



## **UPDATE #6 – June 2003**

### **Welcome**

Welcome to our 6<sup>th</sup> Update.

### **New External Funding**

#### ***End of Life Care for Seniors – New Emerging Team Grant***

Dr. Pierre Allard, Director of the University of Ottawa Institute of Palliative Care, and a multidisciplinary team of five researchers have been awarded a New Emerging Team (NET) grant from the Canadian Institutes of Health Research (CIHR). This grant will provide infrastructure funding in the amount of \$1,267,000 over a five-year period. The grant application was ranked first among six teams competing nationally for a NET grant.

The overall theme of the research is End-of-Life Care for Seniors (ELCS). Sub-themes include research on rural health, volunteers, patients' sense of burden, delirium, and transitions through palliative care health services. The ELCS-NET investigators, led by Dr. Allard, represent the fields of epidemiology, medicine, psychology, nursing, and social work, and include Dr. Keith Wilson, Dr. Manal Guirguis-Younger, Dr. Frances Legault, Dr. Mary Lou Kelley, and Dr. Kevin Brazil. Two recent PhD graduates in nursing, Dr. Christine McPherson and Dr. Susan Brajtman, have also joined the team. The team will be assisted by collaborators in the fields of gerontology and geriatrics, nursing, social work, and psycho-oncology. Investigators and collaborators will also mentor new researchers and trainees.

This grant provides a unique opportunity for the team to collaborate in producing cutting-edge research to improve end-of-life care for seniors and to provide professional training and growth in this emerging field.

Dr. Pierre Allard is also pleased to announce that Elizabeth Hay has been hired as the Project Manager for this exciting new initiative.

### **Career Scientist and Research Education Training Fellow Program**

In June 2003, the Institute officially launched its Career Scientist and Research Education Training Fellow Program. The Program's aim is to provide research, training, and career development opportunities for promising candidates. The length of the Program is generally negotiable to a maximum of two years.

The Program is designed to encourage health care providers to pursue a clinical health service and/or a population health research career.

The Program is meant to provide "bridging/transitional" funding up until a time when candidates are successful in obtaining personal funding from external research agencies. Institute funding will depend on the candidate's qualifications and experience and will range from the equivalent of protected time to a full stipend, depending on each individual's tailored program. Benefits are also determined on a case-by-case basis and are dependent on the availability of funds.

### **June is Seniors Month**

The following activities were held at the Institute during the month of June – Seniors Month.

### **C.T. Lamont Centre for Studies in Primary Care of the Elderly**

The C.T. Lamont Centre for Studies in Primary Care of the Elderly presented "*Hypertension in the Elderly: Applying the Clinical Trials in Family Practice*" by Dr. Robert E. Lam, Consultant, Seniors Wellness Clinic, Toronto Western Hospital and Assistant Professor of Family Medicine, University of Toronto. The session was teleconferenced to Kapuskasing Hospital and the Royal Ottawa Hospital.

### **Make the Connection Day-The Next Step**

Following a recommendation from the first "Make the Connection Day" in September 2002, the Institute held a second annual Eastern Ontario Long-Term Care Knowledge Network Make the Connection Research Day on Thursday, June 12, 2003. More than 30 people attended the day-long workshop. The objectives of the day included:

- Increase awareness about ways of finding best practice information for day-to-day decisions about patients/residents and/or programs.
- Learn about ways of deciding on the quality of systematic reviews (e.g., a review of information related to falls prevention).
- Create a knowledge network to support leadership, innovation, and access to best practice information.

In addition, the attendees looked at how organizations in Eastern Ontario can be part of a province-wide "Ontario Long Term Care and Community Care Knowledge Network".

### **Ottawa Applied Health and Social Research Network Symposium**

At its meeting on May 1, 2003, the Ottawa Applied Health and Social Research Network agreed that a Sub-Committee would meet over the summer to plan the first ever

“Symposium” for the month of November 2003. The Symposium will include a poster session and presentations and will provide a venue for:

- Presentation and celebration of work being done.
- Identification of common research themes across the Network.
- Networking and learning about other members’ research activities
- Promoting the work of the Network and its members.

### **The Community Hypertension Assessment Trial (CHAT)**

CHAT Volunteer Coordinators, working out of the Kidney Foundation of Ontario offices in Ottawa and Hamilton, developed and distributed informational material and advertisements to a number of community organizations and media outlets to aid in the recruitment of volunteers for the program. Claire Zanetti and Bea McDonough, public health nurses working on CHAT, have completed five series of training sessions with 42 volunteer peer health educators. To date, four pharmacies in Ottawa and four pharmacies in Hamilton have scheduled blood pressure measurement sessions. Early results from the operation of these sessions suggest that close to 50 percent of patients invited to attend the sessions will do so, at least once. Participant and volunteer reactions to the sessions have been overwhelmingly positive.

### **The “Care for the Caregiver” Workshop Report**

Dr. Chambers presented the results of the Care for the Caregiver Workshop report, entitled “Research on Alzheimer’s Caregiving in Canada: Current Status & Future Directions” to the Advisory Board of the Institute of Aging of the Canadian Institutes of Health Research on May 7, 2003. Our plan is to submit the report to the *Canadian Journal on Aging* for publication.

### **Institute Research Rehabilitation Group**

Members of the Institute Research Rehabilitation Group (Dr. Larry Chambers, Dr. Frank Knoefel, Dr. Mary Egan, Dr. Hillel Finestone, Dorothy Kessler, Kathleen Holdway, Dr. Carol Leonard, Dr. Andrea Moser, and Dr. Peter Tugwell) continue to meet on a monthly basis. The Group has discussions on an array of research topics including validity of instruments, effectiveness of interventions, logistical issues in conducting clinical research and research topic ideas.

### **International Work - Brazil**

Janet Hatcher-Roberts, Executive Director, and Lori Jones, Project Manager, from the Canadian Society for International Health have been instrumental in moving the Brazil partnership project forward. We recently met with Karen Austin and Ysabel Blanco, Project Officers, and Judith Sullivan, Senior Health Specialist, from the Canadian International Development Agency (CIDA) to discuss funding opportunities. The next step is to develop a proposal with our partners in Brazil.

### **Canadian Public Health Association Annual Conference**

Dr. Chambers delivered a presentation entitled, “Family Physicians, Public Health Units and Volunteer Associations Deploying Peer Health Educators to Promote Cardiovascular

Health” at the Annual Conference of the Canadian Public Health Association in Calgary in May 2003. He also attended the think tank on the “Future of Public Health in Canada” and a meeting that was convened by the Canadian Institutes of Health Research. Dr. Chambers proposed a resolution for the Association entitled, “Falls Among Seniors as a Priority Public Health Issue” at its Annual General Meeting. The resolution was unanimously approved. This resolution was prepared by Donna Lockett, Lisa Ashley and others who attended the Invitational workshop on “Population Health Initiatives on Falls: Tackling the Built Environment and Making the Connections” held at the Institute on the Health of the Elderly in March 2003.

### **Website Development**

The Institute is working with the new SCO Health Service Web Master, Kateri Bélanger, and the SCO Steering Committee to develop and add material and information to the SCO Health Service website as soon as possible. A separate website for the Institute will be considered at a later date.

### **Successful Aging in Ottawa**

“Successful Aging Ottawa” is a community-based initiative supported by several groups, including the following: Council on Aging, United Way, Regional Geriatric Assessment Program, SCO Health Service, and City of Ottawa. The goal is to develop a framework for successful aging that promotes and supports independence, participation and quality of life for seniors. The framework will capture the range of needs and capacities of seniors from prevention to treatment in the community and in care settings. The Institute provides in kind contributions and on May 5, 2003, participated in a full-day planning session. Dr. Chambers is also a member of the planning process sub-group.

### **CanDRIVE**

The CanDRIVE team continues to establish links with various groups across Ontario and Canada.

In May, CanDRIVE met with the Traffic Injury Research Foundation (TIRF). The TIRF is an independent road safety organization devoted to reducing traffic-related deaths and injuries. TIRF conducts research on causes of road crashes and develops and promotes prevention policies and programs. CanDRIVE also delivered a presentation to the Ontario Seniors Secretariat Liaison Committee (OSSLC) and gave an update to the Advisory Board of the Institute of Aging of the Canadian Institutes of Health Research. Dr. Shawn Marshall, one of CanDRIVE’s principal investigators, presented “Assessing Medical Fitness to Drive, Restricted Licensing” at the Guest Lecture Series for Health Care Professionals in Winnipeg. Drs. Hing and Molnar recently presented a review of driving research and of the goals of the CanDRIVE at the national annual meeting of the Canadian Geriatrics Society.

CanDRIVE is also pleased to announce that the Board of Directors of the University of Ottawa Institute on Health of the Elderly associated with the SCO Health Service has agreed to take on the role of Advisory Committee to the CanDRIVE Program. The CanDRIVE Program will be a regular standing item on the Board’s agenda at its bi-

monthly meetings. The CanDRIVE Team is grateful for the Board's continued interest and support and looks forward to the Board's guidance, leadership and participation in the Program.

### **Dementia Care Network of Ottawa**

Dr. Chambers recently became Chair of the Research Promotion and Facilitation Committee of the Dementia Network of Ottawa. The other members of the committee are Karen Mosher and Carole Guzman.

### **ABC Meetings in Hamilton**

Dr. Larry Chambers, Dr. Lyla Graham and Dr. Barb Farrell attended workshops of the "Actively Building Capacity in Long-Term Care (ABC)" project that is coordinated by the Department of Family Medicine, McMaster University, and Shalom Village in Hamilton. This project will produce a report on recruitment and retention of health care providers and suggest new models of health care delivery and basic education curricula for pharmacists, family physicians and other practitioners.

### **TIPPS Advisory Committee**

Dr. Chambers and Dr. Barbara Farrell are members of the Advisory Committee to the Team for Individualized Pharmacotherapy in Primary Care for Seniors (TIPPS). This is a new emerging team funded by CIHR and is based at the Centre for Evaluation of Medicines, Father Sean O'Sullivan Research Centre, St. Joseph's Healthcare, Hamilton. Dr. Lisa Dolovich is the team leader.

### **Learning Capacity in Long-Term Facilities in Ontario**

The aim of this project is to survey the 550 long-term care facilities in Ontario and ask them whether they have put into practice the Registered Nurses Association of Ontario's "Nursing Best Practice Guidelines". Dr. Chambers is a member of the Advisory Committee for this project, which is funded by the Canadian Institutes of Health Research. The co-principal investigators are Whitney Berta and Gary Teare, Department of Health Policy, Management and Evaluation, University of Toronto.

### **Board of Directors**

The Institute welcomes new Board of Director members, Karen Mosher and Frank Knoefel. Karen Mosher replaces Louis O'Brien, representing the SCO Health Service Board of Trustees. Frank Knoefel replaces Pierre Soucie. Dr. Knoefel will become the Chief of Medical Staff of the SCO Health Service on July 1, 2003.

### **Community Care Access Centre (CCAC)**

Dr. Chambers met with the Extencicare Committee of the Ottawa Community Care Access Centre to introduce them to the Institute and discuss CCAC's involvement in the "Making the Connection: The Next Step" workshop.

### **Annual Report**

The second Institute Annual Report is being compiled and will be ready in September 2003. Audited financial statements will also be included in the report.

### **TAFETA**

Three new partners joined the Project:

- Community representative, Mr. Bill Wade, a member of the Board of Directors of the Council on Aging of Ottawa (COA) and the Chairperson of the COA Housing Working Group.
- Dr. Victor Emerson, President of Acuity Research Group and a psychologist, bringing skills in evaluation and measurement.
- Mr. Jim Yuan, Director of Technology and Advanced Applications at the Ottawa Centre for Research and Innovation, bringing expertise in connectedness through technology.

TAFETA's first project to study remote monitoring in the home has begun, led by Dr. Frank Knoefel, SCO Health Service, in partnership with March Networks, the Sisters of the Résidence Sacré-Coeur of the Sisters of Charity of Ottawa and Acuity Research. Eighteen frail elderly Sisters are participating, nine with remote monitoring of blood pressure, using technology provided by March Networks, and a control group of nine Sisters with regular monitoring of blood pressure.

A memorandum of understanding has been established with the Rehabilitation Services and Villa Marguerite for the potential shared use of the Activities of Daily Living Apartment for some of TAFETA's research.

During renovations to update the apartment design and amenities, the apartment can be wired to provide infrastructure available for the testing of the sensors that are envisioned for the project. Potential funding sources for this renovation are being explored.

On April 29, 2003 Barbara Schulman and Debbie McGregor presented TAFETA at "The Smart City Summit 2003: Ottawa's Business and Technology Show".

On June 16, 2003 Barbara Schulman and Debbie McGregor presented TAFETA to a group of 95 health care professionals assembled by Central Park Lodges.

The project website is up and running at: [www.tafeta.ca](http://www.tafeta.ca)

### **Health Surveillance Skills Enhancement**

Dr. Chambers is a member of the newly-formed Evaluation Advisory Committee to Health Canada's Health Surveillance Skills Enhancement Project, an E-Learning program for public health practitioners.

### **Reorganization of Research at SCO Health Service**

The reorganization process continues to move along. We recently met with David Mitchell, Vice Rector, University Relations to discuss “Corporate Branding”. The proposed reorganization will be sent to the University Executive Committee on July 2, 2003 for final approval.

### **Canadian Association of Gerontology**

The Institute plans to begin regular contributions to the Canadian Association of Gerontology (CAG) Newsletter. The CAG Newsletter is published quarterly and provides local, national and international news in the field of gerontology. Features include: members in the news, news from gerontology Institutes, new publications, and websites of interest. The deadlines for submission are: January 15, April 15, July 15’ and October 15. If you would like to submit something for the September issue of the CAG Newsletter, the deadline is July 15. Please send your information to Joanne Yelle-Weatherall, and she will coordinate submissions.

### **Special Events**

#### ***Physical Activity Workshop***

On May 7, 2003 the Institute and the Community Health Research Unit of the University of Ottawa hosted an Invitational Workshop entitled “Physical Activity and the Prevention of Disease in the Elderly”. The goal of the Workshop was to develop approaches to promote the physical activity of older adults in the community and in long-term care facilities. The objectives included:

- To inform one another about existing and planned physical activity research in Ottawa.
- To identify challenges in physical activity research and approaches to overcome these.
- To foster synergy among physical activity researchers.
- To identify gaps and areas for future research, including collaborative efforts.

More than 60 people attended the day and evaluations were excellent. Plans are underway for the next steps. A special thank you to: Kelly Arcangeletti, Nancy Edwards, Alwyn Moyer, Kathleen Holdway, Lisa Ashley, Ron Sigal, Lynn Hawkins, Jean Harvey, Roanne Segal, Robert Reid, Michelle Fortier, Sue Cragg, William Hogg, Pierre Soucie, and Denis Prud’homme.

#### ***National Rehabilitation Nursing Conference***

The National Rehabilitation Nursing Conference was held in Ottawa on May 15-16, 2003. Papers from the SCO Health Service and the Institute included:

- *Perceptions, Attitudes and Subjective Norms Influencing the Decisions of Physically Frail Seniors to Exercise or Not to Exercise: An Application of the Theory of Planned Behavior* by Kathleen Holdway.

- *The Patient Restraints Minimization Act of Ontario: Impact on Clinical Outcomes in Geriatric Rehabilitation Patients (Part 1)* by Kathleen Holdway and Carmel Scrim.
- *The Patient Restraints Minimization Act of Ontario: Patients Perceptions and Bedrail Use in Geriatric Rehabilitation* by Jane Sohmer and Bonnie Swietochowski.

### **New Personnel/Staff on the Move**

We are pleased to present Dr. Carmel Martin. Dr. Martin is a new scientist with the Institute. She is also an Associate Professor in the Department of Family Medicine at the University of Ottawa and a Clinician Scientist with the Institute of Population Health. Before her arrival in Ottawa, Dr. Martin was a General Practitioner, Aboriginal Service, Canberra, Australia and Director Health Services, Department & Public Health and Ethics Department, Australian Medical Association.

Chantal Belley is our new Project Officer. Chantal has a Bachelor of Science in Mathematics from Sherbrooke University and is currently completing her Masters of Science (Biostatistics) at Carleton University. Chantal will work at the Institute three days a week, primarily with Dr. Alexandra Hendriks, Research Coordinator.

### **Summer Students**

Akhilesh Patel was hired last year as the Institute's first-ever summer student. Akhilesh has just completed the second year of his Biology degree (B.Sc. Honours) at the University of Ottawa. Akhilesh is working on the CanDRIVE Program this summer.

Nadine Kaefer has just completed her second year of biochemistry at the University of Ottawa. Nadine is working on the CanDRIVE Program this summer.

Catherine Lamothe is studying physiotherapy at the University of Ottawa. Catherine is working on the CanDrive Program this summer.

Kristina Murray has just graduated from high school and plans to attend the University of Nipissing in September, 2003. Kristina will be working with Dr. Alexandra Hendriks and Heather Hall on the Community Hypertension Assessment Trial (CHAT).

Jennifer Becker and Silvana Bolano, first-year medical students from the University of Ottawa, will be carrying out CHAT-related research with Dr. Larry W. Chambers and Dr. Alexandra Hendriks this summer.

### **Recommended Reading**

*Oxford Handbook in Public Health*. Toronto: Oxford University Press, 2001. This book contains an excellent array of "How To's" for health service managers/decision-makers. It is available through the Canadian Public Health Association Resource Centre.

**On a Final Note**

On a final note, we hope you enjoyed this Update. We wish you a great summer! As always, we welcome your feedback. If you would like to use the “Update” to tell us about some of your activities, please send your information to Linda Plante at [lplante@scohs.on.ca](mailto:lplante@scohs.on.ca) or call (613) 562-6045.

Thanks.

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