

Northwood's 9th Annual Research Symposium

Research in Aging, Continuing Care and Beyond

Friday, June 14, 2019

*Best Western Plus Dartmouth Hotel & Suites,
15 Spectacle Lake Dr.
Burnside, Nova Scotia, B3B 1X7
902-463-2000*



Northwood
LIVE MORE



*Education
makes a
Difference*

Alzheimer's Disease and Other Dementias Care Course





In our pursuit of excellence, and in challenging the status quo, we seek to establish and enhance our understanding of facts, principles and knowledge, for the betterment of our clients and the betterment of society.

Research

Since its inception in 1962, Northwood has led the way as a powerful advocate for seniors and people at risk, committed to helping people live more. For Northwood, it is not just the care we provide, it's also about the conversation we have while we're providing care. What does that mean for our clients?

Northwood is a place of "firsts." When life changes, and society changes, Northwood leads the way, with our commitment to quality and our promise of service. From new ideas to new technologies, we are empowered to do this, because our focus is on people.

One of our values challenges us to "*always do better*," to achieve excellence in all our programs and services through learning and applying evidence based knowledge. This way we gain a better understanding of the services we provide by translating knowledge into information we can use at the bedside.

As a leading organization, we investigate, integrate and contribute to the ever-expanding knowledge base of continuing care in Canada. In our pursuit of excellence, and in challenging the status quo, we seek to establish and enhance our understanding of facts, principles and knowledge for the betterment of our clients and the betterment of society.

That commitment to research and working with the academic community has fostered a learning environment at Northwood that benefits all who pass through our doors. It's a commitment that also extends out into the community. Each year, Northwood hosts a Research Symposium that brings together leading researchers, academics and people working within Continuing Care to look at and discuss critical issues facing our society.

This is our 9th Research Symposium. Our topic, "*Research in Aging, Continuing Care and Beyond*," explores some of the exciting new initiatives and ground-breaking research projects that are expanding our knowledge of elder care. We hope you enjoy your day with us and gain a new appreciation of the work being done to help seniors live life to the fullest.

8:00 - 8:55 **Registration & Exhibits**

8:55 - 9:00 **Welcome & Introductions**

9:00 - 9:45 Opening address:

Council of Canadian Academies Expert Panel Reports on MAiD: Advance Requests, Mental Disorders and Mature Minors

This presentation will include an overview on the history of MAiD in Canada and current legislation. As a member of the CCA expert panel, Dr. Andrew will discuss the rationale and process leading to the panel reports and provide a summary of the main findings with regard to the three topic areas (Advance Requests, Mental Disorders and Mature Minors).

Dr. Melissa K. Andrew

Associate Professor of Medicine
Dalhousie University
Consultant in Geriatric Medicine
QEII Health Sciences Centre

9:45 - 10:30 **Exploring the experience of geriatric patients and their carers through portraiture**

Portraiture as an art form and qualitative methodology embraces association rather than separation. It is through the interaction between artist and sitter that access is sought and given, connections made, trust built, intimacy negotiated, stories exchanged, and knowledge constructed. Moreover it has the potential to engender intimate social connections that can empower the sitters, viewers, and artists alike.

Artistic images of dementia have the potential to communicate a greater understanding about dementia and the people who live with it. Previous research has demonstrated that the creation of images humanizes, gives voice and empowers the people and communities pictured.

This presentation describes how the visual arts have in the past and continue to inform, communicate and nourish the experience of people living with dementia.

As a researcher and artist Dr. Gilbert will reflect upon the challenges, rewards and learning experienced working on arts-based research projects in hospitals and curating an exhibition of end of life drawings carried out by his father of his late mother who had been diagnosed with Alzheimers Disease. He will also present his current research collaboration with geriatrician, Dr. Kenneth Rockwood. This year-long qualitative research study uses portraiture to investigate the relationships and interactions of older patients and their partners in care attending the Memory Clinical at Veterans Memorial Hospital, Halifax.

Dr. Mark Gilbert

Research Associate, Medical
Humanities
Dalhousie University

10:30-11:00 **Nutrition Break and Exhibits**

11:00-11:35 **How can we support diverse older women who experience intimate partner violence?**

The experiences of intimate partner violence (IPV) among women in midlife and older is both a significant and understudied phenomenon. Current intimate partner violence supports are based largely on research concentrated on women of childbearing age, and thus, they may not address the particular needs of women in midlife and older. There is a particular lack of emphasis on how older women's needs are met who are visible minorities, official language minorities, and those who live in rural places. Dr. Weeks we will share research results from prior and current research focused on the needs of these women. In particular, Dr. Weeks will share results from a systematic search of innovative programs to support the needs of diverse women and highlight gaps in service delivery. Results from interviews conducted in the Maritime Provinces with older women who experienced intimate partner violence, and those that support them, will be shared. Dr. Weeks will illuminate the unique needs of older women, such as those who are Francophone language minorities or visible minorities, and provide insights into how practitioners can adapt programs and services to better meet the needs of these older women.

Dr. Lori Weeks

Associate Professor, School of Nursing
Dalhousie University

11:35-12:10 **Redesigning the Hospital Gown: A Multi-site Qualitative Needs Assessment**

The standard patient gown has remained relatively unchanged since the 1920s. The universal adoption of the draughty and backless hospital gown has been met with a similarly universal dissatisfaction of the garment by patients. The traditional gown was designed to provide unencumbered access during medical exams, minimize infection risks, and to aid in patient identification. Although the traditional gown is relatively cost-effective and clinician-centered, it has been shown to negatively impact patient wellbeing, safety, and healthcare satisfaction. Previous redesign attempts fell short due to unforeseen barriers to implementation. Without effectively balancing the values and requirements of all the stakeholders involved, these redesigns have not been able to reach the market in mass.

A qualitative needs assessment is being performed as a part of a multi-phase, multi-site gown redesign project. The needs assessment is being conducted to shape the redesign of the hospital gown by identifying and systematically gathering insights from patients, clinicians, designers, launderers, experts in infection control and patient safety, hospital administrators, and others involved in the purchase and lifecycle of gowns. Thematic analysis is uncovering experiences and needs

Dr. Peter Stilwell

BKin, DC, MSc, PhD(c)
Dalhousie University, Faculty of Health

associated with the standard gown and design requirements for the ideal gown. Preliminary themes from this qualitative study will be presented, along with details on how the findings are informing a gown evaluation framework and the development of prototype gowns that are ideal in the eyes of diverse gown users, yet realistic in the context of the healthcare system.

12:10-1:00 **Lunch and Exhibits**

1:00-2:15 **Seniors Adding Life to Years Project - Emerging evidence to support quality of life in long term care**

The Seniors – Adding Life to Years (SALTY) project is a pan-Canadian program of research examining clinical, social, critical and policy perspectives in long term care. Throughout the project's life, activities have been organized around four themes: mapping care relationships, evaluating innovative practice, monitoring care practice and examining policy context. Decision makers, older adults, family, volunteers and staff have been actively engaged throughout the work ensuring the voices of those most impacted by findings and those positioned to affect change are present. This panel presentation will feature four of the project's investigators (see speaker biographies) who will share findings that begin to tell the project's story about the clinical, social and policy approaches that can support an enhanced quality of life in long term care. Janice Keefe will give an overview of the project and will present findings from the examination of long term care policy across provinces in terms of quality of life (dignity, safety & security, autonomy) from a resident perspective. Katie Aubrecht will share results from a 'case' of promising social approaches in late life residential care which highlights the conditions and complexities shaping care relationships within the Nova Scotia context. Denise Cloutier (via technology) will share findings from the evaluation of a palliative approach to care being implemented in long term care on Vancouver Island and discuss the relevancy of these findings for other jurisdictions. Matthias Hoben (via technology) will discuss his team's work to develop an evidence-informed measure that will effectively monitor quality of care near end of life.

Dr. Janice Keefe

Professor & Chair, Department of Family Studies & Gerontology
Director, Nova Scotia Centre on Aging
Lena Isabel Jodrey Chair in Gerontology
Mount Saint Vincent University

Dr. Matthias Hoben

Assistant Professor, Faculty of Nursing
University of Alberta

Dr. Katie Aubrecht

Chair Tier II Health Equity & Social Justice
Assistant Professor, Department of Sociology
St. Francis Xavier University.

Dr. Denise Cloutier

Professor, Department of Geography
Research Affiliate, Institute on Aging & Lifelong Health
University of Victoria

2:15-3:00 **Pharmacist-led intervention to improve medication use in older adults living with frailty: the Drug Burden Index**

Polypharmacy and potentially inappropriate medication use is common in older adults and is associated with adverse outcomes such as falls, hospitalization, reduced quality of

Marci Dearing, PharmD

Postdoctoral Fellow, Geriatric Medicine Research
QEII Health Sciences Centre

life and mortality. Older adults living with frailty may be more susceptible to these adverse effects. Hospitalization provides a unique opportunity to optimize medication use and discontinue harmful medications (deprescribe).

The Drug Burden Index (DBI) Calculator© is an innovative web-based medication review tool which can be used to identify older adults at high risk of medication associated harm. Increasing DBI score has been linked with negative health outcomes, such as impaired physical and cognitive function. We are conducting a pharmacist-led study across multiple sites and hospital settings in Nova Scotia. In this innovation, hospital pharmacists will use the tool to enhance their normal clinical activities. It will help them identify which medications (and combinations of medications) may be harmful to older people.

3:00-3:45

Closing Address

Why Sex and Gender matter in Health Care

The session will offer an overview of the concepts of sex and gender as they related to health and why conceptual clarity of these concepts matter in how we understand health and provide health and social care. This session will also include examples from recent health research findings with lesbian, gay, bisexual and transgender (LGBT) populations with an emphasis on sex and gender in the provision of culturally competent and safe patient care.

Dr. Jacqueline Gahagan

Professor of Health Promotion,
Faculty of Health
Dalhousie University
Research Associate, Jean
Monnet European Union Centre
of Excellence, the Health Law
Institute, the Beatrice Hunter
Cancer Research Institute
Affiliate Scientist, Nova Scotia
Health Authority
Founding Fellow, MacEachen
Institute for Public Policy and
Governance

Krystle van Hoof, MA

Assistant Director, Institute of
Gender and Health, Canadian
Institutes of Health Research

3:45-4:00

Concluding Remarks

Dr. Melissa K. Andrew is Associate Professor of Medicine and a consultant in Geriatric Medicine at the QEII Health Sciences Centre in Halifax. She did a Masters of Public Health at the London School of Hygiene and Tropical Medicine and completed her PhD in Interdisciplinary Studies at Dalhousie University on the subject of frailty and social vulnerability among older adults. She is Principal Investigator of a team studying frailty and multi-morbidity in relation to dementia as part of the Canadian Consortium on Neurodegeneration in Aging. She is engaged in numerous research collaborations, including studies of models of care for frail older adults in Long Term Care in relation to resident Quality of Life and quality of primary care, and how frailty impacts vaccine effectiveness, burden of disease and clinical outcomes of infectious diseases in older adults. In 2017-2018, she served on the Council of Canadian Academies expert panel on Medical Assistance in Dying.

Dr. Mark Gilbert is Research Associate with the Medical Humanities program at Dalhousie University, Nova Scotia, Canada, where he explores the relationship between the arts, humanities and medicine and their application in medical education. As an artist, teacher and researcher, he has worked on a number of high profile art-based research projects using portraiture to illuminate patient and caregiver experience of illness, recovery and care. These studies include Saving Faces at The Royal London Hospital and Portraits of Care at the University of Nebraska Medical Center (UNMC). The resultant artworks were exhibited widely in venues across Europe and the US, including the National Portrait Gallery, London. In 2014, he was awarded his Ph.D at UNMC. His research focused on the interdisciplinary field of Art and Medicine and recognized that non-discursive methods (e.g. pictures, music, dance, poetry, etc.) can be forms of research. His most recent study was a collaboration with paediatric Neurologist, Dr. Wendy Stewart; Seeing the Patient used arts based methods and to explore the lived experience of children with epilepsy and their caregivers. The resultant artworks were exhibited at Saint John Arts Center and received nationwide media coverage. He is currently collaborating with geriatrician, Dr. Kenneth Rockwood on an arts based research study exploring the relationships and interactions of patients and their partners in care attending the Memory Clinic at Veterans Memorial Hospital, Halifax.

Dr. Lori Weeks is a Gerontologist who completed her Ph.D. and a Graduate Certificate in Gerontology at Virginia Tech in 1998. She worked in long-term care on Prince Edward Island for three years before becoming a faculty member at the University of Prince Edward Island from 2001-2014. In January, 2015, Lori joined Dalhousie University as an Associate Professor in the School of Nursing. She has cross-appointments in the School of Occupational Therapy and the School of Health and Human Performance, and has a Scientific/Affiliated Appointment with the Nova Scotia Health Authority. Dr. Weeks has expertise in aging and family studies and uses quantitative and qualitative methods to examine care and support services for older adults and their caregivers and factors affecting the health of seniors. Her research often focuses on the needs of vulnerable older adults both in the community and in long-term care homes. She is currently leading research projects focused on abuse in later life and supporting older adults and their caregivers in the transition from hospital

Dr. Peter Stilwell, BKin, DC, MSc, PhD(c) is currently engaged in full-time research, working on his PhD in Health at Dalhousie University. His research focuses on communication between healthcare practitioners and patients experiencing persistent pain. He is also involved in a variety of other health-related research projects, including the multi-site redesigning the hospital gown project - led by Saif Syed, BSc, MBA, MD(c) at Dalhousie University. This gown project is a collaboration between Dalhousie, the Nova Scotia College of Art and Design, and Michael Garron Hospital in Toronto.

Dr. Janice Keefe is recognized locally and nationally for her research in the areas of family/friend caregiving, continuing care policy and practice, social demography, and Alzheimer's disease and related dementia. She is the Scientific Lead of the Seniors – Adding Life to Years (SALTY) project and a Lead Investigator for the Examining Policy Context theme of the SALTY project.

Dr. Matthias Hoben's research is best described as improvement science with a focus on the care of frail older adults. Improvement science determines which strategies work best to improve quality of care, quality of life, quality of work life and quality of healthcare systems. He is a Lead Investigator for the Monitoring Care Practice theme of the SALTY project.

Dr. Katie Aubrecht analyzes marginality and mental health, rurality and resilience across the life span as health equity and social justice issues. Her research generates new knowledge to enhance the quality of mental health care, and the self-perceived mental health and wellness of diverse populations living in rural communities. She is a Lead Investigator for the Mapping Care Relationships theme of the SALTY project.

Dr. Denise Cloutier is a health and social geographer. Her research examines the role of space and place in the care and well-being of older adults living in communities and long-term care homes. The primary thread of her research addresses health services for vulnerable populations (rural, socially isolated, stroke-affected, living with dementia and those at the end of life). She is a Lead Investigator for the Evaluating Innovative Practice theme of the project.

Marci Dearing graduated from Dalhousie's College of Pharmacy in 2008. After graduation she began working in the community as a staff pharmacist and then pharmacy manager. She completed a PharmD from the University of Florida in 2015 and more recently a pharmacy residency in Halifax in August 2018. She is currently working as postdoctoral fellow with geriatric medicine research and as a clinical pharmacist at the Dartmouth General Hospital.

Dr. Jacqueline Gahagn is a Full Professor of Health Promotion in the Faculty of Health at Dalhousie University. Jacquie holds Research Associate positions with the Jean Monnet European Union Centre of Excellence, the Health Law Institute, the Beatrice Hunter Cancer Research Institute, an Affiliate Scientist with the Nova Scotia Health Authority and a Founding Fellow of the MacEachen Institute for Public Policy and Governance. Jacquie's program of health promotion research focuses on policy and programming interventions using sex and gender-based analyses (SGBA+) to address health inequities faced among marginalized populations at high risk for poor health outcomes such as those living with or affected by HIV, HCV or other STBBIs, older LGBTQ+ populations and those involved in sex work. Prior to joining Dalhousie University, Jacquie worked in public health at the municipal, provincial and national levels in relation to harm reduction, HIV/HCV prevention, and tobacco use cessation. Jacquie has been involved in issues of health equity, advocacy and activism for over three decades with a variety of rights-based and social

justice-oriented community-based organizations and received the Queen Elizabeth II Diamond Jubilee Medal in 2012 for her efforts. In 2017 Jacquie received the Dalhousie University Faculty of Health Professions, Senior Research Excellence Award, in 2016 the Canadian Institutes of Health Research (CIHR) HIV/AIDS Research Initiative community-Based Research Program Distinguished Service Award, Presented by CIHR, and in 2015 the Ron Draper Health Promotion Award, Presented by the Canadian Public Health Association.

Krystle van Hoof is the Assistant Director of the Institute of Gender and Health, one of 13 institutes that make up the Canadian Institutes of Health Research. Krystle holds a BA (Hons) in Cultural Studies from York University and an MA in Communication for Development from the University of Malmö, Sweden. Her more than 17 years of professional experience span marketing and communications, advocacy, policy and knowledge translation. She has previously led communications departments for two Canadian associations—work that has been recognized with three national awards. Prior to joining IGH in 2015, Krystle led the communications unit at the UN World Food Programme's Country Office in Bamako, Mali. In her current role, Krystle works to promote the appropriate integration of sex and gender into health research and to ensure research findings get into the hands of those who can use them to address pressing health challenges facing women, men, boys, girls and gender-diverse people.

Sponsors

SILVER: Alzheimer Society of Nova Scotia • Abe Leventhal Research Fund • Dementia: Understanding the Journey • Dalhousie Medical Research Foundation

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Exhibitors

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Friday, June 14, 2019
Best Western Plus Dartmouth, NS

Registration Information

To register, please fill out the form below and mail/email it along with payment to the Northwood Foundation:

Northwood Foundation
130 Eileen Stubbs Avenue, Suite 1 South
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Name: _____
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I give Northwood permission to add my email address to an internally managed distribution list for upcoming events and industry education opportunities: Yes No

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Please check one of the following:

- Single registration - \$60 Sponsor/Exhibitor/Presenter/Planning Committee Member - No Charge
 Senior (65+) - \$25 Northwood Staff - No charge
 Student rate - \$25

Participant substitution is permitted but no refunds will be given. Payment will not be accepted on the day of the event. If you have special needs (dietary or otherwise) please contact Tasha at 902-421-7378 to make arrangements.

Payment information

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Credit cards may also be taken over the phone.

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