

Knowledge Translation

Special Edition



Sharing Knowledge with the Minister of Long-Term Care: Hon. Natalia Kusendova-Bashta, Minister of Long-Term Care and a Registered Nurse, (right), chats with a Perley Health resident and skin and wound care experts during a recent visit. From left to right, Samantha Boulrice, IPAC Specialist; Khristina Soares, Registered Practical Nurse, SWAN; and Dr. Benoît Robert, Perley Health Chief Medical Officer. Learn more about Perley Health’s skin and wound care program on page 6.

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Perley
Health

Centre of Excellence
in Frailty-Informed Care™

Letter from the Director



Danielle Sinden

Welcome to our first special issue of the newsletter—a compilation of recent successes in knowledge translation. The articles in this issue document some of the many ways that our work has a direct impact on care and on quality of life for older adults and Veterans. To emphasize the range of this impact, the newsletter groups the articles into four broad themes: Disseminating Practical Research; Sharing Lessons Learned; Empowering the LTC Sector; and Advancing Care. I am proud of the progress that the Centre of Excellence has made. Reviewing the content of this newsletter has me feeling energized and inspired to keep the momentum going.

This Fall, several team members attended conferences across the country, showcasing the work of the Centre of Excellence, learning about other innovative research and practice happening in this space, and forging new partnerships. Through presentations, academic posters and tradeshow displays, we shared lessons learned from our experience with assistive technology implementation and offered practical tools and tips to other long-term care homes on falls prevention and wound care. At the Canadian Institute for Military and Veteran Health Research (CIMVHR) Annual Forum, we were pleased to share a report recently produced by Dr. Robitaille on strategies to support aging in place for

Veterans and their families. By attending this conference, it was even more evident that much more research is needed to support the health and quality of life of older Veterans and their families. The Centre of Excellence is working hard to fill this gap.

In October, we hosted our first Skills Days here at Perley Health. These experiential learning events allowed us to leverage the clinical expertise of our staff and provided nurses from 14 LTC homes with practical tools and knowledge that they can bring back to their own homes, further extending the reach and impact of the Centre of Excellence so that more older adults and Veterans can benefit.

Being able to host these high-quality training events and share our work at national conferences is made possible by our donors. Thank you for your ongoing support!

I hope you enjoy this issue and as always, I encourage you to share your comments and ideas for future editions by contacting me directly.

Wishing you a happy and healthy holiday season!

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™ 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 Centre of Excellence is part of Perley Health, a unique and innovative community of care located on a 25-acre campus near 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 Centre of Excellence 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

Report on Aging in Place for Veterans



Lucille Lane served with the Women's Royal Canadian Naval Service during the Second World War. Now 102, she resides in the Rideau Veterans Residence at Perley Health and permitted her image to grace the cover of the report *Strategies to Support Aging in Place: A Global Perspective on Models for Veterans' Health and Well-being*.

Veterans and their families across Canada are welcoming a comprehensive Centre of Excellence report on *Aging in Place for Veterans. Strategies to Support Aging in Place: A Global Perspective on Models for Veterans' Health and Well-being* presents an overview of current best practices, care models and challenges, along with a series of targeted recommendations. With approximately 42% of Canada's Veterans over the age of 65, the report is both timely and valuable.

Key recommendations to support Veterans aging in place include:

- Create more neighbourhoods that promote walking and social activities,
- Incorporate trauma-informed approaches in community supports,
- Improve collaboration between Veteran and non-Veteran organizations and
- Increase the availability of resources catering specifically to population sub-groups who are known to be especially vulnerable, such as gender-diverse persons and those living in rural areas.

The report also calls for greater differentiation between staying at home and aging in place, which considers independence, availability of resources and safety.

The report includes an environmental scan of academic and grey literature; a scoping review of relevant home-care models, best practices and challenges; and an overview of programs and services available across Canada. To facilitate access to supports, the report provides a detailed list of resources. The report's use of Gender-Based Analysis Plus helps identify gaps for equity-deserving groups.

Veterans Affairs Canada, along with a wide range of stakeholder groups, have welcomed the report. To ensure the report remains both current and relevant, there are plans to update it regularly.

The lead author of the report is Dr. Annie Robitaille, the Commissionaires Ottawa Research Chair of the Centre of Excellence in Frailty-Informed Care™. An Associate Professor with the Interdisciplinary School of Health Sciences at the University of Ottawa, Dr. Robitaille has dedicated her career to the biopsychosocial factors related to aging. Much of her research focuses on people living with frailty in the community and in long-term care homes.

Financial support for the project was provided by Veterans Affairs Canada's Joint Federal Research Funding for Military Personnel and Veterans, and the Perley Health Foundation.

View Report:

PerleyHealth.ca/aging-in-place-for-veterans

Winnipeg, MB, Oct. 23, 2024: Dr. Annie Robitaille, the Commissionaires Ottawa Research Chair of the Centre of Excellence in Frailty-Informed Care™ and Danielle Sinden, Director, Centre of Excellence and Research Operations, attended the CIMVHR Forum 2024 and contributed to a workshop on *Advancing a Strategy to Collaboratively Support the Health and Wellbeing of Older Veterans*. In conjunction with the release of the Report on *Aging in Place for Veterans*, the workshop aimed to identify innovative ways to improve support for older Veterans through collaboration. The first part of the workshop included reviewing the results of a recent scoping review on older Veterans' health and well-being, while the second part focused on discussing gaps and priorities in current research and services.

Measuring and Managing Pain among LTC Residents

A new Centre of Excellence research paper highlights the challenges associated with current methods of assessing and managing the pain experienced by long-term care residents. *Pain in Canadian Long-Term Care Homes: A Call for Action* makes a powerful case for improvements in how pain is both measured and managed in LTC homes. The article appears in the October issue of the Journal of the American Medical Directors Association.

“Medication and alternative approaches to treat pain have been around for hundreds of years, yet advances in pain management for residents living in long-term care lags behind,” says Dr. Annie Robitaille, Commissionaires Ottawa Research Chair, Perley Health Centre of Excellence in Frailty-Informed Care™ and lead author of the report. “In fact, recent studies have demonstrated that up to 85% of residents living in long-term care regularly experience and report pain.”

The paper explains why assessing pain experienced by people living with dementia can be particularly challenging. Notably, many of these residents struggle to communicate clearly, which can result in them not receiving the necessary interventions. Another challenge is significant variability in how LTC staff assess pain. In most provinces and territories, staff utilize the InterRAI Minimum Data Set 2.0, Minimum Data Set 3.0, and the InterRAI Long-Term Care Facilities. These instruments play a critical role in collecting key information for clinicians. Despite the clear usefulness of these instruments, concerns remain about the accuracy of the assessments they produce and their usefulness, particularly for residents who are unable to communicate verbally. The paper calls for a comprehensive approach to assessing pain and mandated education and training for staff. Also contributing to the study are: Michaela Adams, Dr. George Heckman, Melissa Norman, Dr. Sid Feldman, Dr. Benoit Robert, Dr. John P Hirdes.

View *Pain in Canadian Long-Term Care Homes: A Call for Action* at [https://www.jamda.com/article/S1525-8610\(24\)00626-1/fulltext](https://www.jamda.com/article/S1525-8610(24)00626-1/fulltext)



Dr. Annie Robitaille, Commissionaires Ottawa Research Chair of the Centre of Excellence in Frailty-Informed Care™ at Perley Health, chats with a participant during a stakeholder engagement event. Her passion for research focuses on better understanding the aging process and improving the quality of life of older adults and their care partners.

Falls Prevention

Preventing falls is a top priority for long-term care (LTC) homes, as falls are a leading cause of injury-related hospitalizations among residents. According to the Public Health Agency of Canada, 17% of all falls leading to hospitalization in this country occur in residential care facilities.

An innovative continuous-improvement initiative underway at Perley Health demonstrates that implementing evidence-based strategies can significantly reduce the risk of falls among residents and improve resident safety.

Since 2016, Perley Health has participated in the Best Practices Spotlight Organization (BPSO) program, led by the Registered Nurses' Association of Ontario (RNAO). Under the program, Perley Health launched a comprehensive falls prevention initiative, engaging team members from across multiple disciplines, including nurses, personal support workers, occupational therapists, physiotherapists and housekeeping staff. As a result of this collaborative effort, the percentage of residents who fall during the 30 days before an assessment has improved steadily and is now 14.9%, below the provincial average for LTC homes of 15.5%.

One of the most effective measures has been the co-creation of Comfort Care Rounding (CCR), a structured process that has staff regularly check in on each resident. Among the eight steps of a CCR visit, staff identify potential risks in the resident's space, ask about unmet needs and document the results.

Recognizing that falls prevention requires ongoing improvement, Daniela Acosta, Manager of Education and Knowledge Translation at Perley Health, developed and introduced simulation-based training to enhance staff responses when a resident falls. "While all our frontline staff are trained in how to respond, proper procedures aren't always followed in the heat of the moment," Acosta explains. "Studies show that simulation-based training can serve as an effective reminder."

Acosta's initiative involved 30-minute workshops where staff responded to a simulated fall, followed by group debriefings.

Perley Health actively shares its innovations with other LTC homes through knowledge translation, one of three Centre of Excellence pillars that helps transform knowledge into practice. This includes providing homes

with resources such as CCR protocols and simulation-based training guides.

"The practical resources from Perley Health, particularly the CCR tip sheet, have been really valuable for our home," says Shelley Bruton, Director of Infection Prevention and Control at Osgoode Care Centre, a 100-bed LTC home near Ottawa.

The falls prevention resources proved to be particularly popular during the annual conference of AdvantAge Ontario, the provincial association of non-profit LTC homes. The Centre of Excellence hosted a booth at the conference, where knowledge translation specialists described Perley Health's falls prevention initiative and distributed all 100 copies of the post-fall assessment sheet, along with more than 80 copies of the Centre of Excellence brochure *Developing a Falls Prevention Program in Long-Term Care*. In addition, Perley Health's falls prevention initiative is the subject of a feature article in the most recent issue of OLTC's magazine.



Huddle Up: An interprofessional team gathers with a resident during a recent training exercise. A Perley Health creation, the simulation-based training has helped to engrain procedures for staff.

For more information on falls prevention and support for implementing these protocols, please visit Perley Health's Centre of Excellence website, www.PerleyHealth.ca/centreofexcellence.

- Watch a video on Perley Health's falls prevention program: www.PerleyHealth.ca/centreofexcellence
- Comfort Care Rounding at Perley Health www.PerleyHealth.ca/programs-and-initiatives#e
- Read the most recent OLTC's magazine, featuring Perley Health's Centre of Excellence in Frailty-Informed Care™: www.OLTC.com/newsroom/ltc-today/



Samantha Boulerice, RN, BScN, NWWOC, WOCC(C) demonstrates to Emily Louisell, RPN the infrared camera Perley Health uses to better diagnose and treat wounds.

Skin and Wound Care

In November, the Centre of Excellence was proud to share lessons learned from Perley Health's successful wound care program during the inaugural Healthcare Quality Canada Conference. Hosted by Spark Conferences and accredited by the Canadian College of Health Leaders, the virtual event featured professionals, leaders and caregivers sharing insights and best practices to improve healthcare quality and outcomes.

Three Perley Health professionals delivered the session *Implementing an Effective Skin and Wound Care Program in Long-Term Care*. Samantha Boulerice, a certified Wound Ostomy and Continence Care Specialist with more than 15 years' experience in LTC, described how the multi-faceted and interdisciplinary program she initiated significantly reduced both the prevalence and impacts of pressure injuries, commonly known as bedsores. The collaborative program has led to a 52% reduction in worsening pressure injuries and a 56% drop in wound infections among Perley Health residents. More than 150 individuals attended the presentation.

Jennifer Parker, Allied Health Lead and Occupational Therapist at Perley Health, spoke to the importance of intentionally involving the interprofessional team in the program's design and implementation, and highlighted the ongoing positive impacts on resident care. Daniela Acosta, Manager of Education and Knowledge Translation at Perley Health discussed ongoing efforts to share lessons learned from the wound care program with long-term care homes across Canada. These efforts include a video, a tip sheet—*Six Key Elements of an Effective Wound care program*—and an accompanying Field Guide. The Centre of Excellence distributes these resources free of charge.

Watch, Healing Together: www.PerleyHealth.ca/centreofexcellence

Find out more: centreofexcellence@perleyhealth.ca

Technology Implementation in LTC

In September, a team of researchers from the Centre of Excellence and the Telfer School of Management at the University of Ottawa delivered a webinar to share lessons learned from Perley Health's recent implementation of assistive technologies. The event is part of an ongoing series hosted by AGE-WELL, an independent community of researchers, partner organizations, older adults and caregivers determined to accelerate the delivery of technology-based solutions that make a meaningful difference in the lives of Canadians. Along with Centre of Excellence Director Danielle Sinden, the presenters included: Danielle Cruise, Research Assistant and PhD Student, University of Ottawa; and Dr. Mirou Jaana, Full Professor and RBC Financial Group Professor in Health Care Systems at Telfer School of Management at the University of Ottawa.

"Our goal for the webinar was to identify strategies that other long-term care (LTC) homes can use to successfully implement new technologies," says Danielle Sinden.

Assistive technologies are those aiming to improve or maintain a person's functional abilities. The presentation focused on three recently implemented

assistive technologies at Perley Health and studied by the Centre of Excellence: *PainChek* uses artificial intelligence to assess pain in residents with cognitive impairment; *Magic Table* features a projector and touch sensors that enable residents to engage in meaningful play; and *ARMM* (ambulation and retraining mobility mechanism) supports mobility and physical activity.

Key lessons shared during the webinar:

- Select only those technologies likely to ease the challenges your home faces.
- Encourage staff buy-in and identify project champions, in part through regular communication.
- Close monitoring of implementation, supported by research partnership, will make it easier to expand the use of successful technologies.
- Agility and continuous adjustments ease the impacts of uncertainties in these projects.

"We want to help LTC homes access the evidence and guidance they need to realize the full potential of new technologies," says Sinden. The webinar attracted more than 60 participants.

View the webinar at:

www.youtube.com/watch?v=qNDw9JmB7u8



A resident participates in a virtual soccer match while sharpening mobility and other skills on the *Magic Table* in the games room at Perley Health.

Palliative and End-of-Life Care



Daniela Acosta, Perley Health's Manager of Education and Knowledge Translation, addresses attendees of the Skills Day.

A total of 80 nurses from the Ottawa region and beyond enhanced their knowledge and abilities in palliative and end-of-life care during Perley Health's inaugural Skills Days. The event, held on October 2nd and 23rd, underscores Perley Health's commitment to sharing its expertise in compassionate, frailty-informed, person-centred care for residents facing end of life.

The participation of subject-matter experts from across Perley Health's interprofessional team contributed to the success of Skills Days. To enhance learning, each day included multiple interactive and hands-on learning exercises, such as a high-fidelity simulation-based learning activity, and a case-study review and discussion. Each day also featured networking and collaborative learning opportunities. Among the clinical topics covered: practical approaches to managing terminal delirium; hip fractures; and opioid conversions for safe medication orders.

"Many staff, especially new hires, working in long-term care have difficulty talking about sensitive topics such as death and dying," says Daniela Acosta, Perley Health's Manager of Education and Knowledge Translation. "During the sector-wide assessments of learning needs that the Centre of Excellence conducted in the past year, palliative care was identified as a leading topic. The assessments also identified a strong preference for in-person learning. In response, our team delivered hands-on training for RNs and RPNs entitled *Supporting a Good Death in Long-Term Care*."

A key focus of Skills Days was holistic care, which prioritizes a resident's personal values, preferences and goals of care, along with their physical, emotional and spiritual needs. The team challenged participants

to consider the question: What makes a death good or bad and who gets to decide that? Participants were encouraged to honour the care plans developed in consultation with residents.

One of the mechanisms Perley Health uses to support person-centred care is SeeMe®: Understanding *frailty* together—a comprehensive framework for developing care plans that prioritize residents' values, preferences and desired lifestyle. Under SeeMe®, a resident collaborates with family members and the care team to make informed decisions about treatment and intervention options.

Participants also engaged in interactive sessions that emphasized the significance of empathy and active listening in establishing trust with residents and their families. These skills are crucial in fostering an environment where residents feel valued and understood during their final stages of life.

"I am thankful we were able to successfully facilitate a peer-supportive learning environment at Palliative Care Skills Day," says Jessie Stephenson, a Spiritual Health Practitioner at Perley Health. "It was a great experience to not only support the delivery of the program, but also to learn so much from the kind exchange of experience and expertise of the attendees. The delivery of thoughtful end-of-life care is an area of deep concern and deep compassion throughout our home and region, and it was meaningful to be able to support this initiative."

The insights gained from Skills Days will undoubtedly resonate in the care provided to residents across the Champlain region enhancing their final journey with grace and respect.

Sincere thanks to the staff at Perley Health for making Skills Day a great success:

Daniela Acosta RN BScN, GNC(C); Samantha Hallgren RN, GNC(C), CHPCN(C); Jessie Stephenson MDiv, CSCP (CASC); Yetunde Temi Adegkunrin RN, MScN; Rachel Gibson RN, CHPCN(C); Susan Shea NP-PHC, MScN; Samantha Boulerice RN, NSWOC, WOCC(C); Jennifer Parker BHK, MSc.OT; Dan McEwen PhD, Jared Gaudet; Tom Lilly; Dr. Benoît Robert M.D. MBA; Christine Boisclair PSW; Tim Cote RP (Qual.) MTA, MMT, MMus; and Kelly Eyamie BFAH.

Sharing Expertise

Members of Perley Health's leadership team regularly share their expertise through presentations at a variety of industry events and channels.

Mary Boutette

Chief Operating Officer

Event: AdvantAge Ontario webinar: Putting LTC Quality Improvement into Action

Date: November 5, 2024

Topic: Quality Improvement (QI) principles, framework and regulatory requirements.

Summary: Ms. Boutette provided an overview of QI, Ontario Health's role in QI and how to align QI projects with national standards. By following the QI process, Perley Health has achieved significant success in several key areas, including falls prevention and wound care. The Centre of Excellence evaluates and share the lessons learned from these projects with other LTC homes.

Tania Paolini

Manager, Infection Prevention and Control

Melissa Norman

Director, Quality and Interprofessional Care

Event: AdvantAge Ontario Centre for Education in Senior Care

Date: November 26, 2024

Topic: Inspections and compliance for LTC homes

Summary: Under provincial law, licenced LTC homes must maintain and document programs to improve quality of care, and to prevent and control the spread of infections. Ms. Paolini and Ms. Norman drew on their experience at Perley Health to help other LTC homes comply with these requirements.

Dr. Benoît Robert

Chief Medical Officer

- Board Member, Ontario Long-Term Care Clinicians
- Clinical lead, palliative care, Ontario Health East

Event: Ontario Centres for Learning, Research and Innovation in Long-Term Care (CLRI) webinar

Date: October 30, 2024

Topic: Palliative care in LTC homes

Summary: Dr. Robert described the impacts of frailty on LTC residents nearing the end of their lives and how to adopt a frailty-informed approach.

Event: Champlain Palliative Care Network

Date: 2024

Topic: Hospice palliative care

Summary: Dr. Robert described how to align palliative care programs with a hospice's resources and needs. The session covered everything from journey mapping and needs assessment, to chronic-disease management, care planning, grief, caregiver training and self-care.

Event: Ontario Long-Term Care Association annual conference

Date: October 20–22, 2024

Topic: The conflicted surrogate

Summary: Dr. Robert discussed common circumstances that lead to conflicted surrogates (typically family members) and how to help them reach important decisions about care.

Event: Ontario Long-Term Care Clinicians

Date: October 25–27, 2024

Topics: "I wish, I worry, I hope" framework

Summary: Dr. Robert described strategies for having difficult conversations related to frailty, death and dying, including Perley Health's SeeMe®: Understanding frailty together method of developing and updating care plans.

Event: Ontario Long-Term Care Clinicians

Date: October 25–27, 2024

Topic: Long-term care 101

Summary: Dr. Robert developed and delivers a presentation about the practice of medicine in today's LTC homes. Unlike in the past, LTC residents now tend to be more frail and to live with multiple chronic conditions.

The Knowledge Translation Pillar

The Perley Health Centre of Excellence in Frailty-Informed Care™ bridges the critical gap between research and practice, accelerating advancements in senior care. Our knowledge translation strategy fuels our mission to optimize quality of life for seniors with frailty in long-term care settings. We achieve this through innovative, evidence-based care, education, and research.

Empowering Innovation at the Bedside

By following established protocols, we create and share research, develop practical tools, tailor them to specific care environments, and address any barriers to implementation. This streamlined approach significantly reduces the time it takes for research to translate into bedside innovations, directly benefiting Seniors and Veterans.

A Collaborative Force for Change

Informed by extensive research conducted at one of Ontario's largest care communities and incorporating sector-wide needs assessments, our strategy leverages strong and ever-growing partnerships. We collaborate with staff, residents, families, academic institutions, government agencies, and donors. This collaborative spirit fosters applied research and facilitates the knowledge exchange that fuels continuous improvement.

Elevating Expertise, Expanding Reach

To amplify our impact and disseminate our work, the Centre of Excellence actively participates in conferences and expert gatherings. By presenting cutting-edge research findings, evidence-based practice tools, and engaging with sectoral leaders, we solidify our position as a trusted source of knowledge and a leader in both research and care.

Innovation: A Two-Way Street

At Perley Health, innovation is a continuous cycle. Improvements in bedside care inform our research agendas, while research findings drive further advancements in care delivery. By applying implementation science, we ensure that these advancements are readily adopted by healthcare professionals and caregivers across Canada and around the world.

Join Us in Transforming Senior Care

Our vision is to become the leading provider, educator, and innovator in frailty-informed care for seniors in Canada. Your support is instrumental in achieving this vision. 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.

Our Pillars



Care



Knowledge Translation



Research

2024 Highlights



Webinars

8

Registrants

611



Students

24

6

Undergraduate

4

Masters

6

PhD

6

Post-doctorate

2

Medical School



Papers Published
in Peer-Reviewed Journals

9



Active Research Projects

27



Long-term care
homes attended
Skills Day

14+

“When this opportunity (Skills Day) came up at Perley Health, I jumped on it because it was a good opportunity for our registered staff to enhance skills in palliative care.”

Lindsay Passfield-Leu
Associate Administrator, Director of
Quality and Resident Experience
Osgoode Care Centre



Antimicrobial Resistance



Public Health
Agency of Canada

Agence de la santé
publique du Canada

When the Public Health Agency of Canada (PHAC) needed help to encourage the responsible use of antibiotics and better manage urinary tract infections (UTIs), it turned to the Centre of Excellence.

“Perley Health’s expertise in long-term care (LTC), and in communicating with residents, families and staff made them an ideal partner,” says Shaghig Reynolds, a manager with PHAC’s Antimicrobial Resistance Task Force.

Antimicrobial resistance is an increasingly serious public-health issue, particularly among LTC residents. This resistance can make it difficult to effectively treat otherwise benign infections and studies indicate that the unnecessary use of antimicrobials (especially antibiotics) is a major contributor. Studies also show that antibiotics are often prescribed for suspected UTIs, even though other treatment options may prove more effective. PHAC’s multi-phase project aims to decrease the unnecessary use of antimicrobials in suspected UTIs among LTC residents.

During phase one of the project, PHAC partnered with the Centre of Excellence to develop and refine educational materials (handouts, posters, video) for LTC staff and essential care providers—typically the family members and friends of people living with frailty. To further support essential care providers, a training module was created focusing on prevention and on supporting effective decision-making. During phase two of the project, currently underway, PHAC is sharing the revised materials with eight other LTC homes across Canada and monitoring the results.

Participating in the PHAC initiative is part of Perley Health’s broader effort to improve frailty-informed care by integrating practical research, clinical innovation and education.

“Through the partnership with PHAC, we contribute to better health outcomes for residents and better care for all seniors and Veterans,” says Tania Paolini, Perley Health’s Manager of Infection Prevention and Control.

A recent study showed 7 out of 10 antibiotic prescriptions for UTIs were not needed.¹

Bacteria in urine is common among long-term care residents. While it may sound alarming, treatment is rarely beneficial and can cause nausea, diarrhea, vaginitis, and allergic reactions.

Monitor the resident’s health for changes in:



Fluid intake

Well-being (physical, social, and emotional)



Daily routine

Bowel movement regularity



Medications

1. Penney, C. C., Boyd, S. E., Mansfield, A., Dalton, J., O’Keefe, J., & Daley, P. K. (2018). Antimicrobial use and suitability in long-term care facilities: a retrospective cross-sectional study. *Official Journal of the Association of Medical Microbiology and Infectious Disease Canada*, 3(4), 209-216.

Evaluating New Technologies in LTC

The Centre of Excellence continually evaluates a variety of emerging technologies and related therapies that have the potential to improve the health and well-being of LTC residents.

“Strong partnerships—both internal and external—are essential to our success in this area of our research,” says Danielle Sinden, Director, Centre of Excellence and Research Operations. “Perley Health residents, families and staff—along with outside research and funding organizations—both appreciate and support this work.”

A current example is the evaluation of the Tovertafel, also known as the *Magic Table*, in collaboration with the Centre for Aging and Brain Health Innovation (CABHI). The technology features an overhead projector that beams images onto a table; the images move and change in response to touches on the table surface. *Magic Table* is designed to engage, entertain and develop the skills of people with various cognitive and physical abilities. Evaluation, conducted by the Centre of Excellence and the Telfer School of Management at the University of Ottawa, focuses on the health and well-being of residents living with dementia—an area identified during consultations with LTC residents, families and staff.

“Sometimes technology is the answer and sometimes it’s not,” says Sinden. The Centre of Excellence regularly consults with LTC residents, families and staff to develop its research agenda. “To develop potential solutions to a problem, you first need to have a deep understanding of the problem.”

This underlying logic is also evident in other Centre of Excellence research that evaluates emerging technologies. *PainChek*, for instance, aims to address the challenge of how to tell whether a resident who struggles to communicate—common among someone living with advanced dementia—is experiencing pain. It uses a combination of facial recognition and artificial intelligence technologies. The study involves Perley Health residents and staff, with the Telfer School of Management at the University of Ottawa as research partner.

Another Centre of Excellence research project also aims to improve the care of residents living with advanced dementia. Developed by Ottawa company Esprit-ai, it combines motion sensors, transmitters and software, and aims to safeguard residents who often get up in the middle of the night—common among those living with

advanced dementia. The Ontario Bioscience Innovation Organization helps fund the project.

Patrick Tan Esprit-ai CEO and his business partner were inspired to start the company out of concerns for their aging parents.

“We’re working with Perley to provide early detection of events that are potentially bad for residents and staff,” says Tan. “We plan to keep enhancing the technology and better adapt it to human needs.”

“I was very pleased to participate in this, because I think it leads to better care,” says Fred Abeysondera, whose wife Joan was diagnosed with early-stage Alzheimer’s disease more than a decade ago. Fred cared for Joan at home until last year, when she moved on to the unit Perley Health where Esprit-ai is being piloted.

The Centre of Excellence recently completed tests of a third technology known as Re:Garde. Developed in partnership with the University Health Network (UHN) and York University, the technology uses a specialized virtual-reality program to improve and maintain visual perception and attention. AGE-WELL, a Canadian network of researchers, tech companies, non-profit organizations, seniors and caregivers, helped to fund the study.

Coordinating the study is Namrata Bagaria, who trained and worked as a physician in her native India, and earned a Master’s degree in Public Health from Harvard University before discovering that her passion involves developing, validating and implementing effective technologies for seniors living with frailty.

“Perley Health is an exceptional place,” says Bagaria. “Here, they do much more than talk about technological innovation—they actually engage in it. I’ve lived and worked in four or five countries, and I’ve never seen a centre like this.” We’re developing a reputation for being a good partner, for being able to carry out these projects on-site,” says Danielle Sinden. “It’s exciting for us to develop a culture of innovation and research right here in a long-term care home.”

View a Perley Health feature video:
PerleyHealth.ca/centreofexcellence



Dr. Annie Robitaille and Danielle Sinden from the Perley Health Centre of Excellence in Frailty-Informed Care™ attended the CIMVHR Forum 2024. They shared groundbreaking research on “Strategies to Support Aging in Place: A Global Perspective on Models for Veterans’ Health and Well-being.” This work, under the banner “A Legacy of Care; A Future of Innovation,” is informing research and care for older Veterans.

Support the Centre of Excellence

There are many ways to support the Centre of Excellence in Frailty-Informed Care™ as Perley Health aspires to double the number of Seniors and Veterans served by 2035.

Your support can take various forms:

- 1. Participate:** Embrace the opportunity to be directly involved in transforming care for Seniors and Veterans. Participate in research studies, ensuring that the voices and experiences of members of the Perley Health community inform and guide our work. We encourage residents, tenants, families, caregivers, clients, staff and volunteers to engage to help ensure our community’s needs are represented.
Read about our projects:
PerleyHealth.ca/ongoing-research-projects
- 2. Learn:** Expand your knowledge and understanding on a variety of topics related to aging, frailty and long-term care, by attending our monthly webinars. Subscribe, participate, and learn alongside experts for leading-edge information about frailty-informed care.
Register here: PerleyHealth.ca/collaboration
- 3. Connect:** Keep informed on the latest developments, read about the impact of our ongoing research projects in our newsletter and our social media channels.
Access our newsletter and recent media coverage: PerleyHealth.ca/newsletter
- 4. Collaborate:** We welcome inquiries to partner with researchers, healthcare professionals, industry, organizations and local groups to strengthen our outreach and impact.
Contact us:
centreofexcellence@perleyhealth.ca
- 5. Donate:** Your donations to the Perley Health Foundation support innovative projects and help to transform care for Seniors and Veterans.
Donate here: PerleyHealthFoundation.ca

Webinar Series



The Perley Health Centre of Excellence in Frailty-Informed Care™ invites you to be part of our monthly Webinar Series, designed to build a community dedicated to advancing knowledge and best practices in the care of older adults and Veterans.

Hosted nine times a year, our growing community includes a diverse audience—ranging from older adults and caregivers to clinicians, staff, students, and researchers. We encourage you to register for upcoming webinars to expand your knowledge or apply to present and share your expertise related to older adults living with frailty.

Explore recent webinars, available to view for free online:

PerleyHealth.ca/webinar-series



2024 Webinars

November 26, 2024

- Raquel Souza Dias Betini, PhD
- Liudmila Husak, MPH
 - Understanding Health Care Trajectories of People Living with Dementia

October 31, 2024

- Laura Middleton, PhD
 - Promoting Living Well with Dementia through Participatory Research

September 24, 2024

- Zack van Allen, PhD, MBA
 - Understanding functional independence with data from large cohort studies

June 20, 2024

- Annie Robitaille, PhD.
- Mehwish Syed, uOttawa HSS Student
- Kathy Knight-Robinson, RECE
- Jose Alejandro Fernandez Cruz, RECE
 - Bridging Generations: Fostering Connection between Children and Older Adults in a Long-Term Care Home

May 22, 2024

- Marnin J. Heisel, PhD., C.Psych., Clinical Psychologist, Professor, Psychiatry, Epidemiology & Biostatistics, Schulich School of Medicine & Dentistry, Western University, Scientist, Lawson Health Research Institute
- Promoting Psychological Well-Being and Reducing Distress in Older Ontarians: Preliminary Findings from the Online Meaning-Centered Groups (OMG) Study

March 26, 2024

- Ali Chiarelli, MSc
 - (Dementia) D-Airing to travel across Canada: Out of care and into life

February 15, 2024

- Zayna Khayat, PhD., Health Futurist at Deloitte Canada
- Future of Aging

January 30, 2024

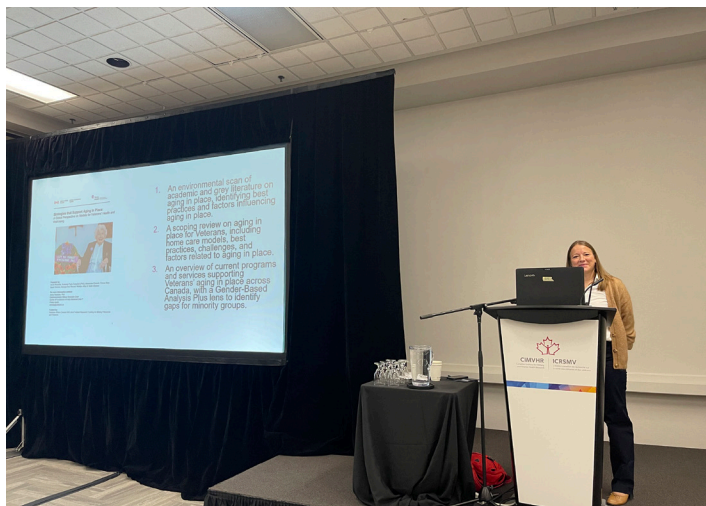
- Kimberly Carla Campbell, PhD.,
 - Citizen Scientists Unite: Collaborative Research with Persons Living with Dementia and Their Care Partners

If you have suggestions for future webinar topics or are interested in presenting your research in the future, please reach out to centreofexcellence@perleyhealth.ca

Outreach

CIMVHR Forum 2024

Winnipeg, Manitoba



The team from the Centre of Excellence helped prepare and facilitate a workshop titled: Advancing a Strategy to Collaboratively Support the Health and Wellbeing of Older Veterans.

This is Long Term Care, OLTC

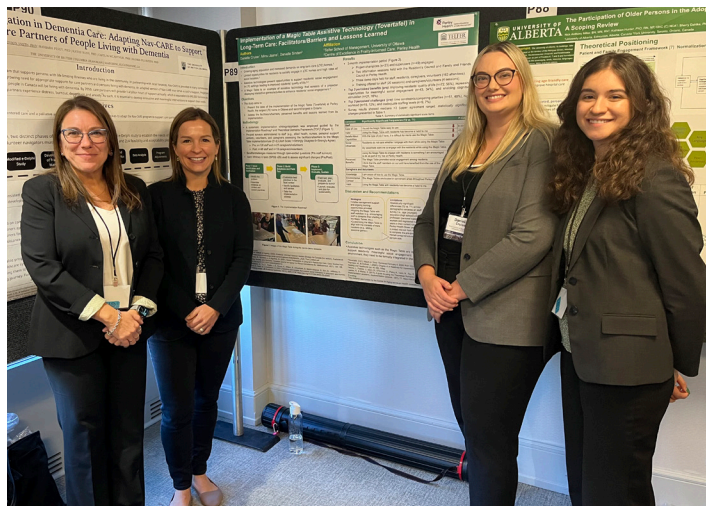
Toronto, Ontario



Daniela Acosta, Perley Health Manager of Education and Knowledge Translation, described Perley Health's falls prevention initiative and shared knowledge including guidance to prevent falls, skin and wound care management and comfort care rounding.

Canadian Association on Gerontology (CAG2024)

Edmonton, Alberta



The Centre of Excellence, in collaboration with the Telfer School of Management at the University of Ottawa, presented two posters highlighting research findings from the Magic Table Project, funded by CABHI.

2024 AGE-WELL Annual Conference

Edmonton, Alberta



The Centre of Excellence, in collaboration with the Telfer School of Management at the University of Ottawa, conducted an oral presentation on the PainChek, a project using AI to support pain assessment for residents with cognitive impairment in LTC. This project was funded by CABHI.

The Centre of Excellence in Frailty-Informed Care™ News

Trainee Profiles

The Centre of Excellence 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.”



Nathalie Todam Nguepnang

Nathalie Todam Nguepnang

An insatiable quest for knowledge continues to inspire Nathalie Todam Nguepnang to find new ways to help people. After a decade working as a physiotherapist in Cameroon, her native country, Nathalie began an odyssey of learning and teaching that took her to France, Egypt and Canada. Along the way, she earned Master’s degrees in neuroscience, neurobiology and rehabilitation sciences, and completed research projects in topics ranging from rehabilitation to emerging health technologies. As a University of Ottawa doctoral candidate, her current research focus is the diversity of technologies used to transfer LTC residents.

“Various lifts and devices are used to help transfer residents every day,” Nguepnang says. “Yet little research has been done into the dignity, safety and comfort of these technologies, and the views of residents are rarely sought or considered.”

Interviews with Perley Health staff and residents have been central to Nguepnang’s research. She hopes that her work will lead to clear definitions of safety, comfort and dignity—an essential precursor to evidence-based best practices in care.



Poonam Sehgal

Poonam Sehgal

Inspired to have a greater impact on the health and well-being of older adults living with frailty—particularly LTC residents—Poonam Sehgal decided to return to school. During her 10 years as a Nurse Practitioner, she grew tired of encountering the same situation—having to transfer an LTC resident with pneumonia to hospital.

“In hospital, many tend to get sicker,” she says. “And I know that some would never have required hospital care had the problem been detected and treated earlier. It broke my heart.”

Given her many accomplishments— bachelor’s and Master’s degrees in nursing, Family Nurse Practitioner and Six Sigma Green Belt certifications—Sehgal knew she could help develop an effective solution. She was accepted into a PhD program at the University of Victoria and hopes to contribute to an algorithm that supports clinical decision-making. The title of her research project: Reducing Hospital Transfers in Long-Term Care Homes through AI-Powered Early Detection of Pneumonia.

“My first nursing job was in a nursing home,” says Sehgal. “And while I’ve worked in a variety of settings, I’ve always returned to working with older adults. This research offers a new way for me to feed my passion.”

Please contact the Centre of Excellence, centrefexcellence@perleyhealth.ca, for more information on how to get involved.

Exceptional Support from Boeing

The Perley Health Foundation proudly recognizes Boeing for their exceptional commitment to enhancing healthcare for Seniors and Veterans, as they continue to make a profound impact at Perley Health and beyond. Boeing has generously donated more than \$120,000 to the Centre of Excellence in Frailty-Informed Care™ and Knowledge Translation Hub at Perley Health, supporting vital knowledge sharing and advancing care practices across Canada's LTC sector. Through this transformational gift, Boeing is making a significant difference in the lives of Canada's aging population, especially Veterans.

Recently, members of Boeing Canada's Veterans Engagement Team (BVET) visited Perley Health to witness firsthand the impact of their gift. During their visit, they met with residents and staff, and gained insights into the programs and services that benefit directly from their support. The visit included a meaningful interaction with Lieut. James Shipton (ret'd), a Veteran Air Force resident whose experiences

reflect the resilience and dedication of Canada's Armed Forces. Hearing Mr. Shipton's story left a lasting impression on the BVET team, strengthening their connection to the cause they are helping to champion through Boeing's partnership with Perley Health.

Boeing's commitment to Perley Health is part of a broader, organization-wide dedication to Veterans. Globally, Boeing contributed more than \$12.3 million in 2023 to support Veterans' recovery, rehabilitation and workforce-transition programs. The partnership with Perley Health demonstrates Boeing's focus on community support, a value that extends beyond financial contributions. Through Perley Health's Corporate Partnership Program, Boeing employees also participate in volunteer activities, fostering a deeper connection with the community they support. This hands-on engagement underscores Boeing's desire to make a tangible difference, not only by funding essential programs but also by giving their time and skills.

While Boeing's partnership with Perley Health is still relatively new, having begun in early 2023, its impact is already apparent—the Perley Health Knowledge Translation Hub is now equipped to broaden its knowledge translation efforts that benefit not only Perley Health's residents, but also those at LTC homes across Canada. Boeing's generous donation also enables the Perley Health Centre of Excellence to share best practices and advance frailty-informed care, supporting the goal of ensuring that Veterans and Seniors can live their best lives, regardless of age or health challenges.

The Perley Health Foundation is deeply grateful for Boeing's partnership and looks forward to continuing this journey of meaningful change together. With Boeing's commitment, Perley Health will sustain programs that provide invaluable support and uphold the dignity of Veterans and Seniors across the country.



Perley Health resident and Veteran Jim Shipton enjoys a chat with David Stevens CD, Senior Regional Security Advisor – Canada, at Boeing and Ken Cheesman, Regional Manager, Boeing Global Services – Government Services, Canada and Latin America. Boeing's generosity is empowering Perley Health to lead the way in sharing quality of care knowledge with other long-term care homes across the country.

Thank you, Boeing, for your generosity and commitment to helping set new standards in compassionate care for Seniors and Veterans.

Research Projects

The Centre of Excellence leads and facilitates innovative and practical research designed to have a real-world impact on the care and quality of life for older adults and Veterans across care settings. Below are a few of the latest projects underway. For more details about these and other projects and to get involved, please visit PerleyHealth.ca/centreofexcellence or email centreofexcellence@perleyhealth.ca.

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.

This project has received financial support from the Social Sciences and Humanities Research Council (SSHRC) and the Alzheimer’s Society of Canada.

Now recruiting! Please contact Muhammed Qureshi mqureshi@uottawa.ca or visit EntourageCanada.ca

Reconnecting care partners to persons living with dementia through primary care surveillance data

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; Dr. Neil Drummond, Professor, University of Alberta

This study builds upon an existing Dementia Dyad Surveillance infrastructure by Drs. Robitaille and Drummond. This study aims to link data from people living with dementia and their care partners to better understand their shared health outcomes. It seeks to identify and analyze 1,000 dyads using electronic medical records, while addressing the challenges faced by care partners, with a focus on improving their well-being and the quality of care provided. The project emphasizes collaboration with healthcare providers and aims to create predictive models for better management of dementia and its comorbidities.

This project has received financial support from the Canadian Institute of Health Research (CIHR).

Engaging long-term care residents, their families, and staff in the research life-cycle .

With the Canadian Institutes of Health Research (CIHR) grant support, the Centre of Excellence in Frailty-Informed Care™ is developing a citizen engagement framework to enhance resident and family involvement in long-term care (LTC) research. The Centre of Excellence surveyed 33 experts nationwide and hosted an in-person “Partnering for Progress” event in May, bringing together 37 residents, family members, researchers, and staff to discuss implementing meaningful citizen engagement in LTC research.

Employing co-design principles, the Centre of Excellence team met with the “Partnering for Progress” Advisory committee twice since the May 29th event to explore most useful ways for researchers and LTC staff to meaningfully engage residents and families throughout the research process. Following their suggestions, the Centre of Excellence team is currently synthesizing ideas and developing an implementation guide to facilitate meaningful engagement of LTC residents, families, and care partners in research. This guide will serve as a valuable resource for research teams and LTC administrators seeking to incorporate diverse perspectives in decisions about LTC research outcomes. By integrating learning from this project, the Centre of Excellence aims to improve future research initiatives and share recommendations across the LTC sector, fostering a more inclusive and effective approach to LTC research in Canada.

We Want Your Feedback!

Take Our Quick Survey for a Chance to Win one of Four \$25 Gift Cards to Tim Hortons!

Thank you for reading our newsletter! We value your input and would love to hear from you. Please take a moment to complete a short survey to help us improve future editions and better serve our community.

Your responses will be anonymous, but if you'd like to enter a draw for a chance to win one of the \$25 gift cards, please share your contact information at the end of the survey.



[SurveyMonkey.com/r/PerleyHealthDecember2024Newsletter](https://www.surveymonkey.com/r/PerleyHealthDecember2024Newsletter)

Deadline to be entered to win, January 31, 2025.

No Internet? Need a Different Format?

If you don't have access to the internet or would prefer the survey in a different format, please feel free to contact us by email or phone. We're happy to assist!

centreofexcellence@perleyhealth.ca | 613.526.7170 x 2425

We appreciate your time and feedback!

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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