

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

[Home exercise program reduces rate of falls for at-risk seniors](#)

UBC Faculty of Medicine

This University of British Columbia study involved older adults who had been referred to a falls prevention clinic following a fall. Participants performed a particular set of training exercises in their homes. Those who completed the program were less likely to experience repeat falls and even improved in some markers of cognitive function.

[Earlier, more intense exercise improves recovery for stroke patients](#)

Vancouver Coastal Health Research Institute

This article outlines the Determining Optimal post-Stroke Exercise clinical trial being conducted by the Vancouver Coastal Health Research Institute. The results of the trial suggest that patients participating in higher intensity exercise could walk further and reported a higher quality of life than patients receiving standard care.

[Seniors' Housing Report – British Columbia](#)

Canada Mortgage and Housing Corporation

This report, issued by CMHC, provides a variety of statistical information regarding seniors' housing in British Columbia. It is important to note that a "standard space" as referred to in this report is a Canada-wide term applied by CMHC and does not conform to any one particular form of seniors housing in B.C.

CANADA

[A Dementia Strategy for Canada: Together We Aspire](#)

Public Health Agency of Canada

The Public Health Agency of Canada has published Canada's first national strategy on dementia, which sets out a vision for the future and identifies common principles and national objectives to help guide actions by all levels of government, non-governmental organizations, communities, families and individuals.

[The mask we wear: Chronological age versus subjective age inside](#)

International Journal of Aging Research

The goal of this study was to explore the concept of "age inside" and its relationship to actual years lived or physical health. The study found that "age inside" does not correlate well with chronological age and is more closely associated with self-reported gender and self-reported health.

[Making the transition to retirement](#)

McMaster University

McMaster University's Optimal Aging Portal has compiled resources on the social, health-related and financial issues that seniors face as they transition between work and retirement. Topics include financial literacy, retirement income and ageism in the workplace.

[Unbefriended: The tragic fate of many older adults](#)

McMaster University

The Optimal Aging Portal has also produced a collection of resources regarding "unbefriended" seniors who are unable to make decisions on their own and do not have a family member or friend who can be their guardian, representative or substitute decision-maker. Topics include advance care planning, end-of-life care and powers of attorney.

INTERNATIONAL

[Podiatry interventions to prevent falls in older people: a systematic review and meta-analysis](#)

Age and Ageing

This review examined podiatry interventions for falls prevention delivered in the community and in care homes. The review concludes that certain forms of podiatry intervention do produce significant reductions in falls rate.

[Positive physical and mental outcomes for residents in nursing facilities using music: a systematic review](#)

Clinical Interventions in Aging

This study investigates the applicability and effectiveness of the use of music in achieving positive outcomes in nursing facilities. It concludes that the use of music did show positive outcomes and should be considered for implementation as part of the normal culture within such facilities.

[Pressure Injury Prevention: Outcomes and Challenges to Use of Resident Monitoring Technology in a Nursing Home](#)

Journal of Wound, Ostomy and Continence Nursing

This article examines the usability and user perceptions regarding patient monitoring systems used in achieving standard of care for pressure ulcer/injury prevention in nursing homes. The study found that such systems could be useful as a means to cue staff to comply with repositioning standards.

[Adverse Effects of Pharmacologic Treatments of Major Depression in Older Adults](#)

Journal of the American Geriatrics Society

This study assesses the adverse effects of pharmacologic antidepressants for treatment of major depressive disorder in adults 65 years of age or older. It concludes that certain antidepressants are associated with a greater number of adverse events. It goes on to state that comparative long-term studies reporting specific adverse events are needed to inform clinical decision-making regarding choice of antidepressants in this population.

[Strategies to reduce potentially avoidable hospitalisations among long-term care facility residents](#)

BMJ Quality & Safety

This editorial discusses the prevalence of potentially avoidable hospitalisations among residents in long-term care facilities. It goes on to suggest the on-site presence of a physician, nursing education and the development of tools that can be used in everyday practice as possible options for reducing this problem.

Surgical Decision Making for Older Adults

JAMA

Surgery in older patients involves an increased risk of complications and subsequent changes to quality of life. This article provides some guidance for the decision-making process and suggests asking the following three questions before agreeing to surgery:

1. Will surgery prolong my life?
2. How will surgery affect my quality of life?
3. Will surgery allow me to preserve my independence?

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