homes during future outbreaks. Recruitment of family/friend caregivers, formal volunteers, staff, and residents is complete.

EntourAGE - Social Inclusion of People Living with Dementia and Their Caregivers Using an Intergenerational Program

Co-Principal Investigators: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa; Dr. Linda Garcia, Faculty of Health Sciences, LIFE Research Institute, University of Ottawa

EntourAGE is a person-centered intergenerational volunteer program where individuals living with dementia can receive friendly one-on-one visits with high school, college and university students, called “Companions”. Participants in the program enjoy engaging in social and recreational activities with their companions. The program is being implemented in four different settings, one of them being long-term care homes.

Testing Online Meaning-Centered Groups (OMG) in Promoting Psychological Well-Being and Reducing Distress in Ontario Retirement Home Residents

Co-Principal Investigators: Dr. Marnin Heisel, Psychiatry, Epidemiology & Biostatistics Schulich School of Medicine & Dentistry, Western University, Lawson Health Research Institute; Danielle Sinden, Director, Centre of Excellence in Frailty-Informed Care™, Perley Health

Adults over age 60 who live in Ontario and feel lonely, socially isolated or stressed will participate in an online peer support group that promotes social connection and emotional health and well-being, and explores meaning in life. Participants will engage in a series of eight weekly discussions of 75–90 each alongside their peers, led by two trained facilitators.

Peer Mentorship Program

Principal Investigator: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa

The Java Music Club is a research-based peer support group that involves Perley Health volunteers, and tenants and aims to reduce social isolation. Participants engage in various activities, such as discussing photographs, listening to music and reading articles. The sessions create a safe environment for participants to support one another by sharing stories and experiences. The goal is to inspire tenants to derive a sense of purpose and meaning from helping other tenants. *Java Music Club enjoying the outdoor session.*



Dexamethasone as a Treatment for Older Adults in LTC with COVID-19

Co-Principal Investigators: Dr. Amy Hsu, Centre of Excellence in Frailty-Informed Care™, Perley Health, Bruyère Research Institute, and Dr. Benoît Robert, Chief Medical Officer, Perley Health

Dexamethasone is a corticosteroid often used to treat COVID-19 patients. This project will use provincial health data to examine the administration and effectiveness of dexamethasone on symptom severity and mortality rates, along with healthcare outcomes (e.g., rates of hospitalization, use of mechanical ventilation) in residents of LTC homes in Ontario.

Promoting Health and Well-being with a 12-week Multi-Component Program for Older Adults Living in Long-Term Care Homes

Principal Investigator: Dr. Suey Yeung, Interdisciplinary School of Health Sciences, University of Ottawa, Centre of Excellence in Frailty-Informed Care™, Perley Health

Co-Principal Investigators: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa; Danielle Sinden, Director, Centre of Excellence in Frailty-Informed Care™, Perley Health

This study explores the impact of a multi-component program on the physical function, cognitive function, nutritional status, and quality of life of LTC residents of Perley Health. Eligible residents will engage in physical exercise and brain exercise in groups (both twice a week for 12 weeks). Nutrition education will be provided during mealtimes on up to three occasions. Participants will also complete a 1-hour health assessment on up to three occasions.

Exploring the Impact of an Intergenerational EarlyON Playgroup

Investigators: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa; Michaela Adams, Research Associate, Centre of Excellence in Frailty-Informed Care™, Perley Health; Casandra Boushey, Project Lead, Intergenerational Services, Perley Health

This project evaluates an intergenerational playgroup that is being piloted at Perley Health. Tenants and parents are invited to complete a survey at the end of the six-week program to provide feedback on participants' experiences, highlight areas for improvement, and highlight practices that are effective. The EarlyON playgroup will be open to residents soon.

Knowing the Story of a Residents Life

Principal Investigator: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa

This study explores the various ways that LTC staff across Canada learn the life stories of residents. Through a one-time online survey, staff and caregivers of LTC homes will be encouraged to share their strategies for getting to know residents and their families.

Pilot implementation of a Technology to Engage Residents Living with Dementia in 'Purposeful Play'

Investigators: Danielle Sinden, Director, Centre of Excellence in Frailty-Informed Care™, Perley Health; Robyn Oraziatti, Manager of Therapeutic Recreation and Creative Arts, Perley Health; Daniela Acosta, Manager of Education and Knowledge Translation, Perley Health; Andrea Liu, Manager of Interprofessional Care, Perley Health; Dr. Kimberly Carla Campbell, Research Associate, Centre of Excellence in Frailty-Informed Care, Perley Health; Kainat Bashir, CIHR Health System Impact Fellow, Centre of Excellence in Frailty-Informed Care™, Perley Health; Melissa Norman, Director of Quality and Interprofessional Care, Perley Health; Danielle Cruise, Research Assistant, Perley Health; Rachel Dobson, Recreation Therapist, Perley Health; Yetunde Temi Adegbonrin, Collaborative Practice Leader, Perley Health

The magic table an interactive tool designed for residents living with dementia, involving a projector that displays games and activities on a table. The technology aims to engage older adults in meaningful activity and promote social interaction, physical activity, and cognitive and sensory stimulation. We will be evaluating the impact that the magic table has on residents as well as satisfaction of the device by staff and families.

Program to Accelerate Technologies for Homecare (PATH)

Co-Principal Investigators, Ottawa site: Dr. Jeffrey Jutai, Interdisciplinary School of Health Sciences, University of Ottawa; Dr. Jason Millar, School of Electrical Engineering and Computer Science, University of Ottawa. Perley Health Site Lead: Danielle Sinden, Director, Centre of Excellence in Frailty-Informed Care™, Perley Health

PATH is a multi-partner initiative studying the potential role that home-based technologies can play in the care and well-being of older adults. Through multiple studies, groups of older adults will interact with various devices and technologies. Researchers will analyze and share study data with industry to test, validate and potentially commercialize technology products designed for older adults.

Health Surveillance of Community-Dwelling, Person-with-Dementia and Caregiver Dyads

Principal Investigator: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa

This project aims to increase understanding of the joint trajectories of individuals living with dementia and their caregivers (dyads) to help better identify their needs across the dementia journey. Information will be collected from dyads over extended periods of time and the results used to develop a linked longitudinal database of persons living with dementia and their care partners using de-identified pan-Canadian primary care electronic medical record (EMR) data to better inform policies, programs and areas of future research in Canada.

Design and Implementation of a Nurse Mentorship Program in LTC

Investigators: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa; Michaela Adams, Research Associate, Centre of Excellence in Frailty-Informed Care™, Perley Health; Daniela Acosta, Manager of Education and Knowledge Translation, Perley Health; Yetunde Temi Adegburin, Collaborative Practice Leader, Perley Health

This study explores the experiences of newly hired nurses and their mentors following their participation in a peer mentorship program at Perley Health. To evaluate the program, newly hired nurses (mentees) and experienced nurses (mentors) complete a one-time survey at the end of the program.

Supporting Preferences of Older Veterans and Families in Later Life

Principal Investigator: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health Interdisciplinary School of Health Sciences, University of Ottawa

This project examines the health and well-being of older Veterans and their families both over time and across various settings. This study uses the implementation science to assess the needs of older Veterans and their families, and to evaluate the implementation, adoption, effectiveness, and sustainability of programs and policies for older Veterans and their families across settings. Furthermore, by analyzing administrative and population-level data, this research study examines the trajectories and transitions of older Veterans and identifies biopsychosocial determinants of health impacting their journey over time and across settings.

Pilot Implementation of the ARMM device in LTC

Principal Investigator: Dr. Mirou Jaana, Telfer School of Management, University of Ottawa.
Perley Health Site Lead: Danielle Sinden, Director, Centre of Excellence in Frailty-Informed Care™, Perley Health

This project examines a pilot implementation of the ambulation, mobility, retraining and mobility mechanism (ARMM) device at Perley Health and how it impacts the workflow of physiotherapists. The study will explore the early stages of pre-implementation and map the workflow of physiotherapists. Residents and physiotherapists will share their feedback via survey and interview.

Evaluation of an Arts Program for Veterans in the Community

Principal Investigator: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa

This research examines the experiences of tenants and facilitators in an arts program for Veterans living in the community. Tenants of Perley Health's independent-living apartments who have attended a weekly arts program will be asked to participate in a focus group and to share their views about the program. Facilitators of the arts program will also be asked to share their perspectives through interviews, particularly about the program's strengths and weaknesses. The feedback will inform improvements to the arts program and the development of other programs.

Learning Need Assessment in Long-term Care (Knowledge Translation Hub)

Investigators: Heather MacLeod, Knowledge Translation Specialist, Perley Health; Danielle Sinden, Director, Centre of Excellence in Frailty-Informed Care™, Perley Health; Melissa Norman, Director of Quality and Interprofessional Care, Perley Health; Daniela Acosta, Manager of Education and Knowledge Translation, Perley Health; Kainat Bashir, CIHR Health System Impact Fellow, Centre of Excellence in Frailty-Informed Care™, Perley Health

The purpose of this project is to develop a Knowledge Translation Hub that will facilitate the dissemination of the Centre of Excellence in Frailty-Informed Care™ research projects and support best practices in long-term care. The Knowledge Translation Hub will identify various learning needs and opportunities to share resources and implementation support with other long-term care homes across Ontario.

Exploring the Experiences of Veteran Long-Term Care Residents with Arts-Based Programs

Principal Investigator: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa

This project explores the experiences of Veteran LTC residents participating in the Ozerdinc-Grimes Family Therapeutic Recreation and Creative Arts Program. The study involves one-on-one interviews with Veterans who participate in the Program, along with their families and/or caregivers, staff and volunteers.

Paxlovid Case Analysis

Principal Investigator: Dr. Benoît Robert, Chief Medical Officer, Perley Health and Dr. Amy Hsu, Centre of Excellence in Frailty-Informed Care™, Perley Health, Bruyère Research Institute

Paxlovid is an antiviral drug used to treat COVID-19. The study compares the effects and health outcomes of LTC residents with COVID-19 treated with Paxlovid to those treated with other antivirals. Mortality and hospitalization rates will be evaluated and the results will be used to inform future research into the treatment of COVID-19 among LTC residents.

Pain measurement and Reporting in Long-term Care Homes

Principal Investigator: Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, Interdisciplinary School of Health Sciences, University of Ottawa

This project aims to highlight the challenges associated with the current methods of assessing and managing pain of residents living in long-term care.

Antimicrobial Stewardship Project

Investigators: Tania Paolini, Manager of Infection Prevention and Control, Perley Health; Samantha Boulerice, Wound, Ostomy, and Continence Nurse, Perley Health; Public Health Agency of Canada (PHAC)

This project aims to address the challenge of antimicrobial resistance by promoting best practices for managing urinary tract infections. Perley Health will implement two quality-improvement exercises. The first focuses on educating essential care providers (typically family and close friends); the second provides feedback about the number of urine cultures ordered by Perley Health.

VRision Program – Scaling of a Validated Virtual Reality Training Program for Improving Vision in Older Adults

Investigators: Dr. Michael Reber, Lead Investigator, Krembil Research Institute, University Health Network; Dr. Lora Appel, Co-Principal Investigator, York University, Collaborative Scientist, OpenLab, University Health Network; Danielle Sinden, Director, Centre of Excellence in Frailty-Informed Care™, Perley Health

Re:Garde is a novel, non-invasive, mobile Virtual Reality (VR) visual-training program that can be used to train and maintain visual perception in both healthy older adults and those with visual impairments. In this study, older adults will complete a series of VR sessions over six weeks, followed by interviews and surveys. Along with collecting and analyzing participants' feedback, the project will explore the potential of VR to improve mobility and orientation in older adults. This research will help determine the most effective strategy for using Re:Garde with a larger population of older adults

Taking the Pulse on LTC Learning Needs

The Perley Health Centre of Excellence in Frailty-Informed Care™ is inviting the LTC sector to participate in a learning needs assessment for long-term care. The goal is to identify the current learning needs of the sector with the hope of eliciting areas of expertise in order to share resources and develop experiential learning opportunities.


Sector input is critical to ensuring that the team is developing resources that will be useful and relevant. The survey takes less than 5 minutes to complete. Access the survey: <https://www.surveymonkey.com/r/B8HLC27>

For more information please contact hmacleod@perleyhealth.ca.

The Knowledge Translation Needs of Long-Term Care in Ontario

Authors
Kainat Bashir [1, 2], Heather Macleod [1], Daniela Acosta [1], Melissa Norman [1], Danielle Sinden [1]

Affiliations
• Perley Health Centre of Excellence in Frailty-Informed Care (CoE), Ottawa, Ontario
• Institute of Health Policy, Management and Evaluation, University of Toronto, Ontario




Introduction

One of the CoE's goals is to develop a Knowledge Translation Hub to facilitate the dissemination of our applied research projects, and to support the implementation of best practice into the context of long-term care (LTC) by collaborating with partners and other LTC homes. The last few years have highlighted the resiliency and innovation that already exists within the long-term care community and so we also want to help amplify these successes as research shows that LTC seeks out advice on care improvement to both regional and provincial colleagues¹.

LTC is a unique care context and therefore has specific barriers and facilitators to successfully implement best practice². Training and education and well-designed strategies are recommended as key interventions to support the adoption of innovative care ideas in the LTC context³. For these reasons, the CoE has initiated a learning needs assessment to identify (1) the knowledge to practice gaps and (2) best methods to address these gaps.

Methodology



April 2023

- E-survey sent
- 300+ leaders and subject matter experts in LTC

May 2023

- Data analysis
- Prioritization of topics and methods

July+ 2023

- Product Development

Next Steps

The results of the learning needs assessment will help inform the framework for the Knowledge Translation Hub (Figure 1) and prioritize the initial activities.

Our Pillars

Research

Applied research to advance care of older adults living with frailty

Educate

Innovation in education, best practices and knowledge translation

Care

Excellence in the care of older adults living with frailty

Anticipated Findings

Findings from the needs assessment survey will help Perley Health determine next steps which will include:

- Identifying areas of opportunity to share resources and implementation support with homes.
- Developing a monthly schedule of activities in order to support proactive improvement
- Offering learning labs with subject matter experts
- Opportunities to learn from other LTC home experts

Generated results, lessons learned, and areas for improvement may be applicable to facilities in other jurisdictions and will be shared through publications.

Knowledge Translation (KT) Framework

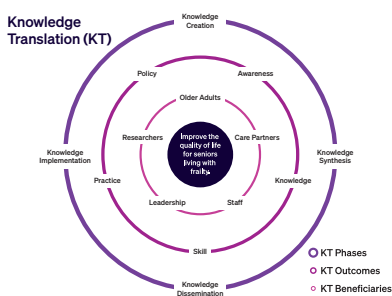




Figure 1 – Knowledge Translation (KT) Framework


Methods for knowledge exchange³




• Training




• Workshops




• Webinars




• Podcasts




• Tools




• Resources




• Mentoring



• Coaching



• Community of Practice



• Conferences

Objective

The purpose of the needs assessment is to identify current learning needs and areas of opportunity to share resources and implementation support with the long-term care sector in Ontario.

Learning needs topics

- Infection prevention and control (IPAC)
- Falls prevention
- Pain management
- Skin and wound care
- Continence care
- Dementia and responsive behaviours
- Palliative and end-of-life care
- Resident social engagement
- Therapeutic recreation and creative arts programming
- Innovations in resident dining experience
- Emergency preparedness and response
- Implementing best practice (Quality improvement and implementation science)
- Sustaining, evaluating and/or research of best practice
- Professional development and leadership

Long-term care helping long-term care.

www.PerleyHealth.ca/centreofexcellence

Perley Health is home to approximately 450 residents in long-term care, along with approximately 200 seniors in 139 independent-living apartments.

View full poster: PerleyHealth.ca/upload/documents/knowledge-translation-needs-2023.pdf

The Centre of Excellence is actively seeking researchers, students, other organizations and stakeholders to collaborate on various research, quality improvement and evaluation initiatives.

If you would like to explore opportunities to collaborate with the Centre of Excellence, please contact us at: centreofexcellence@perleyhealth.ca

The Centre of Excellence in Frailty-Informed Care™ News

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Answering the call.



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THE CALL

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Contact Information

If you are interested in participating or would like to learn more about a particular project, please contact:

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Thank you to Commissionaires Ottawa for their ongoing support of the Centre of Excellence in Frailty-Informed Care™.



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Centre of Excellence
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