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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

[Better Sleep Could Improve Brain Health Among Older Adults](#) Vancouver Coastal Health Research Institute

This article provides an overview of the “Buying Time” study that is examining interventions to protect cognitive function during aging. The results of this study will be used to develop educational programs to help older adults improve their sleep quality and cognitive health.

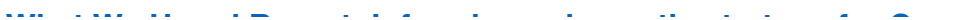
[Healthy Aging: Innovations in mobile health](#) University of Victoria

This video features a variety of University of Victoria experts giving a series of short talks on their latest research into maintaining cognitive health and factors associated with cognitive decline.

[Resilience and Older Adults: Challenges for Individuals and Communities](#) Simon Fraser University

This free public lecture, which takes place on June 10, will feature the challenges faced by and resources available to older adults living in communities. It is part of the two-day John K. Friesen Conference that will address the ways in which seniors bounce back from different types and combinations of adversity.

CANADA



[What We Heard Report: Informing a dementia strategy for Canada](#)
Public Health Agency of Canada

Beginning in 2017, the Public Health Agency of Canada engaged several stakeholder groups to further its understanding of the impacts of dementia in Canada. This report summarizes what was heard from those groups and is presented on an issue by issue basis.

[How Canada Compares: Engagement of Seniors in Chronic Condition Management in 11 Countries](#)
Healthcare Quarterly

This article discusses how Canadian seniors are engaged in the management of their chronic conditions compared to seniors in 10 other countries. Although more Canadian seniors report feeling engaged than the international average, the article concludes that there is room for improvement.

[Combining volunteers and primary care teamwork to support health goals and needs of older adults: a pragmatic randomized controlled trial](#)
CMAJ

The Health TAPESTRY system was designed to improve primary care teamwork and promote optimal aging. This study evaluates the effectiveness of the Health TAPESTRY system in attaining the health goals of older adults. It found that while Health TAPESTRY did not appear to improve goal attainment, it did show signs of shifting care from reactive to active preventive care.

[The importance of hearing and speaking as we age](#)
McMaster University

McMaster University's Optimal Aging Portal has compiled a list of its speech and hearing resources. Topics include the connection between untreated hearing loss and dementia and regaining language skills after a stroke.

INTERNATIONAL

[Home Alone Revisited: Family Members Providing Complex Care](#)
AARP

This report updates and expands on a similar report issued in 2012. An online survey provides the basis for its analyses, which focus on understanding the experiences of family members performing medical and nursing tasks.

[Everyday life after a hip fracture: what community-living older adults perceive as most beneficial for their recovery](#)
Age and Ageing

This article seeks to gain insight into what older adults perceive as most beneficial

to their recovery from hip fracture. Participants in the study highlighted their own role, coaching and the use of technology as most essential. The authors conclude that more attention should be paid to follow-up interventions to assist older adults in finding new everyday routines.

[Diabetes, Care Homes, and the Influence of Technology on Practice and Care Delivery in Care Homes: Systematic Review and Qualitative Synthesis](#)

JMIR Diabetes

Diabetes is increasingly common in the care home setting. This article aims to provide an up-to-date overview of the potential for using technology in this area for diabetes management.

[A systematic review and critical appraisal of quality indicators to assess optimal palliative care for older people with dementia](#)

Palliative Care

This review identifies and then evaluates quality indicators for end-of-life care in dementia. A large list of indicators is ultimately provided as a dementia-specific resource.

[Recognition of the complexity facing residential care homes: a practitioner inquiry](#)

Primary Health Care Research & Development

This article explores the challenges faced by staff in UK residential care homes (approximately equivalent to assisted living in British Columbia) when managing the healthcare needs of their residents. The findings reveal the complexity of issues facing care homes and concludes that these factors can have a significant negative impact on staff's ability to manage resident needs.

[Staff experiences with implementing a case conferencing care model in nursing homes: a focus group study](#)

BMC Health Services Research

The authors of this study posit that current dementia care does not meet the standards of evidence-based practice and that better implementation strategies are necessary. The study explores qualitative experiences of nursing home staff regarding the implementation of comprehensive geriatric assessments and case conferencing, and concludes that management and nursing home staff must understand the factors that enable or constrain change in order to sustain quality of care improvements.

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