

# Seniors Health Strategic Clinical Network™



The Seniors Health Strategic Clinical Network™ Team would like to wish you and your loved ones peace, health, happiness and prosperity in the coming New Year.

## Alberta Health Minister Announces the Release of the Alberta Dementia Strategy and Action Plan

Alberta Health Minister Sarah Hoffman, unveiled the new provincial dementia strategy, focusing on brain health, timely diagnosis and accessible services.

The [Alberta Dementia Strategy and Action Plan](#) is built around four key outcomes:

- The public understands the impact of dementia and works towards optimal brain health
- Those living with dementia and caregivers receive support in their communities
- Timely recognition, diagnosis and clinical management through primary health care, supported by specialist services
- Timely, accessible, integrated and high-quality dementia care and services.

The Seniors Health Strategic Clinical Network™ (SH SCN) was recognized for its contribution in the development of the plan. The [Moving for Memory Program](#) based out of the Southside Primary Care Network in Edmonton was highlighted as part of the announcement.



➤ [Global News Release](#)

➤ [Edmonton Journal](#)

➤ [Medicine Hat News](#)

Issue 4 December 2017

Upcoming Town Hall:

**Dementia,  
Seniors - Inpatient**

**January 18th, 2018**

Clinicians from across Alberta, along with support from the Seniors Health SCN™ and Clinical Knowledge and Content Management (CKCM) have completed a new evidence-based clinical knowledge topic for:

**Dementia, Seniors - Inpatient**

This is an opportunity for clinicians from across the province to learn about the current considerations on how to care for people living with dementia during their inpatient stay.

➤ More information on page 5

### In this issue

- 'Minds in Motion' Pg. 2
- Innisfail Geriatrics Project Update Pg. 3
- 2018 Summer Studentship Competition Pg. 3
- AUA sparks time for change! Part 1 & 2 Pg. 4
- Upcoming Town Hall: Dementia, Seniors Inpatient Pg. 6



Seniors Health  
Strategic Clinical  
Network™

**Minds in Motion®**

The Alzheimer Society of Alberta and Northwest Territories is excited to be piloting the Minds in Motion® program in Alberta. Minds in Motion® is a fitness, cognitive & social program for people living with Alzheimer's Disease and other forms of dementia and their care partner. People living with dementia are often excluded in taking part in community programs and because of this, care partners often feel excluded as they cannot bring their family member or would need to leave them home alone. This leads to social isolation.

The Edmonton Community Foundation's newsletter *Vital Signs*, defines social isolation as a low quantity and quality of contact with others, including number of contacts, feeling of belonging, fulfilling relationships, engagement with others, and quality of network. Minds in Motion® is an inclusive program that will help decrease social isolation.

The Minds in Motion® program consists of 45 minutes of fitness, led by a certified fitness instructor. The fitness portion focuses on cardiovascular, strength and balance. Participants are also encouraged to do a home program. Following the fitness portion, there is a chance to socialize, followed by 1 hour of cognitive and mentally stimulating activities. This program enables people to live well and breaks through stigma. It is a catalyst for creating dementia friendly environments that are supportive of people with dementia and their care partners.

Minds in Motion® will be offered in St. Albert, Sherwood Park and Spruce Grove. For more information contact Arlene or Shayna at 780-488-2266.



WE'D LOVE TO  
HEAR FROM YOU!

Please send us your comments, suggestions and questions at

[Seniorshealth.scn@ahs.ca](mailto:Seniorshealth.scn@ahs.ca)



Seniors Health  
Strategic Clinical  
Network™

### Emerging Evidence from a Falls Prevention Meta-Analysis

Falls are a leading cause of injury among older adults. Numerous research trials have studied interventions to prevent falls; yet, the key elements of effective fall prevention programs remains unclear to patients, clinicians, and policy-makers.

A recently completed network meta-analysis was conducted to identify the most optimal interventions to prevent falls.



Thirty-nine different fall prevention interventions were compared. Exercise, alone or in combination with other assessments and interventions, was found to be the most effective strategy for preventing falls causing injury.



[Media Release](#)



[Full Text Article](#)

### Appropriate Use of Antipsychotics (AUA):

#### Sparks a Time for Change for Prince of Peace Harbour Supportive Living Facility

written by Sarah Hennings, Practice Lead SH SCN

Culture is on the move for the Prince of Peace Harbour supportive living (SL) facility in Calgary! At a recent AUA learning workshop, Ric Zalamea, the Harbour's Health and Wellness Manager, identified how much staff confidence has grown since the implementation of AUA at the facility!

He stated that staff are showing more willingness to report their findings to the nurses and communication has improved within the team. Staff are now taking a very collaborative approach to care and as described by Robert Savela the facility's Educator, staff are more cognizant in recognizing responsive behaviors and seek to find the underlying cause.

There is also less fear in dealing with responsive behaviors. The health care aides (HCA) and nursing staff are demonstrating that they can handle complicated resident situations with great ease. Robert also pointed out that HCA's are working really hard to improve the quality of their approach with residents and it is paying off through better cooperation with care and the need for reapproaching becoming less and less.



From left: Robert Savela, RN - Educator, Ric Zalamea, RN - Health and Wellness Manager, Mary Rose Manzano-Leal, RN - Director of Care, Susanne Pereira, NP-AHS, Florin Man, RN - Case Manager-AHS, Pellyne Orwa-LPN, Jean Salinas-Health Care Aide.

The Life Enrichment program at the site has also grown, filling up the days with meaningful activity to keep residents that are keen to participate well engaged! Staff are getting thorough social histories on residents and working to design activities based around resident interests.

One amazing success story that comes of all this hard work is related to a resident who had their antipsychotics discontinued and began talking again and even taking a few steps. While since passed, the "awakening" of this resident has provided reinforcement to the incredible team work that is taking place at the Prince of Peace Harbor SL Facility and demonstrates their commitment to patient centered care.

### Appropriate Use of Antipsychotics (AUA):

#### Sparks a Time for Change for Monterey Seniors Village

written by Sarah Hennings, Practice Lead SH SCN

Even though Monterey Seniors Village is in the early stages of their AUA project, many positive changes are being seen in the staff culture and attitude! "The AUA project really came at great timing for our facility. Staff completed the Retirement Concepts Violence Prevention modules surrounding responsive behaviors at the same time as we were learning about the incorporation of meaningful activity... the theory really works well together" described Christine Stocks, Resident Care Manager of the facility. She stated that staff who were previously experiencing burnout are feeling better and more confident in their skillsets.

This renewed sense of self-assurance has helped propel the shift to client-focused care and improve interdisciplinary partnerships. Recreation Manager has re-designed the activity plan for the secured unit utilizing targeted therapy. Front line staff now play a bigger role in meaningful activities to involve the residents in throughout the day.



Front – Kathleen Russel,  
Back Left to Right –  
Amanpreet Bhatti,  
Til Pathak Thapa, Mayna Joseph,  
Christine Stocks.

One idea that they have found very effective is the introduction of rummaging bins where residents can occupy themselves by finding interesting trinkets and other articles filled with unique history and attention-grabbing attributes. Because of this increased collaboration with recreation, responsive behaviors have dropped over 70% in just a few short months!

Health care aide staff also feel they are better able to focus on their role as personal care providers and have more time to focus on the quality of their work. "Our team is really coming together, and as a result, we see the physical aggression in our residents declining and the staff enjoying their jobs more... its fantastic!"



## Innisfail Geriatrics Project Update

Innisfail is a Central Alberta community committed to caring for its seniors. This is evident throughout the practices of the 14 Physicians and multi-disciplinary Primary Care Network (PCN) team, the Home Care program, the hospital, long term care, supportive living, and lodges.

In an ongoing effort to improve care for seniors, the primary care team identified the need for a proactive, person centered care model with a single point of access to comprehensive, integrated care. To achieve this, we joined the Wolf Creek PCN in 2016 and are establishing a geriatrics program. A Geriatric Nurse has been hired, and we are participating in the AHS Primary Health Care Integrated Geriatric Services Initiative (PHC IGSI). Actions taken to achieve improved care for the local seniors' include:

In the medical clinics: Proactive, case finding for patients at risk of cognitive decline. Once identified – patients are assessed, education provided to the patient and their family, a care plan is developed, and follow up visits are planned.

In the community: Establishing a community coalition to include - Geriatric Nurse, Physician, Home Care, Family and

Community Support Services (FCSS), Social Work, Alzheimer society, Seniors Mental Health, Palliative Care Resource Nurse and public members to identify common goals and priorities.

Throughout the primary care team: Ongoing education and mentoring for all team members who provide care and support those living with dementia.

We are also working to establish an Adult Day Support Program for local seniors.



If you have questions, please contact

Dr. Upesh Chauhan (right) or Wendy Evans (left) at the Innisfail Medical Clinic or the Innisfail Associate Clinic.

## Competition

### SH SCN Launches 2018 Summer Studentship Competition

The Seniors Health SCN is pleased to announce the launch of the 2018 Undergraduate Summer Studentship Competition. This opportunity is designed to enable undergraduate student participation in health and aging research that is aligned with the Seniors Health SCN priority areas.

The competition is open to applicants enrolled in or accepted to a full-time undergraduate program in a health-related discipline at an academic institution in Alberta, supervised by an Alberta-based academic researcher, conducting a health and aging research project in Summer 2018.

The deadline for submissions is Friday February 2, 2018.

If you have questions regarding this competition, please contact [Dr. Heather Hanson](#), Assistant Scientific Director, Seniors Health SCN.

2018 INTERNATIONAL CONFERENCE

**Promoting Healthy Brain Aging  
and Preventing Dementia**

RESEARCH AND TRANSLATION

June 20-22, 2018 | Banff Centre for Arts and Creativity  
Banff, Alberta, Canada

 [For more information](#)

### Town Hall Meeting: Clinical Knowledge Topic - Dementia, Seniors Inpatient

**Save the Date: January 18th, 2018**

Please join us for a presentation on the new Clinical Knowledge Topic *Dementia, Seniors - Inpatient* that was developed by clinicians across Alberta in collaboration with the Seniors Health SCN™ and Clinical Knowledge and Content Management (CKCM).

This is an opportunity for clinicians from across the province to learn about the current considerations on how to care for people living with dementia during their inpatient stay.



**Who:** Presentation by Topic Lead  
Dr Jayna Holroyd-Leduc (Geriatrician, Section Chief and Associate Professor, University of Calgary)

**When:** January 18th, 2018 (12:00 – 1:00pm)

**Where:** Online / Skype Meeting

**How to attend:**

Click here to [Join Skype Meeting](#)

Trouble Joining? [Try Skype Web App](#)

Or join by phone [TOLL-FREE - \(877\) 352-4495](#)

Conference ID: 2829040

\*Attendees will not be able to activate Video.

\*\*Lync audio will be muted for the duration of this session

Questions can be directed to [seniorshealth.scn@ahs.ca](mailto:seniorshealth.scn@ahs.ca)



**Alberta Health  
Services**

Clinical Knowledge and Content Management (CKCM) and  
Seniors Health Strategic Clinical Network™

### A Journey of Compassion

Provided by Rose, Dementia Advice Nurse

“I feel as if I am just starting to walk through the flat bottom of a deep valley.”

This was how one of my callers described the journey he is on watching his dear wife on her own journey with dementia.

He says, “This is so hard, we are attached at the heart. I have gone to see her every day at the hospital where she is waiting for placement. 100 days and more without missing a single day. I am weary, but I can’t NOT go. We are so attached and I want to make her life as pleasant as possible.”

The wife is still able to be quite social and interact with others. Leaving the hospital to go home, however, is very difficult for this husband. She gets very weepy and anxious, and he worries when she tells him her heart is pounding and hurts. He needs, though, to go home. When he returns the next day, she does not talk about the previous day, or of her anxiety related to him leaving. He trusts that she has forgotten. The staff are so kind, and he thinks they distract his wife when he leaves.

What can I, and my fellow Dementia Advice nurses, do for this couple? As registered nurses with expertise in dementia care (which includes the caring for the caregiver), we listen to him with an attentive ear.

**Dementia Advice**  
Available through Health Link

**811 Health Link**  
Health Advice 24/7

Over the course of a few conversations, we thoroughly assess his psychological and physical circumstances. Red flags for depression are raised, as is concern for his blood pressure. We identify that he is experiencing anticipatory grief, and coach him through the stages to expect to go through.

We encourage him to practice self-care in this daily pilgrimage that he has devoted himself to – monitor his blood pressure, being mindful of sodium intake, walks outside. Then, with his permission, we send our concerns to his doctor, with whom he will make an appointment. He appreciates us, saying, “It means so much to be able to speak to someone who understands what this illness is and what it does to people. It helps me to be able to continue to walk alongside my wife in this deep valley. I am committed to her and will continue. Speaking with Dementia Advice helps me to do that.”

Our hearts go out to this caller, and to all like him. His courage, heroic actions toward his wife, and his love for her fill us with deep awe. We share knowledge and encouragement, and are given back so much more in wisdom and grace of our caller. What a privilege to walk along side on this journey across the flat of a deep valley.