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Welcome to the OSA's Research Rounds. We seek to both educate and inspire in this monthly compendium of research, publications, commentary and events about seniors in British Columbia and beyond. Please feel welcome to email us feedback and items to share.

Research Rounds



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BRITISH COLUMBIA

[Conversations about Care: The Law and Practice of Health Care Consent for People Living with Dementia in BC](#)

British Columbia Law Institute / Canadian Centre for Elder Law

This report examines the laws governing health care consent for people living with dementia in British Columbia. It explores policy and practice within everyday life and health care facilities and makes 34 recommendations. [See [Full Report](#) and [Summary Report](#)]

[Can frailty be prevented? Or is it the inevitable decline in function that accompanies aging?](#)

BC Medical Journal

This article defines “frailty” and goes on to discuss methods for assessing and addressing the condition. The article concludes that frailty is not inevitable and can be slowed or even prevented.

[Ability411](#)

University of Victoria

CanAssist at the University of Victoria has launched Ability411, a place for BC seniors, their families and care providers to find information about technologies and equipment. The website provides information on a wide range of devices that assist seniors in areas such as eating, mobility, dressing, memory and recreation.

[Wait times for priority procedures in Canada](#)

Canadian Institute for Health Information

The Canadian Institute for Health Information has released its findings for 2018 regarding the performance of Canada's health care systems on priority procedures, such as cancer treatment and joint replacement. The report focuses on performance in each province with respect to medically recommended wait times.

CANADA

[Who Is \(Still\) Looking After Mom and Dad? Few Improvements in Care Aides' Quality-of-Work Life](#)

Canadian Journal on Aging

An update to a study conducted in 2015 regarding the health and quality of life enjoyed by care aides in Western Canada. The results of the update indicate that there has been little improvement, and even some worsening, of care aide health and quality of life since the initial study.

[The Canadian Frailty Priority Setting Partnership: Research Priorities for Older Adults Living with Frailty](#)

Canadian Geriatrics Journal

This survey involved people with lived or clinical experience of frailty in order to produce a list of research priorities relevant to those experiences. The results of the survey can be used by future researchers to target specific areas of investigation and to incorporate the perspectives of those most affected by frailty.

[Identification of older adults with frailty in the Emergency Department using a frailty index: results from a multinational study](#)

Age and Ageing

This multinational study with a substantial Canadian cohort develops a "frailty index" for use in hospital Emergency Departments. The developed index can be used as a tool to identify Emergency Department patients with the complex needs (and higher risk) associated with frailty.

[Understanding the new Canadian food guide](#)

McMaster University

McMaster University's Optimal Aging Portal has collected resources to foster better understanding of the new food guide recommendations. Topics include vegetarian diets, the effect of salt on blood pressure, and avoiding sugary drinks.

INTERNATIONAL

[Clinics Aim to Improve Post-ICU Recovery](#)

JAMA (The Journal of the American Medical Association)

Thanks to advances in critical care, more patients are surviving life-threatening illness than ever before. However, many in this growing cohort struggle with post-intensive care syndrome. This article discusses clinical and research efforts to effectively identify and treat post-intensive care syndrome.

[Interventions for preventing falls in older people in care facilities and hospitals \(Review\)](#)

Cochrane Database of Systemic Reviews

Falls in care facilities and hospitals are common events that cause considerable harm in older people. This update of a review first published in 2010 (and updated in 2012) assesses the efficacy of interventions designed to reduce falls in those environments.

[Does current smoking predict future frailty? The English longitudinal study of ageing](#)

Age and Ageing

This study examines the effect of smoking in older people in relation to the risk of developing frailty. The study concludes that quitting smoking may prevent or delay the development of frailty, even among the older population.

[Meeting the Informational, Educational, and Psychosocial Support Needs of Persons Living With Dementia and Their Family Caregivers](#)

The Gerontologist

Meeting the unique needs of individuals living with dementia can be challenging given the dynamic nature of the condition. This article describes the needs of individuals living with dementia and their family caregivers and goes on to discuss the variety of services and program models targeted to the needs of individuals living with Alzheimer's disease or other types of dementia and their families.

[A Taxonomy of Arts Interventions for People With Dementia](#)

The Gerontologist

Arts interventions, such as music, interactive theatre and group poetry reading, have been shown to enhance the quality of life for people living with dementia. This article aims to produce a classification system of arts interventions for people with dementia as a resource for those involved in this growing field.

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