

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

[Scaling Up For Senior's Health: A Small, Successful Health Promotion Trial Goes Province-Wide](#) **Vancouver Coastal Health Research Institute**

This article discusses the Men on the Move study, which looked at ways to get older men to be more active and has now been scaled up into the Choose to Move program. Choose to Move is now being implemented in more than 55 communities across BC with 324 programs and more than 3,000 participants.

[Exercise "Rewires" the Brain, May Improve Motor Function and Mood in PD](#) **Djavad Mowafaghian Centre for Brain Health**

This study's findings suggest that aerobic exercise may have therapeutic benefits for people with Parkinson's disease, including improvements in motor function and mood when used in conjunction with drug treatment. It is among the first to show how the brain changes as a result of exercise, providing a new path to understanding the mechanisms of neuroplasticity and the brain's ability to rewire itself even after being altered by neurodegenerative conditions

[Characteristics Associated with the Postprandial Hypotensive Response in Falling Older Adults](#) **Canadian Journal on Aging**

This report covers the association between a decrease in blood pressure after eating and an increased risk for falls, fractures, and increased mortality. The results of the study indicate that a certain subset of unexplained fallers, including men and patients with high blood pressure, are more likely to experience this decrease. The authors suggest that such patients presenting at a falls clinic should receive further screening with a meal test or blood pressure monitoring.

CANADA

[The Future Co\\$ of Long-Term Care in Canada](#)

National Institute on Ageing

This report, issued by the National Institute on Ageing at Ryerson University, is the second part of a three-part policy series examining the current system of home and community care for older Canadians. The objective of this paper is to better understand the challenges Canada faces over the next three decades in providing long-term care, both from a public cost perspective, and from the personal lens of older Canadians and their families.

[Retirement Expectations of Older Workers with Arthritis and Diabetes Compared with Those of Workers with No Chronic Diseases](#)

Canadian Journal on Aging

This research recruited Canadian workers 50–67 years of age and asked them to participate in a cross-sectional survey about their expected age of retirement, future work plans, whether they were retiring sooner than planned, and bridged retirement. Contrary to predictions, health factors accounted for less of the variance in retirement expectations than other factors such as person-job fit.

[Arts as a driver of change](#)

McMaster University

It is well known that the arts help to improve social engagement and well-being among older adults, and can reduce certain health problems such as hypertension, anxiety and depressive symptoms. In this article, McMaster University's Optimal Aging Portal suggests that the arts could also be used to reduce ageism and share knowledge regarding aging.

[Day centers: Safe and stimulating environments for older adults living with a loss of autonomy](#)

McMaster University

Many older adults and caregivers are benefiting from day centres, which offer programs of activities in professional care settings. McMaster University's Optimal Aging Portal has collected and summarized research on this topic, including support for caregivers of frail older adults and the impact of operational issues on the success of day centres.

[Older Immigrants' Access to Primary Health Care in Canada: A Scoping Review](#)

Canadian Journal on Aging

This review examines the existing knowledge surrounding older immigrants' access to, and utilization of, primary care physicians. The authors found that older immigrants face intertwining

access barriers related to health literacy, language, culture, health beliefs, spatial inequality, and structural circumstances and go on to make several wide-reaching policy recommendations.

INTERNATIONAL

[Hospitalization at the end of life among nursing home residents with dementia: a systematic review](#)

BMC Palliative Care

This review was conducted to study the occurrence of hospitalizations at the end of life in nursing home residents with dementia and to compare these figures to residents without dementia. All but one study reviewed found that at the end of life residents with dementia were hospitalized less often than those without. The authors recommend further studies in order to assess the influence of factors such as age and gender.

[Fake bus stops for persons with dementia? On truth and benevolent lies in public health](#)

Israel Journal of Health Policy Research

Fake bus stops are one strategy to keep persons with dementia from wandering. This article discusses the ethical aspects of using fake bus stops and outlines considerations prior to setting up fake bus stops in nursing homes in keeping with good clinical practice in dementia care.

[Medication review plus person-centred care: a feasibility study of a pharmacy-health psychology dual intervention to improve care for people living with dementia](#)

BMC Psychiatry

This study investigated the feasibility of a full clinical trial of a specialist dementia care pharmacist medication review combined with a health psychology intervention for care staff to limit the use of psychotropics. The authors concluded that, while the proposed staff training was feasible, the medication review would require significant modification for full trial.

[Supporting Family Caregivers With Technology for Dementia Home Care: A Randomized Controlled Trial](#)

Innovation in Aging

This trial tested the use of an intervention for in-home caregivers based on video recordings caregivers submit of challenging care situations. An expert team reviewed the videos and provided individualized interventions weekly for the experimental group. The authors found that the caregivers using the new intervention had greater reductions in depression and gains in competence when compared to the control group.

Polypharmacy in older patients: identifying the need for support by a community pharmacist
BMC Geriatrics

The goal of this study was to identify high-priority older patients for intervention by a community pharmacist. The authors found that such patients can be identified by asking simple questions about difficulties in managing, administering, taking or storing medications.

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