



Breaking News...

In Specialized Geriatric Services

June 2010 Seniors Month

Points of Interest:

- Elder Friendly Environments: *Osteoporosis, Falls and Fractures*
- Farewell to Dr. Willie Molloy
- Health Human Resources for Canada's Aging Population
- New RGPc Resource Database
- Proposed Legislation
Retirement Homes Act
Excellent Care for All Act
Alzheimer Advisory Council Act
- Best Practice Blogger:
Stroke #1
- Rounds Email Notification System
- Upcoming Educational Events
- Celebrating Poets Over 70
- Falls Prevention Reading List

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Elder Friendly Environments:

Osteoporosis, Falls and Fractures: *breaking it down*

Since 2007, in recognition of Seniors' Month in June, the Committee for Enhancement of Elder Friendly Environments (CEEFE), has delivered an educational series to enhance staff capacity to identify, prevent and treat several of the 'geriatric giants'. This year's theme is ***Osteoporosis, Falls and Fractures: breaking it down***. The education program includes several components.

Educational In-Services

Throughout June, in-services will be presented across nine hospital sites in units and departments for staff, physicians, learners and volunteers. Flyers will be posted at each site with dates, times and locations, or you can contact your site coordinator for more information:

JBMH – Trish Corbett, Office 2 West 2005, T: 905 632 3737, ext. 5848, E: corbett@jbmh.com
HHS - Chedoke – Gil Maulucci-Joel, Wilcox 2, Room 240 T: 905 521 2100, ext. 77979, E: mauljoel@hhsc.ca
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HHS - St. Peter's – Esther Coker, St. Peter's lower level, T: 905 777 3837, ext. 12227, E: coker@hhsc.ca
Hotel Dieu Shaver – Louise Dayboll, T: 905 685 1381, ext. 4273, E: louise.dayboll@hoteldieushaver.org
St. Joseph's – Pat Ford, G542 Mary Grace Wing, T: 905 522 1155, ext. 33770, E: pford@stjosham.on.ca
West Lincoln Memorial - Linda Cresswell, Geriatric Assessment Office-Basement, T: 905 945 211, ext. 409, E: cresslin@wlmh.on.ca

Poster

Key factors related to Osteoporosis, Falls and Fractures and prevention strategies.

Slide Presentation

Learn about:

- What is Osteoporosis?
- Your own personal risk factors for developing Osteoporosis/fractures
- Assessment and treatment approaches
- The falls connection
- Your community resources



Brochure & Contest Entry Form – Take the quiz about Osteoporosis and Falls and you could win a \$50 gift basket (open to staff at the hospital sites listed above).

To access poster, slide presentation and contest entry form visit www.rgpc.ca.

The **Committee for Enhancement of Elder Friendly Environments (CEEFE)** is a subcommittee of the RGPc. The mandate of CEEFE is to influence the development and implementation of programs to enhance the care of older adults and to foster a hospital environment that is senior friendly. CEEFE is Co-Chaired by Dr. Christopher Patterson, Chief of Geriatric Medicine, and Cathy Reis, Clinical Nurse Specialist, Hamilton Health Sciences. The committee includes representatives from Hamilton Health Sciences, St. Joseph's Healthcare Hamilton, Joseph Brant Memorial Hospital in Burlington and Hotel Dieu Shaver Health and Rehabilitation Centre in St. Catharines.

Check out the **Falls Prevention Current Awareness Reading List** on page 5

Prepared by:

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The RGPc Bids a Fond Farewell to Dr. Willie Molloy

After two terms as Chair of the Regional Geriatric Program central and two and a half decades of caring for literally thousands of southern Ontario's elderly, Dr. Willie Molloy is returning home to Ireland. In September, Dr. Molloy will take on a new position at the University College Cork as Professor of Medicine and Chair of the new Department of Gerontology and Rehabilitation.

Dr. Molloy was the recipient of the 2010 Service Award for Geriatric Excellence in Executive Achievement. To provide some background on his comprehensive contributions to geriatrics, we are pleased to share some excerpts from his nomination.



Dr. Molloy is a practicing geriatrician with clinical capability second to none. For more than 25 years he has provided exceptional care to older adults and their families, especially those with dementia, first at Chedoke Hospital, then the Henderson Hospital and finally at St. Peter's Hospital. He has also worked in several of the McMaster University affiliated teaching hospitals in the area and provided outreach to underserved areas in Niagara Region and Brant County on a weekly basis for many years. In the last seven years, he has been based at St. Peter's Hospital, which is a 250 bed chronic care facility containing behavioural, rehabilitation, and palliative wards. He moved to St. Peter's when he was named the St. Peter's McMaster Chair in Aging in 2002.

Willie's clinical skills are all the more remarkable given his research and educational focus. A full Professor of Medicine, he has authored over 130 peer-reviewed articles. He has written several books covering issues like the crisis in the health care system, advance health care directives (Let Me Decide) and capacity assessment. He has also developed instruments for assessment of cognition, capacity, behaviour, mood, and activities of daily living. Willie has led several peer-reviewed clinical trials in dementia, including the most recent trial of Doxycycline and Rifampicin for Alzheimer's disease which is ongoing. He has a keen scientific mind to understand a condition and develop a theory about the cause or treatment of that condition. More than that, he can take that theory and see through the labyrinth of funding, testing and finally, publication of the results. As an example, his current research into Doxycycline and Rifampicin is in its twelfth year.

He has fulfilled his teaching role with distinction. As a speaker he is engaging, dynamic and highly sought-after. He has introduced many medical students, interns and allied health professionals to geriatrics. He does not guard his knowledge, willingly giving it to those who share his passion to provide accessible and quality care for older adults and their caregivers. He believes in a team approach to health care and is able to build trust among team members. He expects excellence to the end of serving the patient.

The Hamilton Niagara Haldimand Brant LHIN contains one of Canada's largest populations of retired and elderly people. The need here is tremendous and yet current government support is inadequate to meet the needs of the population. This puts a huge load on the existing physicians, especially the few geriatric specialists. Willie refused to step back from that demand and managed a huge volume of patients.

It is hard to find someone more charismatic and engaging than Willie. Many people want to work with him and he has many friends. He has a high moral character and does not look the other way when he sees injustice wherever it might be in the world.

NEW! Automated E-mail Notification System for Rounds

You can now register to receive automatic email notifications regarding McMaster Faculty of Health Sciences rounds, including the monthly Geriatric Rounds. To register, send an email to sagel@hpsc.ca.

National Initiative for Care of the Elderly (NICE): *Health Human Resources Project*

Improving Health Human Resources for Canada's Aging Population: Recruiting Students to the Field of Aging

Adapted from www.nicenet.ca

Canada is facing a growing aging population, which will demand health care practitioners – including doctors, nurses and social workers – who can provide the specialized care older adults need. However, Canada faces a shortage of professionals who can provide that care and thus many older adults receive care from practitioners who do not have specific training in care for older adults. In response to this situation, this project aims to undertake activities to improve the health human resources available that can provide the specialized care Canada's aging population requires now, and in the future.

This project targets two key audiences: post-secondary students and curriculum development stakeholders. Resources created through this project are described below. Click on the blue hyperlinks for more information.

[A student Facebook page](#)

The page provides links to career, educational, volunteer, and funding opportunities in the field of aging, to raise students' awareness of the diverse and exciting possibilities in working with older adults.

With the help of students and faculty members, the project has also established "**Geriatric Interest Groups**" in five universities across Canada, which provide an interactive and interdisciplinary learning ground for students interested in geriatrics/gerontology to meet and participate in events designed to interest, and retain, them in the field of aging.

A [Supervision and Mentorship Database](#), which students interested in aging can consult to find potential supervisors and mentors in their field of interest. This database is available by clicking "Supervision and Mentorship Database" in the left hand menu.

Since many older adults receive, and will continue to receive, health care from practitioners not specifically trained in geriatric/gerontological care, it is important that basic curricula include training on caring for older adults. Thus, this project will disseminate [core competencies in geriatric medicine](#), psychiatry, nursing, and social work, plus interdisciplinary competencies, to key curriculum-development stakeholders and advocate for the inclusion of these competencies into basic curricula. These stakeholders will include professional organizations, accreditation boards, and deans and associate deans of faculties in medicine, nursing and social work. The core competencies will also be made available on the NICE website shortly.

This project is made possible through a financial contribution from Health Canada to NICE, on behalf of the Geriatric Education and Recruitment Initiative (GERI). The views expressed herein do not necessarily represent those of Health Canada.



RGPC Education & Best Practice Resource Database

The Regional Geriatric Program central is pleased to launch a new Education and Best Practice database. We have taken all of the resources and educational materials that were posted across our website and brought them together in a new easy to use online, searchable database.

- ✓ Best Practice guidelines, assessment tools and resources on the geriatric giants
- ✓ LTC Best Practice resources, including the *Best Practice Blogger* newsletter
- ✓ Presentations by geriatric experts
- ✓ Monthly RGPC *Breaking News* e-newsletter

Visit www.rgpc.ca and click on "Resources" in the left navigation bar. Search by keyword or subject area. You can also quickly check out the newest resources added to the database from the "New Resources" window on our homepage.

If you have educational tools or resources to add to the database, send an email to sagel@hpsc.ca.

New Legislation

Retirement Homes Act, 2010

The new Retirement Homes Act was passed on June 2, 2010 as is awaiting Royal Assent. The Act will:

- Create a regulatory authority with the power to license homes and conduct inspections, investigations and enforcement, including issuing financial penalties or revoking licenses if necessary.
- Establish mandatory care and safety standards, and requirements for emergency plans, infection control and prevention programs, assessment of care needs and care planning, police background checks and training for staff.
- Establish residents' rights, including the right to know the true cost of care and accommodation and the right to live in an environment that promotes zero tolerance of abuse or neglect.

The Excellent Care for All Act, 2010

Introduced May 3, 2010, the act proposes new initiatives to improve the quality and accountability of the province's health care system and ensure the needs of patients come first. The legislation would require health care organizations, starting with hospitals to:

- Develop and post annual quality improvement plans
- Create quality committees to report to each hospital board on quality related issues, including the public annual quality improvement plan
- Link executive compensation to achievement of quality plan performance improvement targets
- Implement patient and employee satisfaction surveys and a patient complaints process

The proposed legislation would also

- expand the mandate of the Ontario Health Quality Council to recommend evidence-based guidelines
- Move Ontario toward a patient-based payment system of hospital funding where large hospitals are reimbursed based on the types and volumes of patients they treat.

Alzheimer Advisory Council Act, 2010

Bill 52 was introduced May 5, 2010, received second reading on May 20th and has now been sent to the Standing Committee on Justice Policy. Under the proposed act, the Alzheimer Advisory Council would report annually to the Minister of Health and Long-Term Care on issues related to Alzheimer's disease and other forms of dementia and recommend solutions in areas of research, early diagnosis, prevention and community care. The Bill has the backing of all three parties. It was introduced by Donna Cansfield, Liberal MPP, Etobicoke Centre, and co-sponsored by Christine Elliott, Progressive Conservative MPP, Whitby-Ajax, and Cheri DiNovo, New Democrat MPP, Parkdale-High Park.

Bill 52 comes on the heels of the Society's report, [10 by 20: Ontario action plan for dementia](#). Released in March, the report calls for a province-wide dementia strategy based on a 10-point plan that, if implemented in the next 20 years, could significantly alter the course of Alzheimer's disease through better diagnosis and healthy living, increased research investment and integrated community care while improving life for those facing the disease now and for future generations.

Cutting Through the Foggy Myths Using Best Practice Guidelines in Long Term Care

BP Blogger

Myth Busting: Stroke 1 Issue

Visit the new RGPC Resources Database to access all issues of the BP Blogger.

<http://www.rgpc.ca/resource/index.cfm>

Volume 5, Issue 2
April to May 2010

Inside this issue:

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Upcoming Educational Events



For more information on these and other upcoming events,

[CLICK HERE](#)

June

June 8

Tax Credits for Seniors and Disabled Persons (Guelph)

June 8

Maximizing Vitamin D & Calcium in Your Diet (Hamilton)

June 9-11

Crisis Workers Society of Ontario Conference (Guelph)

June 11

McMaster Geriatric Rounds: "What Does Geriatric Medicine Look Like in Saint John, New Brunswick?" (Hamilton)* *Videoconference & Webcast available*

June 15

World Elder Abuse Awareness Day Conference (Toronto)

June 15

Alzheimer Society of Niagara Region AGM (St. Catharines)

June 15

Successful Aging Speakers Series "Don't Let Your Brain Drain" (Hamilton)

June 16

The Older Adult Driver with Cognitive Impairment (Teleconference)

June 22

Seniors Health & Information Fair (Dundas)

June 22

Dementia Assessment in Primary Care

June 23

Creative Tools for Transforming Compassion Fatigue

June 25

Geriatric Rounds – Strokes & Seniors (Videoconference)

June 28-29

National Initiative for the Care of the Elderly (NICE) Knowledge Exchange (Toronto)

September

September 13-15

Knowledge to Action: The Next Generation of Evidenced Based Practice (Chicago)

September 21

Alzheimer Coffee Break Day

September 27-28

Canadian Coalition for Seniors' Mental Health Annual Conference

October

October 1

International Day of Older Persons

October 4-6

Canadian InterRAI Conference (Toronto)

October 18

4th Annual PSNO Provincial PSW Conference

November

November 4-5

Gerontological Nursing Association of Ontario AGM & Conference (Hamilton)

November 29-December 1

Celebrating Poets Over 70

Ellen Ryan, McMaster University & Tower Poetry Society

Celebrating Poets Over 70 is a project, an anthology, and a website. Inspired by friendship with the local poet Naomi Wingfield, now age 98, and some other poets of age, I put out a call for poems written after the age of 70 through both gerontology and poetry networks. By the deadline, 330 eligible submissions totaling 1100 poems had been received from across Canada and the USA and beyond. Marianne Vespry, from Tower Poetry Society, organized the massive reviewing process, identified the 12 themes, made the final selections, and did the layout.

Published jointly by McMaster Centre for Gerontological Studies and Tower Poetry Society, the anthology showcases poems by 200 poets ranging in age from 70 to 103 years of age. Other eligible poets are featured with a poem on the website – www.celebratingpoetsover70.ca – to be launched by June 15th. The \$20 anthology, #10 in *Writing Down Our Years* series, can be ordered via gercntr@mcmaster.ca or info@celebratingpoetsover70.ca.

Change

My attic has changed.

For fifty years we stored our treasures there.

My mother's wedding dress.

Great-grandfather's solemn face in the ornate frame.

Love letters from high school days.

Change. My house is sold.

I return grandchildren's drawings.

My brother's wife cherishes letters from war-time years.

My daughter has my mother's dress.

The attic is bare,
but my heart is full
of what has been.

Naomi C. Wingfield

Falls Prevention Current Awareness Reading List

1. Callisaya, M., Blizzard, L., Schmidt, M., McGinley, J., & Srikanth, V. (2010). Ageing and gait variability: A population based study of older people. *Age and Ageing, 39*(2); 191-7.
2. Cameron, I. et al. (2010). Interventions for preventing falls in older people in nursing care facilities and hospitals. *Cochrane Database of Systematic Reviews, 2*.
3. Carpenter, C. (2010). Preventing falls in community-dwelling older adults. *Annals of Emergency Medicine, 55*(3); 296-8.
4. Chang, H., Lynn, C., & Glass, R., (2010). JAMA patient page: Falls and older adults. *JAMA, 303*(3); 288.
5. Choi, W., Hoffer, J., & Robinovitch, S. (2010). Effect of hip protectors, falling angle and body mass index on pressure distribution over the hip during simulated falls. *Clinical Biomechanics, 25*(1); 63-9.
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7. Desapriya, E., Subzwari, S., Scime-Beltrano, G., Samayawardhena, L., & Pike, I. (2010). Vision improvement and reduction in falls after expedited cataract surgery: Systematic review and meta-analysis. *Journal of Cataract and Refractive Surgery, 36*(1); 13-9.
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9. Goodwin, V., Martin, F., Husk, J., Lowe, D., Grant, R., & Potter, J. (2010). The national clinical audit of falls and bone health-secondary prevention of falls and fractures: A physiotherapy perspective. *Physiotherapy, 96*(1); 38-43.
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13. Kasukawa, Y. et al. (2010). Relationships between falls, spinal curvature, spinal mobility and back extensor strength in elderly people. *Journal of Bone and Mineral Metabolism, 28*(1); 82-7.
14. Katz, R., & Shah, P. (2010). The patient who falls: Challenges for families, clinicians and communities. *JAMA, 303*(3); 273-4.

15. Kuo, H-K., Yang, C., Yu, Y-H, Tsai, K-T., Chen, C-Y. (2010). Gender-specific association between self-reported sleep duration and falls in high-functioning older adults. *Journals of Gerontology Series A-Biological Sciences & Medical Sciences*, 65(2); 190-6.
16. Muir, S., Berg, K., Chesworth, B., Klar, N., & Speechley, M. (2010). Balance impairment as a risk factor for falls in community-dwelling older adults who are high functioning: A prospective study. *Physical Therapy*, 90(3); 338-47.
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