



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'd like to share across the RGPC Regions please email rbarron@stpetes.ca

Special points of interest:

- Highlight on Brant
- RGPC Update
- CGEC Update
- RGPC September Calendar of Educational Events
- SGS Educational Resources

“The hard way to stay young is to eat right and exercise daily. The easy way is to lie about your age.”

August 2004

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Highlight on Brant

Brant is pleased to announce that Hardy Terrace is the first facility in Brant County to take part in the Enhancing Care Project, followed by Parklane Terrace and the John Noble Home. The Enhancing Care Project endeavours to provide implementation strategies for long-term care facilities. Each Guideline is presented with goals and objectives to assist facilities in identifying areas of success and future needs. Assessment criteria are provided, as well as resources and support material, to enable each facility to achieve its own goals. Overall, the goal is to enhance care for the person with Alzheimer Disease. Brant is expecting to introduce this project to all long-term care facilities in the near future. For more information, please call Jayne Giroux, R.P.N., Education Co-ordinator, Alzheimer Society of Brant (519) 759-7692.

Brant Geriatric Mental Health Outreach Program (BGMHOP) is moving to St. Joseph's Life Care Centre effective November 2004.

The new Life Care Centre will house 205 Long Term Care beds presently located at John Noble Home.

Dr. Sunny Luthra, Director of the BGMHOP presented at the Geriatric Mental Health Exchange in Hamilton, June 2004. His presentation was entitled: An out of the box approach to assessment and treatment of behaviours on dementia. Sherries Cheers, Occupational Therapist Case Manager BGMHOP and Laurie Biehler, PRC made a presentation at the OPGA on Montessori activities in Long Term Care.

Upcoming Education Events (For more information contact Jayne Giroux, Education Coordinator, Brant Alzheimer Society)

November 24, 2004
Public Meeting: An Alzheimer Awareness Public Meeting for Families & Caregivers
Guest Speaker: Olga Malott, Ph.D. Malott Associates
John Noble Home
7:00 PM to 9:00 PM

January 19, 2005 - Come To



My World Caring Through Compassion and Understanding. An Alzheimer Awareness Workshop for Community Workers, Health Care Professionals & Students. John Noble Home
9:00 am to 4:00 pm

January 19, 2005
Public Meeting
Guest Speaker: Brenda Hounam "A Personal Story"
John Noble Home
7 pm to 9 pm

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**“Aging is a
Privilege, Health
is an
achievement”**



RGPC Update

RGPC continues to develop its regional education strategy as a way to promote capacity building across our geriatric communities. In fulfillment of this objective, RGPC will be working with geriatric educators from Brant, Halton, Haldimand and Norfolk, Hamilton, Niagara, Waterloo and

Wellington-Dufferin to coordinate an annual education event that reflects local education needs while providing an opportunity to network and share resources.

RGPC will help to cover costs associated with the event. The theme will be locally driven and have a

specialized geriatric focus that draws upon the expertise of a local SGS provider.

More information on this exciting initiative will be posted in the near future.

CGEC Update

Two years ago, the Cognitive Assessment Tools' (CAT) Group, comprised of a variety of disciplines and organizations from the Central South region of Ontario, met to address concerns that *there was no standardized approach for assessing the cognitive status of older clients*. The Group identified inconsistencies in the types of cognitive assessments performed both within organizations and between organizations, and the unnecessary repetition of testing procedures for clients. These concerns prompted the decision to develop best practice guidelines for administering and utilizing cognitive assessment tools with older clients among organizations in our region.

Our initial project has

focused on the cognitive screening process. The CAT Group recognized that the first step, in working to improve the health of our clients who often suffer from a variety of chronic illnesses, is to establish an objective and measurable baseline assessment. By screening a person's cognitive status at regular intervals, the clinician may detect cognitive difficulties at an early stage. The results of this screening assessment may then assist the clinician to determine the next step in the process, whether it is ongoing monitoring, client/caregiver interview, or a referral for further investigation.

The CAT Group conducted a comprehensive literature search for these screening tools and based on this literature search is recommending the use of either Molloy's Standardized

Mini-Mental State Exam or Folstein's Mini-Mental State Exam, in combination with Shulman's Clock Drawing Assessment.

Included in this package is a copy of a Clock Drawing Assessment that you may use, as well as information on how to obtain a copy of the Standardized Mini-Mental State Examination and a copy of Folstein's Mini-Mental State Examination©. Also in this package is a protocol for administering cognitive assessments and an extensive reference list. More information on the CAT will be made available on the RGPC website in the near future.

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RGPc Education Events September 2004						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9 ~Supportive Conversation for Aphasia - Project 1 (1)~	10	11 ~Practices in Stroke Rehabilitation~
12	13	14	15 ~Taking Away the Car Keys: Driving and Dementia~ ~Rehabilitation Education Program for Stroke (2)~	16 ~Supportive Conversation for Aphasia - Project 1 (2)~	17	18
19	20	21 ~Supportive Conversation for Aphasia - Project 2 for Health Professionals~	22 ~Pain Symposium 2004 Day 1~ ~Pain Symposium 2004 Day 1~ ~Pain Symposium 2004 Day 2~	23 ~A public lecture with Celeste Johnston~ ~Supportive Conversation for Aphasia - Project 2 for Speech Language Pathologists~	24 ~Successful Aging Series 2~	25
26	27	28 ~Primary Health Care in Canada~ ~Primary Health Care in Canada Day 1~	29 ~Primary Health Care in Canada Day 2~ ~CGEC Annual General Breakfast Meeting~ ~Rehabilitation Education Program for Stroke (1)~ ~Geriatric Emergency Management: Integration of Care Conference~	30		

To post your event on our education calendar please contact Paula DiLoreto, Administrative Assistant 905.777.3837 ext. 12433

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Check us out on the
Web

www.rgpc.ca



www.mcmcmaster.ca/

Additional Educational Resources (see RGPc website for Downloadable files or ordering info.)

Delirium/Acute Confusion Educational Fact Sheets for Seniors

Developed by Hamilton Health Sciences the Delirium Fact Sheets describe the signs, symptoms and treatment options related to delirium

Acute Decompensation Protocol for the Older Adult

Developed by the Niagara Dementia Care Network this poster charts the causes of decompensation for the older adult, action referrals and support agencies. Posters will be available for purchase in the near future.

Cognitive Assessment Tool

More information on the CAT will be made available in the near future

Selected Articles for Reading

(Compliments of the Long Term Care Resource Centre. For more information on this service please contact Shannon Buckley, LTCRC Librarian at 905 777 3837 ext: 12476 or sbuckley@stpetes.ca)

Valente SM. (2004). Exploring nursing home staff's perceptions of communication and leadership to facilitate quality improvement. *Journal of Nursing Care Quality*, 19, 242-52

Rickard CM. (2004). Routine changing of intravenous administration sets does not reduce colonization of infection in central venous catheters. *Infection Control and Hospital Epidemiology*, 25,650-55

Nygaard L. (2004). Responses of persons with dementia to challenges in daily activities: a synthesis of findings from empirical studies. *American Journal of Occupational Therapy*, 58, 446-54

Howie L, Coulter M, and Feldman S. (2004). Crafting the self: older persons' narratives of occupational identity. *American Journal of Occupational Therapy*, 58, 446-54

Miller J, et al. (2004). Elder Care Supportive Interventions Protocol: reducing discomfort in confused, hospitalized older adults. *Journal of Gerontological Nursing*, 30(8), 10-18

Fingeld-Connett DL. (2004). Treatment of substance misuses in older women: using a brief intervention model. *Journal of Gerontological Nursing*, 30(8), 30-7

Padula CA and McNatt M. (2004). Older married couples and health promotion: joint decision-making process for long-term spouses. *Journal of Gerontological Nursing*, 30(8), 38-46

Dellasega C and Haagen B. (2004). A Different kind of caregiving support group: therapeutic writing was used to decrease stress and help group members cope. *Journal of Psychosocial Nursing and Mental Health Services*, 42(8), 46-55

Tan HH, McMurdo ME and Morris AD. (2004). Commentary: evidence based medicine, guidelines and common sense. *Age and Ageing*, 33, 335-37

Topp R, Fahlman M and Boardley D. (2004). Healthy aging: health promotion and disease prevention. *Nursing Clinics of North America*, 39, 411-22

****Whole issue is dedicated to men's health****

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