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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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SENIORS ADVOCATE

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BRITISH COLUMBIA

[Healthy aging through education](#)
UBC Faculty of Medicine

This article describes the ongoing importance of education in caring for seniors for both the medical profession and family caregivers, as well as the work being done in this regard at the UBC Faculty of Medicine.

[The benefits of and barriers to using a social robot PARO in care settings: a scoping review](#)
BMC Geriatrics

Although there are a growing demand and interest in using social robots in a variety of care settings to support dementia care, little is known about the impacts of the robotics and their application in care settings. This article reviews 29 other papers on the subject and concludes that future research must focus more on the needs of the patient population.

[Upregulation of MIF as a defense mechanism and a biomarker of Alzheimer's disease](#)
Alzheimer's Research & Therapy

This article presents evidence of a link between macrophage migration inhibitory factor (MIF), a protein that also protects the brain from stroke damage, and Alzheimer's disease. These findings suggest that MIF may serve as a defense mechanism to compensate for declined cognitive function in Alzheimer's disease and an increased MIF level could be a potential Alzheimer's biomarker.

CANADA

CANADA

[Let's Get Real about Person- and Family Centred Geriatric Home Care: A Realist Synthesis](#)

Canadian Journal on Aging

This study investigated the complex mechanisms underlying team-based delivery of person- and family-centred care (PFCC) in geriatric home care. Its findings could inform improvements to PFCC education, best practice guidelines, and more integrated delivery of PFCC in geriatric home care and other team-based care environments.

[Public Inquiry into the Safety and Security of Residents in the Long-Term Care Homes System](#)

The Honourable Eileen E. Gillese, Commissioner

This report, commissioned by the province of Ontario in response to the crimes of long-term care nurse Elizabeth Wettlaufer, provides a series of recommendations aimed at improving Ontario's long-term care system generally and at preventing crimes similar to Wettlaufer's from being perpetrated again.

[Civic participation of older adults: Beyond volunteering](#)

McMaster University

Civic participation can help people keep a healthy, active and engaged life. These benefits can help older adults to build relationships, reduce loneliness and social isolation, and improve their health and quality of life. McMaster University's Optimal Aging Portal has collected a series of resources on the topic, including suggestions on ways for older adults to become involved in their communities and research regarding the most effective ways to assist older adults with their social needs.

[Ensuring Canada's first dementia strategy is not shelved and forgotten](#)

CMAJ

This editorial discusses some of the strengths and weaknesses of Canada's recently released national dementia strategy, as well as the authors' thoughts on what future commitments will be required in order to ensure that the strategy comes to fruition.

INTERNATIONAL

[Interventions to Reduce Ageism Against Older Adults: A Systematic Review and Meta-Analysis](#)

AJPH

Research has found a strong link between ageism, in the form of negative stereotypes, prejudice, and discrimination toward older people, and risks to their physical and mental health but relatively little is known about the effectiveness of

physical and mental health, but relatively little is known about the effectiveness of strategies to reduce ageism. This article seeks to assess the relative effects of 3 intervention types designed to reduce ageism among youth and adults.

[Smartwatches Can Detect Walker and Cane Use in Older Adults](#) **Innovation in Aging**

Assistive devices such as walkers or canes are commonly prescribed to reduce older adults' fall risk. However, older adults may not consistently use their assistive device, and measuring adherence can be challenging due to self-report bias or cognitive deficits. The study sought to determine if "smart" devices could be used to detect whether an older adult was walking with an assistive device, and found that smartwatch classifiers could accurately detect assistive device use, but smartphone classifiers performed poorly.

[Potential Harms of Marijuana Use Among Older Adults](#) **Public Policy & Aging Report**

This paper summarizes research on the potential risks and harms associated with marijuana use among the 50+ age group, focusing on cooccurring substance use/misuse and comorbid psychiatric disorders, the risks of driving under the influence (DUI), and injuries.

[The Cognitive Daisy – A novel method for recognising the cognitive status of older adults in residential care: Innovative Practice](#) **Dementia (London)**

This paper introduces the Cognitive Daisy, an assessment system created to provide healthcare staff with an instant snapshot of the cognitive status of older adults in residential care. The results of the study provide evidence for the practicality and efficacy of the Cognitive Daisy protocol.

[Assessing Quality for People Living with Dementia in Residential Long-Term Care: Trends and Challenges](#) **Gerontology and Geriatric Medicine**

In this article, two complementary approaches to assessing quality in residential long-term care serve are examined. The authors conclude that an opportunity exists to strengthen the emphasis on personally meaning-focused outcomes in quality assessment.

[Quality of life of older persons in nursing homes after the implementation of a knowledge-based palliative care intervention](#) **Age and Ageing**

This study aims to evaluate whether a palliative care intervention had any influence on the perceived quality of life of older persons. It concludes that the palliative care approach of the tested intervention prevented unnecessary quality of life decline by supporting sensory abilities, autonomy and social participation among older

persons in nursing homes.

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