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SENIORS HEALTH RESEARCH TRANSFER NETWORK
Linking Caregivers, Researchers & Policy Makers

SHRTN Corner

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Deirdre Luesby

Welcome to this edition of **The SHRTN Exchange** which features the Osteoporosis Community of Practice. Read on to find out what the members of the Osteoporosis CoP are working on; get the details on a new DVD resource; research activities; and learning opportunities. Be sure to register now to avoid disappointment as these sessions will be very popular!

CALL FOR PROPOSALS FOR COMMUNITIES OF PRACTICE FOR 2009-10

SHRTN will be posting the next call for Community of Practice support on December 17, 2008. We have changed the process this year to a two phase process:

PHASE ONE: Letter of Intent (LOI)

The deadline for a Letter of Intent has been set for Friday, January 23, 2009 at 4 PM. The Board of Directors will appoint a team to review the responses and make recommendations for which applicants will be invited to complete an application to either continue to be a SHRTN CoP or to become a new CoP.

PHASE TWO: CoP Support Application Form

The groups invited to prepare an application will have until Monday, February 23, 2009 to complete the application for support form. These applicants will be invited to participate in information sessions designed to help answer questions about the application form criteria. Applicants will be given references to relevant literature,



SHRTN Events

SHRTN Events Calendar

Click here to view SHRTN Events as well as pertinent seniors health events posted on our website calendar!

UPCOMING EVENTS

- * DECEMBER 19th 9:00 to 10:30 A.M.
Welcome to SHRTN Orientation: *An on-line orientation to SHRTN that will familiarize you with SHRTN's Mission and Vision; its Resources (i.e. Knowledge Brokers, Information Specialists and Communities of Practice); Collaboration Tools (i.e. PlumTree Collaboration Space and Adobe Acrobat Connect (AAC) Web Conferencing; Knowledge Exchange Tools (Best Practice Bloggers, Evidence-Based Briefs, the SHRTN Exchange, and much more...*

Click here to register now!

Osteoporosis Long-Term Care

COMMUNITY OF PRACTICE

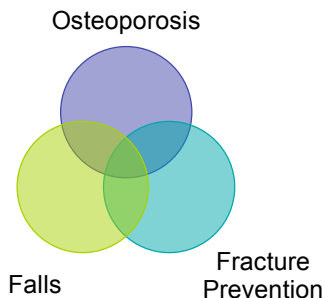


Osteoporosis Canada
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The Osteoporosis Long-Term Care CoP is new to SHRTN this year and is co-led by Dr. Alexandra Papaioannou (see bio below) and Mary-Lou van der Horst (bio on page 4). Its focus is on improving the quality of life for residents with osteoporosis and at risk of sustaining a bone fracture. Osteoporosis is a serious condition that causes bones to become severely thin and fragile and to break easily. It's a common and serious problem for long-term care residents and a serious challenge for their caregivers. By 85 years of age, 85% of long-term care residents will suffer from osteoporosis. The condition affects both men and women, with men usually suffering more disability and higher mortality.



Contrary to what is believed, osteoporosis, not falls, is the number one cause of bone fractures in long-term care homes. Although hip fractures are the most devastating type of osteoporotic fracture, the most common fracture is a spinal fracture. Because of their silent nature, spinal fractures often go unnoticed and as such, are under-diagnosed in long-term care. Hip fractures can cause significant pain and suffering and greatly reduce a resident's quality of life; 40% of residents never return to their previous health. Fractures of the femur (hip) are the major reason for hospitalizations among long-term care residents, and they account for 25% of all older adult femur fracture admissions. Hip fractures often occur with a fall. It's important that osteoporosis, fracture prevention and falls are recognized as a trio of interrelated health issues in long-term care and that any intervention targeting one of these three health issues should acknowledge the other two.

Residents who have osteoporosis and have had a bone fracture are at high risk for fracturing again. The Ontario Osteoporosis Strategy for Long-Term Care in collaboration with SHRTN is working with the Long-Term Care Sector to promote and implement evidence-based osteoporosis and fracture prevention care strategies. Key efforts are focused on:

- Educating long-term care staff and service providers regarding the appropriate management of osteoporosis and prevention of fractures;
- Promoting greater awareness and evidence-based care decisions regarding osteoporosis, falls and fracture prevention;
- Developing user-friendly and appropriate resources for long-term care staff and service providers
- Advancing the long-term care-focused osteoporosis, fracture prevention and falls knowledge base through research, literature reviews, surveys, publishing, presentations and collaborative partnerships.

[See page 5 for information on research activities and an exciting free online education opportunity.](#)



Dr. Alexandra Papaioannou is a Professor in the Department of Medicine, Director of the Division of Geriatric Medicine, McMaster University, with joint appointment in the Division of Rheumatology. She is an Associate Member in the Department of Clinical Epidemiology and Biostatistics and has completed Masters of Science (MSc), Health Research Methods at McMaster University. Dr. Papaioannou is Chair of the Scientific Advisory Council of Osteoporosis Canada (OC) and past Chair of the Board. Dr. Papaioannou was awarded the Lindy Fraser Award (2005) by OC. She is Co-Director of the Hamilton Canadian Multi-Centre Osteoporosis Study (CaMos) and is leading the Fracture Think Osteoporosis project, a chronic disease management program in Hamilton, Ontario. Dr. Papaioannou is a member of the Scientific Advisors of the International Osteoporosis Foundation.

Dr. Papaioannou was awarded an Ontario Career Scientist Award and has served on a number of Ontario Ministry of Health and Long Term Care (MOH LTC) Committees including serving as the Co-Chair of the MOHLTC Osteoporosis Strategy for Ontario, a public health initiative to prevent and reduce the impact of osteoporosis, fractures and falls. She is lead investigator for the Long-term Care Ontario Osteoporosis Strategy.

She has served on CIHR committees including Scientific Officer of the Mobility in Aging – Pilot Project Committee. Dr. Papaioannou has received a number of CIHR grants including "Improving Prescribing of Medications and Patient Safety in Long-Term Care" and has been a co-investigator of a number of team CIHR grants: "Helping seniors and primary care professionals optimize the use of drugs to improve health (TIPPS)", and "Training program in skeletal health research". She has published 105 peer reviewed journal articles and 14 book chapters. Dr. Papaioannou is an Associate Member of the Centre for Evaluation of Medicines, St. Joseph's Healthcare, and a Geriatrician at Hamilton Health Sciences.

Contact Information

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DEVELOPMENT OF NEW OSTEOPOROSIS AND FRACTURE PREVENTION RESOURCES FOR LTC

Mary-Lou van der Horst, RN, BScN, MScN, MBA

Osteoporotic fractures present an important long-term care issue; thus, promoting bone health is crucial, as better bone health is critical to reducing fractures, disability, pain, hospitalizations, health complications, and death. On November the 12th, 2008, a new educational tool for osteoporosis and fracture prevention was launched (see pictures on page 5). This first-in-its class tool is a 10-minute DVD, entitled: **“Meeting the Challenge of Osteoporosis and Fracture Prevention”** is aimed at serving caregivers within the long-term care sector.

This DVD reviews several Bone Health Protection strategies that caregivers can use to ensure that long-term care residents are receiving good osteoporosis and fracture prevention care. Good osteoporosis and fracture prevention care are vital to helping long-term care residents achieve a quality of life that is as active as possible, and as enjoyable as possible, for as long as possible.

The specific Bone Health Protection Strategies discussed in this DVD include:

- Admission Assessment
- Fracture Assessment
- Daily Vitamin D and Calcium
- Osteoporosis Medications
- Hip Protectors
- Safe Transfers and Positioning

Resource release date

In Late January 2009, Osteoporosis Canada Area Managers will be assisting the Ontario Osteoporosis Strategy for Long-Term Care and will begin providing educational in-services to long-term care homes across Ontario. All long-term care homes will receive free copies of:

- **DVD:** Meeting the Challenge of Osteoporosis and Fracture Prevention
- **Poster:** Make No Bones About It
- **Panel Card:** Make No Bones About It
- **Panel Card:** Pop Quiz
- **Panel Card:** Make It Part of Your Falls Program
- **Panel Card:** Oral Bisphosphonates How to Give Them
- **BP Blogger:** The Bones Issue (English and French)
- **Slide Deck:** Osteoporosis and Fracture Prevention in Long-Term Care
- and more...



The DVD has been endorsed by:

- Alzheimer Society of Hamilton and Halton
- McMaster University – Hamilton Health Sciences Division of Geriatric Medicine
- Ontario Family Councils Program
- Osteoporosis Canada
- Ontario Association of Non-Profit Homes and Services for Seniors
- Ontario Long Term Care Physicians Association
- Personal Support Network of Ontario
- Regional Geriatric Programs of Ontario
- Registered Nurses Association of Ontario
- Registered Practical Nurses Association of Ontario
- Seniors Health Research Transfer Network

For others interested in purchasing these resources, contact Mary-Lou van der Horst at dhm9@xplornet.com or call 905-541-0656. Order forms are available at www.osteostategy.on.ca

Contact Information

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Mary-Lou is currently working with the Ontario Osteoporosis Strategy for Long-Term Care as Project Manager/LTC Nursing Consultant and with the Regional Geriatric Programs of Ontario – Central area as a Geriatric Nursing/Knowledge Translation Consultant. Within these commitments she is concentrating on developing interprofessional resources for the LTC and Primary Care Sectors including osteoporosis, oral health, and delirium.

Previously, she was the Regional Best Practice Coordinator in Long-Term Care for Central South Ontario with the Ontario Ministry of Health and Long-Term Care assisting the long-term care sector to implement evidence-based / best practices care improvements through various knowledge transfer strategies. Many of her LTC and Primary Care Resources are available online including her very popular Myth-busting Newsletter called the “BP Blogger”

She has Bachelors and Masters degree in Nursing from the University of Western Ontario and a Master of Business Degree from Athabasca University.

She is currently an assistant clinical professor with the School of Nursing at McMaster University and has taught undergraduate and graduate students in nursing and health care management. She has many years of experience within the long-term care, home care, community and hospital sectors from advanced practice/nurse practitioners to administrative to education to knowledge translation specialist.

She participated on the recent RAO development panel for the new Best Practice Guideline on Oral Hygiene and involved with the making of RAO’s “Oral Care for Residents with Dementia” DVD. She is currently involved with College of Nurses’ Advisory Steering Committee for Palliative Care and Medical Secretariat Advisory Panel on Wound Care.

Photos below from the November 12th, 2008 DVD launch at the Village of Wentworth Heights in Hamilton:

“Meeting the Challenge of Osteoporosis and Fracture Prevention”



GET INVOLVED! If you are interested in learning more about the SHRTN Osteoporosis in LTC CoP and upcoming knowledge exchange opportunities please contact the Knowledge Broker at gestalt.liz@gmail.com

Osteoporosis Long-Term Care

Research Activities

DR. ALEXANDRA PAPAIOANNOU AND HER LTC TEAM:

What are the beliefs, attitudes and practices of administrators and front-line staff in long-term care (LTC) facilities related to osteoporosis awareness, management and fracture prevention?

Principal Investigators: Dr. Alexandra Papaioannou, McMaster University

Co-Investigator(s): Yelena Potts, Courtney Kennedy, Dr. Lora Giangregorio, Mary-Lou van der Horst, Monika Kastner, Dr. J.D. Adachi, Madeline Nixon

REB approval from received from the McMaster University in late November for research that is currently underway surveying the beliefs, attitudes and practices of LTC administrators, nursing staff and personal support workers related to osteoporosis awareness, management and fracture prevention in approximately 12 long-term care homes in the Hamilton area. The survey tool is being pilot tested for validity. In February, the broader Ontario Long-Term Care Sector will be invited to participate in the survey.

*** In press: Osteoporosis International ***

Osteoporosis Management among Residents Living In Long-Term Care

Lora M. Giangregorio, PhD, Micaela Jantzi, BSc, Alexandra. Papaioannou, MD, FRCPC, John Hirdes, PhD, Colleen J. Maxwell, PhD, Jeffrey W. Poss, PhD

Mini-Abstract: Fractures in long-term care (LTC) residents have substantial economic and human costs. Osteoporosis management in residents with fractures or osteoporosis is low, and certain subgroups are less likely to receive therapy e.g. those with >5 co-morbidities, dementia, wheelchair use. LTC resident's risk of fracture are not receiving optimal osteoporosis management.

INTERPROFESSIONAL EDUCATION USING QUALITY CIRCLES LEARNING FORMAT

Early discussions are underway regarding the protocol development of a research study looking at using a unique interprofessional education design based on quality circles, interorganizational collaboration and webcasting in long-term care. It's anticipated that this study will be underway by spring 2009.

Online Education Opportunity through SHRTN **** Click here to register ****

A new 3-part education series on Osteoporosis and Fracture Prevention in Long-Term Care is happening in February 2009 delivered through Adobe Acrobat Connect. Plan to attend if you're a frontline care provider in the long-term care sector or care for frail older adults with osteoporosis who are at risk for fractures. The series includes:

SESSION 1 GET THE FACTS [Feb 10, 09: 2:30 – 3:15 pm]

Discussion of the facts and statistics on osteoporosis and fractures in long-term care and a review of the newly released National Report Card on Osteoporosis from the Canadian Osteoporosis Society. Find out how we're doing in Ontario and long-term care.

SESSION 2 MAKING IT PART OF YOUR FALLS PROGRAM [Feb 17, 09: 2:30 – 3:15 pm]

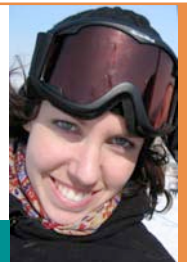
There is a significant connection between osteoporosis, fracture prevention and falls. Discussion of how to make the connection between osteoporosis / fracture prevention / falls so that residents benefit from osteoporosis and fracture prevention strategies within long-term care falls programs. Bone health protection strategies will be discussed.

SESSION 3 PUTTING IT ALL TOGETHER [Feb 24, 09: 2:30 – 3:15 pm]

We will take a look at a typical resident situation in long-term care and discuss how you might implement some of the bone health protection strategies. There will be opportunity to share what you've done in your LTC home to improve bone health and reduce the risk of osteoporotic fractures. Discussion of what resources and tools are available for the long-term care sector.

OSTEOPOROSIS IN LTC KNOWLEDGE BROKER:

Elizabeth Lusk (BA Kin) is a knowledge broker consulting for SHRTN for the past 2 years and is currently supporting 10 topic specific communities of practice (08 / 09). She has a devoted interest in Knowledge Transfer and Exchange and continues to study and enhance her skills in the realm of facilitating the KTE process.





SHRTN Library Matters

Shannon Buckley, Osteoporosis in LTC Information Specialist

Osteoporosis is referred to as the “silent thief” since bone loss occurs without obvious symptoms (Osteoporosis Canada. <http://www.osteoporosis.ca/>). Risk factors for osteoporosis include age (age 65 and older), family history of osteoporotic fracture, tendency to fall, and prior fracture(s) resulting from minimal trauma (especially after age 40).

Predicting risk of fracture and risk of falling can be key to ensuring those with Osteoporosis continue to enjoy a positive quality of life. In primary care identifying those at greatest risk for fractures can ensure preventative strategies are in place. In long term care instituting falls and fracture prevention strategies can help prevent osteoporotic fractures. Educating staff in long term care homes on the importance of fracture prevention will increase awareness of issues related to Osteoporosis.

- Albertsson DM, Mellström D, Petersson C, Eggertsen R. Validation of a 4-item score predicting hip fracture and mortality risk among elderly women. *Annals of Family Medicine* 2007;5(1):48-56
- Ray WA, Taylor JA, Brown AK, Gideon P, Hall K, Arbogast P, Meredith S. Prevention of fall-related injuries in long-term care: a randomized controlled trial of staff education. *Archives of Internal Medicine* 2005;165(19):2293-98
- Cusimano MD, Kwok J, Spadafora K. Effectiveness of multifaceted fall-prevention programs for the elderly in residential care. *Injury Prevention* 2008;14(2):113-22
- Cox H, Puffer S, Morton V, Cooper C, Hodson J, Masud T, Oliver D, Preedy D, Selby P, Stone M, Sutcliffe A, Torgerson D. Educating nursing home staff on fracture prevention: a cluster randomised trial. *Age and Ageing* 2008;37(2):167-72

DID YOU KNOW.....

The SHRTN library services offer customized health information literacy education sessions. Learn how to formulate your question, search the literature using freely available online journal databases, and gain a basic understanding of the different types of research articles. Education sessions can be delivered in-person or via Adobe Acrobat Connect.

Contact your local SHRTN Information Specialist for more details.



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