

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

[Community health promotion programs for older adults: What helps and hinders implementation](#)

Health Science Reports

The primary objective of this study was to conduct a formative evaluation to examine the implementation of community-driven health promotion programs for older adults in British Columbia, Canada. The authors believe that the information gained will help adapt and enhance implementation of a larger scale-out intervention.

[Snow and Rain Modify Neighbourhood Walkability for Older Adults](#)

Canadian Journal on Aging

The literature has documented a positive relationship between walkable built environments and outdoor mobility in older adults, but there has been little consideration of how weather conditions modify the impact of neighbourhood walkability. This study found that even older adults who lived in very walkable neighbourhoods walked to 25 per cent fewer destinations in snow.

[Using frailty and quality of life measures in clinical care of the elderly in Canada to predict death, nursing home transfer and hospitalisation – the frailty and ageing cohort study](#)

BMJ Open

The objective of this study was to assess the value of using frailty measures in primary care for predicting death, nursing home transfer (“NHT”) and hospital admission. The authors found that for elderly people, standardised simple measures of frailty and health status were stronger predictors of death, NHT and hospital admission than medical diagnoses

CANADA

[Development and validation of a screening tool for early identification of bloodstream infection in older patients - a retrospective case-control study](#)

BMC Geriatrics

The objective of this study was to develop and validate a clinically useful screening tool to identify older patients with a high probability of having a bloodstream infection. The authors conclude that the validated tool had high predictive value which may improve early identification and management of bloodstream infections in older patients.

[Hearing and Cognitive Impairments Increase the Risk of Long-term Care Admissions](#)

Innovation in Aging

The objective of the study was to understand how sensory impairments, alone or in combination with cognitive impairment (“CI”), relate to long-term care (“LTC”) admissions. The study found that although CI increases the risk of LTC admission, hearing impairment is also important, making it is imperative to continue to screen for sensory issues among older home care clients.

[The risk of death within 5 years of first hospital admission in older adults](#)

CMAJ

The objective of this study was to estimate the risk of death among older adults admitted to hospital who had had no admissions to hospital or emergency department visits in the preceding 5 years. The authors measured the 5-year risk of death after the first hospital admission or emergency department visit and described how this risk varied by age.

[Identity on the plate: food activities can help older adults maintain their identity](#)

McMaster University

McMaster University’s Optimal Aging Portal Among has compiled research and resources regarding the ability of older adults to participate in family and social activities through food and how that affects their perception of identity.

[Towards a Community-Based Dementia Care Strategy: How do We Get There from Here?](#)

World Health & Population

In lead paper, the authors explore the "state of the art" in community-based care for PLWD, highlighting the importance of early and ongoing intervention. They then offer a brief history of dementia care policy in Ontario and examine how, in the absence of viable community-based care options, persons living with dementia can quickly "default" to institutional care. In the final section, the authors identify three key strategic pillars to guide action towards a community-based dementia care strategy.

INTERNATIONAL

[Development of a hospital deprescribing implementation framework: A focus group study with geriatricians and pharmacists](#)

Age and Ageing

This study aimed to characterise geriatricians' and pharmacists' barriers and enablers to deprescribing in hospital. It also intended to develop a framework of intervention components to facilitate implementation of hospital deprescribing. The authors found that the behavioural determinants and their associated intervention components provide a hospital deprescribing implementation framework.

["I just keep thinking that I don't want to rely on people." A qualitative study of how people living with dementia achieve and maintain independence at home: stakeholder perspectives](#)

BMC Geriatrics

The authors of this study qualitatively explored the views of people living with dementia, family carers and health and social care professionals, on how to achieve and maintain independence at home and what impedes this and identified four overarching themes.

["Who's Caring for Us?": Understanding and Addressing the Effects of Emotional Labor on Home Health Aides' Well-being](#)

The Gerontologist

This study examined workers' perceptions of the emotional effects of caring work, coping mechanisms, and desired support. The authors found that recognizing and supporting the emotional demands of caring work is crucial to strengthening the workforce.

[“I’ve never drunk very much water and I still don’t, and I see no reason to do so”: a qualitative study of the view of community-dwelling older people and carers on hydration later in life](#)

Age and Ageing

This study focused on the views of community-dwelling older people on hydration, healthy drinking and the perceived importance of drinking well in later life. The authors found that older people could be supported to drink well by building upon existing habitual drinking patterns.

[Nonimmersive Brain Gaming for Older Adults With Cognitive Impairment: A Scoping Review](#)

The Gerontologist

The purpose of this scoping review was to provide a critical overview of the existing literature on nonimmersive, electronic brain gaming interventions in older adults with mild cognitive impairment or dementia. The review found a breadth of research which will help guide future research to develop standards and recommendations for brain gaming interventions which are currently lacking.

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