



Breaking News. . .Specialized Geriatric Services

Welcome to RGPC Newsletter. Breaking News brings you current information related to Specialized Geriatric Services (SGS) while offering our Regions a venue for sharing news, events and initiatives with others. If you have news that you would like to share across RGPC please email rbarron@stpetes.ca

Issue 2

September 2004

Special points of interest:

- Highlight on Halton
- Notes on Dr. Brian Draper, Best Practice Workshop in Geriatric Mental
- RGPC Update
- RGPC October Calendar of Educational Events
- Long Term Care Resource Centre Reading List



Highlight on Halton

Halton Healthcare Services (Oakville site) provides inpatient geriatric assessment as well as outpatient geriatric assessment for Halton residents. In addition to Dr. Aliya Khan, geriatric medicine, the team has recently added Dr. Nadim Zamar who has an interest in geriatric psychiatry. Halton Healthcare has also recruited Dr. Michael Lang who offers both inpatient and outpatient rehabilitation medicine consults.

Elderly Friendly Hospitals

Joseph Brant Memorial Hospital (Burlington) is embarking on a journey to make the local acute care/schedule 1 hospital "elder friendly." A hospital and community representative task group has been struck and prioritized the emergency department as the key focus. The emergency department was chosen so as to build upon a successful RNAO fellowship in geriatrics recently completed by an emergency based RN under the mentorship of the CNS in geriatrics. Trish Corbett, Charge Nurse in the Emergency Department of Joseph Brant Memorial Hospital completed a 3 month Registered Nurses Association of Ontario Clinical Fellowship. The focus of the fellowship was the identification of high risk elders on admission to the Emergency Department (ED) by utilizing the Triage Risk Screening Tool (TRST). There have been multiple spin offs from this learning experience. ED physicians are more frequently using the Medical Directives for Geriatric Assessment to look for delirium and a drug information sheet helps them choose appropriate medications to treat agitation in older persons. The risk factors from the TRST have been incorporated into an ELDER ALERT section on the JBMH ED Triage

record. Referrals to the social worker in the ED and the CCAC have increased. An Elder Friendly Hospital Committee has been formed with the ED being the first area to be targeted for change. The Elder Friendly committee is comprised of representatives from LTC, community services and consumers as well as hospital staff. The Elder Services Advisory Committee (ESAC) of Halton is supportive of this initiative and will encourage other hospitals in Halton to consider forming a regional committee.

The Halton Geriatric Mental Health Outreach Program (HGMHOP)

Sponsored by St. Joseph's Healthcare and funded by RGPC, HGMHOP is developing local capacity in Cognitive Behavioural Therapy (CBT) for older persons with depression. With support of clinical leaders in St. Joseph's Mood Disorders Program, the (HGMHOP) have completed the first of three academic preparation courses offered through McMaster University. Learning to date has included more than new knowledge around the CBT treatment modality. Accessibility to this new service is supported by the provision of transportation for participating seniors. Additionally, the pivotal role of community development and related education with our service partners have been key learning experiences.

The Halton Geriatric Mental Health Outreach/PRC has begun work, with the help of a Sheridan College Social Service Gerontology student to promote and develop memory boxes in LTC. Memory boxes are multisensory, promote reminiscence, can be specific or thematic. Community partnerships will be established to help with sustainability. Contact: Kim McEachern, kmceach@stjosham.ca



Halton Dementia Care Network

The Halton Dementia Network will be launching their local website at an upcoming jointly sponsored community educational event with the Alzheimer Society on November 3rd with guest speaker, Dr. David Lam presenting on "Memory Loss: a continuum from normal to abnormal". With the leadership and partnership of the local Community Information Providers out of Oakville library, a Halton-based "dementia specific" service inventory database has been developed and made available to the public. This simple website will profile the Halton Dementia Network activities and is one link to a local dementia service database. The local community and Halton Dementia Network is working with the Halton Peel District Health Council to complete a gap analysis. The Halton Dementia Network will then embark on a municipally funded project "Moving From Gap Analysis to Community Action" in the new year.

**"Education
is
the best
provision for
old
Age."**

- Aristotle

“The situation is distorted when the population is defined as the problem. Rather the problem is best defined as those factors which have created the gulf between the needs of the people and the approaches to address those needs.”

Dr. Brian Draper

Best Practice Workshop in Geriatric Mental Health:

Some notes on Dr. Brian Draper Keynote lecture, University of NSW Sydney Australia

Dr. Brian Draper was the keynote speaker for the Best Practice Workshop in Speciality Geriatric Mental Health held in Kingston, ON, September 23rd, 2004. Dr. Draper’s presentation, “A Global Understanding of Best Practices in Geriatric Mental Health” addressed the contemporary issues facing geriatric mental health. He argues that the elderly, particularly those with mental disorders, are poorly served and at great risk. Overcoming these inequities requires system changes including a move toward regional service distribution, age distribution of resource allocation and a

heightened sensitivity toward cultural issues. Moreover, translating effective interventions into practice requires multiple strategies and combined resolutions. Decisions would be supported through the use of evidence based medicine, informed patients, their families and communities.

Although we have advanced our understanding of the issues facing geriatric mental health, many questions remain unanswered. Our attention needs to focus on the essential components of outreach services and measuring the effectiveness

of different models of service delivery.

The key features to increasing effectiveness in Geriatric Mental Health:

- Home based initial assessments to improve accessibility
- Multidisciplinary teams and individualized treatment plans
- Case management approach
- Collaboration with GP case management that involves education and/or support of GP by service
- Involvement of patient/carer

RGPC Update

RGPC OFFICE OF APPLIED RESEARCH (OAR)

A successful funding opportunity has allowed RGPC to establish an Office of Applied Research! RGPC is pleased to announce the appointment of evaluator/researcher, Dr. David Lewis who will be heading the newly formed Office of Applied Research. RGPC recognizes the important role research plays in improving the capacity of the system to deal with complex gerontological issues and looks forward to a growing emphasis on this aspect of its mandate.

OARS Plan of Action

RESEARCH

In its first year, OAR will place a heavy emphasis on obtaining grants to ensure its sustainability. It will identify and develop a research project in RGPC dis-



tracts and produce and share these results with its stakeholders in its first year.

NETWORKING

OAR will also focus on maintaining and building associations with other researchers and administrators within and outside of RGPC.

SHARED BENEFITS OF OAR FOR RGPC STAKEHOLDERS

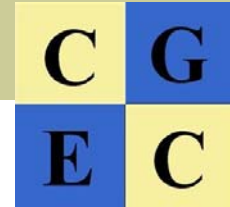
- Knowledge Transfer
- Fostering a culture of inquiry among stake-

holders agencies/organisations

- Build research capacity among staff
- Mentoring, in-services, rounds, research training
- Results shared across RGPC and beyond
- Enhance evidence-based practice
- Increased understanding on how applied research can support administrators

RGPc Calendar of Educational Events October 2004

S	M	T	W	T	F	S
					1 ~Waterloo Region Dementia Network Fall Forum~	2
3	4	5	6 ~2nd Annual Organized Stroke Strategy Conference~	7 ~3rd Hip Fracture Update~	8	9
10	11	12	13	14	15	16
17	18 ~7th Annual Stroke Collaborative Conference~	19	20	21	22 ~Schizophrenia: Pieces of the Puzzle Coming Together~	23
24	25	26	27	28	29 ~Successful Aging Series 3~ ~Allies in Aging~	30
31						



Discover the benefits of becoming a member of the CGEC:

- Advanced notification , reduced registration fees and priority placement for upcoming events
- Access to educational video/CD resources
- Networking with partners and sharing of expertise
- Influential voice in educational initiatives that have an impact on health care delivery across the region
- Access to Long Term Care Resource Centre for eligible LTC organizations in Hamilton
- Access to support from CGEC sponsorship resources when planning educational initiatives in your organization

For more information on the CGEC, contact
rbarron@stpetes.ca
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Long Term Care Resource Centre September 2004 Reading List

**"When you absolutely positively have to know, ask a librarian!"
American Library Association (ALA)**

If you like this type of reading list you may also be interested in the "table of contents" service provided by the Long Term Care Resource Centre. This service offers an email copy of the table of contents from your favourite journals. If this service interests you, please contact me at sbuckley@stpetes.ca or 905 777 3837 ext: 12476 with the titles of your favourite journals. If you would prefer, I can make journal recommendations based upon your areas of interest.

Korabek B. (2004). Innovations in seniors' care: home care/physician partnership. *Canadian Journal of Nursing Leadership*, 17(3), 65-

Cameron S. (2004). Recruitment and retention of nurses: challenges facing hospital and community employers. *Canadian Journal of Nursing Leadership*, 17(3), 79-

Harris JE. (2004). Goal priorities identified through client-centred measurement in individuals with chronic stroke. *Physiotherapy Canada*, 56(3), 171-

Arksey H. (2004). Respite care and short breaks: what works and at what cost. *Journal of Dementia Care*, 12(5), 33-

Manthorpe J. (2004). Early recognition of dementia - the next stage of awareness. *Journal of Dementia Care*, 12(5), 22-

Heath Y. (2004). Evaluation the effect of therapeutic gardens. *American Journal of Alzheimer's Disease and Other Dementias*, 19(4), 239-

Aminoff BZ. (2004). Dying dementia patients: too much suffering not enough palliation. *American Journal of Alzheimer's Disease and Other Dementias*, 19(4), 243-

Somboontanont W. (2004). Assaultive behavior in Alzheimer's disease: identifying immediate antecedents during bathing. *Journal of Gerontological Nursing*, 30(9), 22-

Wikstrom B. (2004). Older adults and the arts: the importance of aesthetic forms of expression in later life. *Journal of Gerontological Nursing*, 30(9), 30-

Meyers JL. (2004). Physician orders for life sustaining treatment form: honoring end-of-life directives for nursing home residents. *Journal of Gerontological Nursing*, 30(9), 37-

Chang BL. (2004). Perceived helpfulness of telephone calls: providing support for caregivers of family members with dementia. *Journal of Gerontological Nursing*, 30(9), 14-

Smith Collins A. (2004). Break though language barriers: is your pain assessment lost in translation? *Nursing Management*, 35(8), 34-

"If you aren't getting your information from me, where are you getting it?"