

Perley Health Centre of Excellence in Frailty-Informed Care™

News

Newsletter Issue #6 – December 2023



**Perley
Health**

Centre of Excellence
in Frailty-Informed Care™



Danielle Sinden, Director, Centre of Excellence & Research Operations, describes the work of the Centre of Excellence in Frailty-Informed Care™ and research to benefit the care of Veterans during a meeting on Remembrance Day with Perley Health resident Private (retired) Stanley Grover (seated) and Cdr (retired) Dr. David Carpenter.

Letter from the Director



Danielle Sinden,
Director, Centre of
Excellence and Research
Operations

In June, the Centre of Excellence in Frailty-Informed Care™ (CoE) took a major step forward by hosting our first-ever conference. The three-day event highlighted the experiences, perspectives and needs of non-professional caregivers—typically family members.

The impetus for the conference came from interRAI, an international network of researchers and practitioners determined to improve the care of people with medically complex needs. During the last 30+ years, interRAI has developed, refined and promoted a wide range of evidence-informed tools for clinical practice and policymaking around the world. With the role of non-professional caregivers increasingly important worldwide, interRAI developed a tool to measure their health and well-being. Known as SCaN (Self-Report of Carer Needs), the tool is undergoing trials in more than a dozen countries. To review preliminary results, interRAI invited the CoE to host researchers from four countries.

Following a three-day collaborative meeting, several of the researchers participated alongside non-professional caregivers—all members of the broader Perley Health community—in a groundbreaking conference that included a panel discussion about caregivers' needs and the future of care. The audience included representatives of more than 20 care and research organizations. Among the many issues discussed: how best to recognize

and value the efforts of caregivers; how best to involve caregivers in research into the use of technologies that could improve care; and at what point does the monitoring of care become excessive and potentially compromise privacy considerations.

The conference enabled the CoE to engage meaningfully with several key stakeholders, and to share and analyze relevant data—important milestones in our knowledge translation journey. We made further progress this fall, when we presented some of our recent work at the first in a series of conferences devoted to improving care for seniors and Veterans (see page 3). Meanwhile, the CoE is involved in growing numbers of research projects and partnerships—further proof of our maturation and of our determination to transform care for all Seniors and Veterans.

The CoE's existence—and our ongoing accomplishments—are made possible by the generous support of donors. Thanks to your support, the Perley Health Foundation's Answering the Call Campaign has reached its fundraising goal of \$10 million. On behalf of the entire Perley Health community, thank you!

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
dsinden@perleyhealth.ca

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.

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

Knowledge Translation, Implementation Science and Transforming Care

The CoE’s knowledge translation (KT) strategy aims to address the central challenge in transforming care for Seniors and Veterans: reducing the gap between research and practice.

“Research may prove that a new treatment or intervention leads to better outcomes, but unless these are widely adopted and put into practice, few people actually benefit,” says Heather MacLeod, the CoE’s Knowledge Translation Specialist.

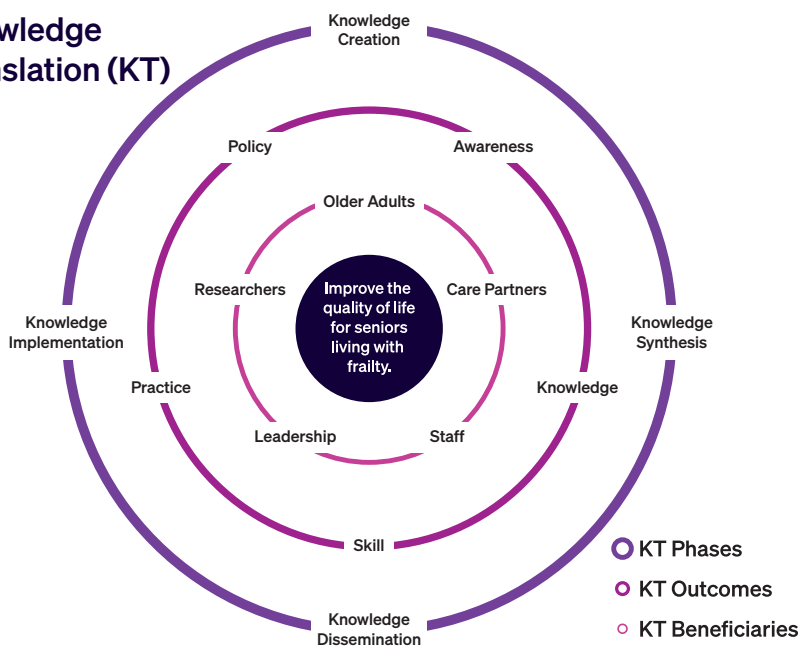
It can take up to 20 years for advances in knowledge to change practices in the care of people living with frailty. To shorten this period, the CoE is harnessing the power of implementation science, a relatively new field. Implementation science involves a series of distinct steps that facilitate the widespread adoption of evidence-based improvements in care. The process begins with the creation, synthesis and sharing of relevant research, which informs the development of practical tools, such as workshops, tipsheets and infographics. The tools must then be adapted to the care context and designed to overcome any barriers to their use.

“The CoE is ideally placed to take full advantage of implementation science,” says MacLeod. “For decades, Perley Health care teams have been developing and implementing innovations in care. And for the last few years, the CoE has conducted and partnered in growing numbers of research studies, and shared the results. Our KT strategy formalizes the links between research and practice, and will increase both the value and impact of our work.”

A substantial amount of research, including a survey of care professionals’ top learning needs, informed the KT strategy. In addition, the strategy leverages the strong partnerships that Perley Health has forged both internally—with staff, residents, tenants and their families—and externally with research and academic institutions, along with government and donors. These partnerships are part of Perley Health’s unique environment for applied research into the care of people living with frailty. This fall, the CoE presented some of its most recent work at a series of conferences hosting by key organizations (see page 3). The presentations raised the CoE’s profile as a trusted source of evidence-based practice tools and as a proven leader in both research and care. Both are essential to transforming care for Seniors and Veterans.

“Here at Perley Health, innovation flows both ways: improvements in care at the bedside influence research agendas, while research findings influence improvements in care at the bedside,” says Heather MacLeod. “I consider this our super-power. And by applying implementation science, improvements in care will be readily adopted by professionals and non-professionals across Canada and around the world.”

Knowledge Translation (KT)



Walking the Talk: The Centre of Excellence's Knowledge Translation Journey

The CoE made significant progress on its knowledge-translation journey at a series of conferences this fall. On October 18, for instance, four CoE researchers presented their findings at the annual Canadian Institute for Military and Veterans Health Research (CIMVHR) in Gatineau, Quebec.

Established in 2010, CIMVHR focuses on research into the health and well-being of members of the Canadian military, Veterans and their families. As a conduit between the academic community and research funding organizations, CIMVHR partners with more than 40 Canadian universities and research institutes, including the CoE. During the three-day 2023 CIMVHR Forum, researchers from across Canada, as well as the United States and the United Kingdom, gathered to share and discuss the latest findings.

“The Centre of Excellence is an ideal partner for us because they are able to conduct, analyze and present Veterans-focused research,” Dr. David Pedlar, Scientific Director, CIMVHR. “And being based in a community of care that’s home to hundreds of Veterans enables them to conduct the kind of in-depth, practical research that we need to improve the lives of older Veterans.”

During the CIMVHR Forum, members of the CoE team presented results from five projects:

- Understanding the needs and trajectories of older Veterans and their families in Canada
- Evaluating the impact of an arts program for Veterans in the community
- Evaluating the impact of therapeutic recreation and creative arts on the health and well-being of older Veterans in LTC
- Exploring the experiences and needs of care partners of older Veterans transitioning into a long-term care home
- Supporting the preferences of older Veterans and families in later life to promote health and well-being

In late October, the CoE also participated in the annual conference of the Ontario Long-Term Care Association (OLTCA). CoE staff shared innovations developed at Perley Health, such as elements of a wound-care initiative that has significantly reduced the impact of pressure injuries. The initiative features a series of best practices for everything from the care of individual wounds to staff training and management of supplies. Perley Health staff also delivered a workshop on how to implement SeeMe®: Understanding frailty together. Developed at Perley Health and a focus of ongoing evaluation by the CoE, SeeMe® is a comprehensive framework for developing care plans that prioritize residents’ values, preferences and desired lifestyle. During the OLTCA conference, the CoE also surveyed delegates about their learning needs—important information that will inform the CoE’s agenda.

“The Centre of Excellence in Frailty-Informed Care™ plays an increasingly important role in improving quality of care,” says Chris Pugh, OLTCA’s Director of Policy and Quality. “Sharing evidence-based best practices and gathering input from professional caregivers are sure to improve the day-to-day lives of LTC residents.”

In late October, the CoE also presented at AgeTech Innovation Week, the annual event hosted by AGE-WELL, a key partner (see page 6). The presentation focused on ARMM, a device designed to improve ambulation, mobility, retraining and mobility among people living with frailty. The CoE is evaluating various aspects of the implementation of ARMM at Perley Health, such as impacts on the workflow of physiotherapists and physiotherapy assistants.

“Presenting research findings and evidence-based best practices, and gathering feedback from industry professionals are essential elements of our knowledge-translation strategy,” said Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, CoE.

A Multi-Disciplinary Approach



Kainat Bashir, PhD Candidate;
CIHR Health System Impact Fellow, CoE
PhD Candidate at University of Toronto's Institute of Health Policy, Management and Evaluation

Kainat Bashir wrapped up a year-long fellowship at Perley Health in a unique way: by presenting some of her doctoral research findings in a CoE webinar at the end of September.

“It’s been a busy, productive and energizing year for me,” says Bashir, a Canadian Institutes of Health Research (CIHR) Health System Impact Fellow. “I’ve enjoyed working in an environment that combines research with the delivery of frontline care.”

A PhD candidate at the University of Toronto’s Institute of Health Policy, Management and Evaluation, Bashir has long recognized the advantages of a multi-disciplinary approach to complex problems. Her current research focuses on a particular aspect of infection prevention and control (IPAC) measures in Ontario long-term care homes during the COVID-19 pandemic. Throughout the pandemic, the provincial government ordered all homes in the province to implement a series of IPAC guidelines. The guidelines changed continually, often with little or no advance notice. This made it exceedingly difficult for many homes to implement new guidelines in a timely and effective fashion. Through a series of interviews with 19 IPAC leads at homes across Ontario, Bashir’s research explores and documents the barriers to implementing IPAC measures and the prominent role played by social networking.

“How and when care professionals share relevant clinical information and best practices have a big impact on their effective implementation,” says Bashir. “The pandemic led many Canadians to recognize just how important communications and management strategies are in protecting public health.”

The CoE’s approach to improving the care of older adults living with frailty follows a similarly multi-disciplinary approach. During her time at Perley Health, Bashir participated in work to develop a knowledge-translation (KT) strategy for the CoE.

“Historically, LTC homes have struggled to acquire and implement new and emerging evidence-based best practices in care,” says Bashir. “The CoE’s new KT strategy will help address this challenge.”

Next up for Bashir is finishing and defending her dissertation. She then hopes to find a job in an environment that bridges the gap between research and practice.

“Healthcare organizations increasingly recognize the value of employing scientists and researchers, and of applying their knowledge and expertise to improve quality of care,” she says. “That’s where I want my career path to lead.”

Trainee Profiles

The CoE is proud to regularly mentor and support the research work of several graduate students and postdoctoral fellows across Canada. Both trainees profiled in this issue received Fellowships from EPIC-AT, a training platform funded by the Canadian Institutes of Health Research in partnership with AGE-WELL and the University of Toronto.

“Because Perley Health is both a long-term care home and a research centre, it’s the ideal environment for the development of both researchers and care professionals,” says Samantha Sandassie, Manager of the EPIC-AT Health Research Training Platform, and AGE-WELL’s Director of Education and Training. “The Centre of Excellence is helping create a pipeline of researchers equipped with the practical experience needed to make real-world impacts.”



Rhonda Stopyn

Rhonda Stopyn

Rhonda Stopyn, a doctoral clinical psychology student at the University of Regina’s Health Psychology Laboratory, is researching a technology that aims to improve pain care for older adults who struggle to communicate—common among those living with severe dementia. The technology addresses a key challenge: how to recognize pain in a person who can’t speak or write clearly enough to describe what they’re feeling, which makes it difficult to administer appropriate treatments. Using video cameras, Stopyn and her team of researchers at the University of Toronto recorded the faces of older adults and identified how their facial expressions changed when they experienced pain. They developed an algorithm that correlates facial expressions with pain levels, and validated it in a series of live, real-time laboratory sessions with older adults. In June, Stopyn presented her research at the Canadian Psychological Association annual conference.

Stopyn appreciates the support provided by Perley Health and presented her preliminary findings at the AGE-WELL conference this Fall. Next steps include field testing the technology in long-term care (LTC) homes. Stopyn envisions an automated computer-vision system that can improve the assessment of pain among LTC residents.



Armel Ayimdji

Armel Ayimdji

Armel Ayimdji aims to improve the health and well-being of older adults by combining advances in video conferencing and artificial intelligence (AI). A Postdoctoral Fellow at McGill University’s School of Information Studies, Ayimdji also works for Google as a Conversational AI Architect on behalf of Quantiphi.

While video conferencing can be an effective way to connect and communicate, many older adults struggle to benefit fully due to a variety of factors. Ayimdji’s research explores ways to maximize the positive impacts for older adults by using evidence-based communication strategies and a virtual assistant. His work also incorporates advances in emotional AI in hopes of reducing the loneliness and social isolation experienced by many older adults. Ayimdji appreciates the support from Perley Health and shares the organization’s commitment to transforming care for seniors and Veterans.

Presentations and Speaking Engagements

The Gerontological Society of America (GSA) 2023 Annual Scientific Meeting

November 2023

- Stronger Together: Global Comparisons of the Use of Citizen Science to Create Age- and Dementia-Friendly Communities.
Robitaille, A., Campbell, C.K.
- Assessment of the age- and dementia-friendliness of communities in Ottawa as perceived by persons living with dementia and their care partners: A Pilot Study.
Campbell, C.K., Robitaille, A., Garcia, L., Mulvey, M., Barrie, H., Van Es, C., Blanco, A., Chiarelli, A.
- Adopting a strength-based, person-centered risk assessment clinical decision support tool: What are the benefits?
MacLeod, H., Provencher, V., Kessler, D., Lewis, K., Veillette, N., Egan, M., Giroux D., Kergoat, M.J.

AGE-WELL Annual Conference, The Future of Healthy Aging

October 2023

Pilot Implementation of an Assistive Technology (ARMM) in a Long-Term Care Setting.

Jaana, M., Cruise, D., O'Dwyer, B., Sinden, D.

Ontario Long Term Care Association Annual Conference 'This Is LTC 2023'

October 2023

Integrating a frailty-informed approach to care in long-term care.

Acosta, D., & MacLeod, H.

CIMVHR Forum 2023

October 2023

- Supporting preferences of older Veterans and families in later life to promote health and well-being.
Robitaille A.
- Understanding the needs and trajectories of older Veterans and their families in Canada.
Robitaille, A., Sinden, D., Pourfarzaneh, S., Ranger, V., Starr, E., Robert, B., Ritchie, K., Hsu, A.
- Exploring the experiences and needs of care partners of older Veterans transitioning into a long-term care home.
Stewart, G., Robitaille, A.
- Evaluation of the impact of an arts program for Veterans in the community
Cruise, D.
- Evaluating the impact of therapeutic recreation and creative arts on the health and well-being of older Veterans
Adams, M.

Canadian Hospice Palliative Care Association Conference 2023

October 2023

Exploring changes in prescribing patterns for chronic severe pain in long-term care residents living with dementia near the end of life.

Ménard, A., Hsu, A., Robert, B., Stinchcombe, A., Robitaille, A.

Alzheimer's Association International Conference

July 2023

Evaluation of an intergenerational volunteer program for persons living with dementia and their care partners.

Robitaille, A., Garcia, L., Qureshi, M., Adams, M., and Ducharme, F.

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

Lifelong Learning

Seniors Junction Experiences with Perley and Beyond

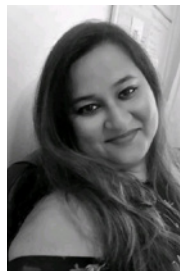
Objectives:

- Share key insights and learnings from the pilot project conducted with Perley Health.
- Discuss the technologies and innovations driving lifelong learning for seniors, including the role of AI and digital solutions.
- Provide an update on the current status and achievements of Seniors Junction, highlighting its growth and impact in addressing seniors' social isolation and wellness needs.

Free Webinar
All Are Welcome

Thursday November 23, 2023
12:00pm–1:00pm ET

Presented by:



Namrata Bagaria,
MBBS, MPH, PhD (c)

Past webinars

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

www.PerleyHealth.ca/free-webinar-series

- **Recipe For Health: A Multi-disciplinary Approach in LTC homes**
Suey Yeung, PhD, October 26, 2023
- **Lessons learned from the implementation of IPAC guidelines during the COVID-19 pandemic in Ontario's nursing homes**
Kainat Bashir, September 28, 2023
- **EntourAGE— Interweaving Generational Tapestries: A look at a person-centered intergenerational companionship program for older adults living with dementia**
Dr. Annie Robitaille, Dr. Linda Garcia, June 21, 2023
- **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



Mission Accomplished for Answering the Call

Thanks to the generosity of donors, our Answering the Call Campaign has succeeded in raising more than \$10 million to help transform care for Seniors and Veterans everywhere.

Donors were inspired by Perley Health’s three-part strategy:

- Exceptional care
- Applied research and innovation
- Education of frontline caregivers—those who Answer the Call daily

Perley Health is uniquely able to integrate all three parts because it is not only a community of care, but also a centre for research and education. More than 600 Seniors and Veterans live here; most are in long-term care (LTC), others in independent-living apartments. The CoE conducts and partners in the research projects needed to drive progress. Students of Algonquin College’s Personal Support Worker and Registered Practical Nursing programs study in an onsite classroom and serve practicums here. University students pursuing post-graduate degrees come here to conduct practical applied research in an LTC environment.

Here, promising new practices in bedside care are readily studied and analyzed, and translated into tools (such as guidelines and workshops) that are shared with LTC homes across Canada. The process also works in the other direction: research findings are analyzed to identify potential improvements in care, which are then piloted and validated. The article on page 3 provides a few examples of care innovations shared at recent conferences.

Knowledge translation—also known as integrated knowledge mobilization—is central to all parts of the strategy. Simply put, knowledge translation aims to ensure that relevant information and research lead to the implementation of better practices and policies. Perley Health continually incorporates knowledge translation into all aspects of its operations thanks to strong relationships among residents, staff, tenants, volunteers, families and external groups, such as research agencies, post-secondary institutions and governments. Here, frontline caregivers directly influence research agendas and projects. And research findings directly influence care practices. At Perley Health, integrated knowledge translation is a far-reaching and continuous process.

The combination of strong donor support and the applied practical research already makes a tangible difference in the lives of Seniors and Veterans living with frailty. The impacts of Perley Health research extend far beyond these walls of our organization and has the potential to make a real difference in the lives of millions of people around the world.

I extend my deepest thanks to donors for making our ambitious goal a reality. This “mission accomplished” is a testament to your generosity and belief in our vision for better quality of life for more Seniors and Veterans.

Delphine Haslé
Executive Director, Perley Health Foundation

When we called...



- Research and innovation
- Knowledge and education
- Exceptional care



...you answered.



Thank you to every donor who answered the call to transform care for Seniors and Veterans

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*And many other donors
who supported and
contributed to the success
of our campaign.*

Publications

Older Adults' Quality of Life in Long-Term Care: A Cross-Sectional Comparison Before and During the COVID-19 Pandemic.

Cruise, D., Sinden, D., & Jaana, M. - 2023

Canadian Journal on Aging / La Revue canadienne du vieillissement.

www.cambridge.org/core/journals/canadian-journal-on-aging-la-revue-canadienne-du-vieillissement/article/older-adults-quality-of-life-in-longterm-care-a-crosssectional-comparison-before-and-during-the-covid19-pandemic/C8E28B9EC7DF7C5DE96BCE05562EC1DE

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

Centre of Excellence – October 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.

Below is a list of ongoing projects that the Centre of Excellence is involved with, many of which are seeking participants.

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, 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.

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, 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 on up to three occasions. Healthy snacks and/or supplements will be given as needed. 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; Danielle Sinden, Centre of Excellence in Frailty-Informed Care™, Perley Health; 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, residents, parents, facilitators and volunteers are invited to complete a survey at the end of the six-week program to provide feedback on participants' experiences, identify areas for improvement and highlight practices that are effective.

Knowing the Story of a Resident's 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 of LTC homes shared their strategies for getting to know residents.

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

Investigators: Danielle Sinden, Director of the Centre of Excellence in Frailty-Informed Care™, Perley Health; Robyn Oraziotti, 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

The magic table is 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, 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

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

The relationship between individuals living with dementia and their caregivers is important and can impact their dementia journey. However, limited national longitudinal data exist about the caregiver-person living with dementia dyad even though this data would provide important information about their joint trajectories and help to better identify the needs of caregivers and persons living with dementia across the dementia journey. The project developed a linked national longitudinal database of persons living with dementia and their caregivers.

Design and Implementation of a Nurse Mentorship Program in LTC

Investigators: Dr. Annie Robitaille, 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 Adegbonrin, 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 assesses the needs of older Veterans and their families, and evaluates 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

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 surveys.

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 of the 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; Andrea Liu, Manager Interprofessional Care, Perley Health; Kainat Bashir, CIHR Health System Impact Fellow, Centre of Excellence in Frailty-Informed Care™, Perley Health; Michaela Adams, Research Associate, Centre of Excellence in Frailty-Informed Care™, Perley Health

The purpose of this project is to inform the development of best practice supports (i.e. worksheets, training) for widespread dissemination and implementation based on the Centre of Excellence in Frailty-Informed Care™ research projects and Perley Health best practices. Surveys of professional caregivers will help identify sector learning needs, along with individuals who are interested in co-creating practical tools with Perley Health. This project will provide 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.

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

The purpose of this project is 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 Boulterice, 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.

Re:GARDE 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, Affiliate 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 designed for training and maintaining visual perception and attention. In this study, individuals aged 65 and older with good visual health, will complete a series of 10-minute VR game-like sessions over six weeks, followed by interviews and surveys. The project will explore the potential of VR to improve self-reported vision, confidence in mobility, and feelings of independence in older adults. This research will help determine the most effective strategy (in-clinic or at-home) for providing therapeutic programs, like Re:Garde, to a larger population of older adults.

What is Your Call: A 90-Year Old Man with A Suspected Hip Fracture

Investigators: Dr. Benoît Robert, Chief Medical Officer, Perley Health; Dr. Amy Hsu, Centre of Excellence in Frailty-Informed Care™, Perley Health, Bruyère Research Institute; Danielle Cruise, Research Assistant, Centre of Excellence in Frailty-Informed Care™, Perley Health; Samantha Hallgren, Psychogeriatric Nurse, Perley Health; Kathryn May, Nurse Practitioner, The Ottawa Hospital

Limited guidance exists for clinicians to determine whether an operative or palliative approach is most appropriate for frail older adults who have sustained a hip fracture. This research presents a case review of an older adult who was treated with a palliative approach after sustaining a hip fracture. The information obtained from this project can better inform the decision-making surrounding palliative approaches to hip fractures and areas of future research.

Engagements



Danielle Cruise, Research Assistant, Perley Health, Danielle Sinden, Director of the Centre of Excellence in Frailty-Informed Care™, Perley Health and Dr. Mirou Jaana, Telfer School of Management, University of Ottawa presenting at AgeTech Innovation Week, the annual event hosted by AGE-WELL

Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Centre of Excellence in Frailty-Informed Care™, Perley Health, along with Danielle Sinden, Director of the Centre of Excellence in Frailty-Informed Care™, Perley Health in their CIMVHR booth.



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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