P1 - WELLNESS FROM PERSPECTIVES OF RESIDENTS LIVING IN LONG-TERM CARE HOMES: A PARTICIPATORY ACTION RESEARCH APPROACH (STUDENT POSTER)
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Description of Research or Project: Persons 65 years or older are the fastest growing demographic in Canada (Statistics Canada, 2011) and the need for 24-hour care and LTC support will continue to rise. An association is typically drawn between death and dying and the movement into LTC homes. Leisure can alternatively be important for promoting “living” and supporting resident wellness. The notion of “living” in LTC shifts emphasis away from illness and death to placing value on wellness. This participatory action research (PAR) study aimed to understand wellness from residents’ perspectives and the role leisure plays in their wellness. Our process highlighted the necessity for academics and practitioners to involve residents in decisions about their care experience. Guiding questions included: (1) What does wellness mean to residents living in LTC? (2) What does a ‘well’ LTC home look like to residents? (3) What is the nature of the relationship between leisure and wellness from a resident perspective? (4) How can those involved in LTC support resident wellness? Key Findings / Results: Our visual conceptualization highlights meanings and experiences of resident wellness in a LTC context, and presents four themes and six recommendation areas for supporting resident wellness from residents’ perspective. Why is this Research Important to Profile at the Research Day 2013? As we begin a shift in long-term care culture and health policy, it is important that all partners recognize the importance of relationships and the integral roles that residents play in creating “well” homes. How could your Research/Findings be Replicated or Applied in More long Term Care Homes? Stakeholders can expand understandings of what wellness looks like in a LTC setting, impacting care. Our study highlights areas that could be better supported in LTC to create homes of living "well."

P2 - MUTUAL SUPPORT GROUPS: TARGETING LONELINESS & DEPRESSION IN LTC (STUDENT POSTER)
Kristine Theurer. Simon Fraser University, Vancouver, BC.
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Description of Research or Project: This presentation is based on research conducted by the presenter and the Gerontology Department of Simon Fraser University. It reviews the development and evaluation of mutual support groups implemented in three LTC homes in British Columbia. Key Findings / Results: Residents in the study report positive benefits including spending time together (versus being alone in their rooms), getting to know one another better, gaining new respect and understanding for one another, giving and receiving support, unloading their burdens and learning new coping skills. Group observations showed increased interaction during and after the sessions. Staff report positive experiences and described how the unique program fostered sharing and empowered residents with moderate to severe cognitive impairment. The findings have been recently been published in the peer-reviewed Journal of Applied Gerontology. The program is being studied by the Research Institute for Aging. Their preliminary assessment is: "It has been a great transformation for everyone involved so far." Why is this Research Important to Profile at the Research Day 2013? Loneliness and depression remains a significant problem in LTC. Although there is research documenting the effectiveness of mutual support groups in the community, there are almost no mutual support groups offered within care homes. The implementation of mutual support groups can be a catalyst for LTC transformation by creating a culture of positive mutual support that resonates throughout the home, for residents, staff, and administrators. How could your Research/Findings be Replicated or Applied in More long Term Care Homes? As a result of this project a mutual support group manual, tools, protocols and training modules have been developed. They are standardized and ready for implementation and replication across multiple sites.

P3 - INTEGRATING RAI-MDS INTO SUICIDE PREVENTION IN LONG TERM CARE
Marilynne Gordon. Revera LTC, Ajax, ON.
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Description of Research or Project: How do staff prevent suicide attempts without identifying residents at risk first? Where does the RAI MDS assessment and documentation aid the staff in identifying residents at risk? To answer this, a study of the RAI MDS assessment process and reports was done to ascertain whether there was adequate information. Objectives: 1. Begin to understand the statistics of risk of suicide in older adults in Canada. 2. Identify sections of MDS assessments that aid staff in flagging residents at higher risk. Key Findings / Results: In Canada, the risk for suicide tends to increase with age, especially for men. Approximately 90% of older people who attempt or complete suicide have a mental health disorder, usually depression.
Approximately 44% of residents in long term care in Canada have symptoms of depression. Using RAI MDS 2.0 will enable staff to identify residents with symptoms of depression. RAPs care planning and a flow sheet for registered staff to follow to ensure they assess residents for risk of depression which has a strong correlation to suicide risk are also discussed. **Why is this Research Important to Profile at the Research Day 2013?** The RAI-MDS 2.0 assessment tool and reports have multiple areas where identification of a resident at risk for depression and possible suicide risk. **How could your Research/Findings be Replicated or Applied in More Long Term Care Homes?** Homes now utilize the RAI-MDS assessment and reporting system which incorporates valuable information to alert staff to residents at risk of depression and possible suicide.

**P4 - PSYCHOSOCIAL SERVICES IN ONTARIO'S LONG-TERM CARE HOMES**

Kelsey Simons. Baycrest, Toronto, ON.
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**Description of Research or Project:** This presentation will provide results of a pilot survey of 95 Ontario LTC homes that examined staffing levels and service arrangements for social services and mental health care, key components of psychosocial services. Survey respondents (most commonly an administrator, director of care, or social service staff) were also asked to indicate their level of satisfaction with coverage and qualifications of social service providers (i.e., social workers and social service workers) and to describe the reasons for their level of satisfaction or dissatisfaction. **Key Findings / Results:** Results demonstrate that respondents from rural homes were less likely than respondents from homes located in metropolitan areas to report employing a mental health specialist, or to have a contract for such services ($\chi^2 = 3.69[1], p = .05$). Likewise, for-profit ($\chi^2 = 5.72[1], p < .05$), rural ($\chi^2 = 21.26[1], p < .001$), and smaller homes ($t = 5.85[66.89], p < .001$) were also less likely to have a social service staff person. Facility characteristics were not significantly related to reported levels of satisfaction with social service provider qualifications or staffing levels; yet respondents in many homes described a need for greater staffing (n = 28) and psychosocial service access concerns (n = 12) in open ended comments. **Why is this Research Important to Profile at the Research Day 2013?** This study fills an important gap in knowledge regarding the arrangements Ontario LTC homes make for both social services and mental health care (key components of psychosocial services). The results will contribute to further research on this topic and can inform quality improvement initiatives at multiple levels. **How could your Research/Findings be Replicated or Applied in More Long Term Care Homes?** The study provides initial evidence of the arrangements LTC homes make for psychosocial (social and mental health) services in the province. Further research is warranted.

**P5 - MUSIC STUDENTS' EXPERIENCES OF MUSIC INTERACTION WITH RESIDENTS LIVING IN TWO NORTHWESTERN ONTARIO LONG-TERM CARE HOMES (STUDENT POSTER)**

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**Description of Research or Project:** This poster presents the results of an eight-month qualitative study of music students' experiences of music interaction with frail older residents, many living with dementia in two Long-Term Care (LTC) homes. This project is a joint initiative of Lakehead University’s Faculty of Music and a 5-year SSHRC-funded project titled “Improving Quality of Life for People Dying in Long-Term Care Homes”. Lakehead University Music students from the Creative Community Engagements in Music class explored the use of music as a medium for promoting well-being, participation, and interaction “with” as opposed to performing “for” residents. Students discussed their experiences in a focus group and in detailed individual interviews. All were transcribed verbatim, analyzed using qualitative methods, and triple coded to support the emergent themes. **Key Findings / Results:** The results show that students were surprised and often overwhelmed by what they experienced in LTC, and yet felt enriched by it. Results also point to the need for students to have more guidance on how to engage with residents and how to appreciate the different ways people living with dementia participate. **Why is this Research Important to Profile at the Research Day 2013?** Recommendations are made for future intergenerational arts based courses that collaborate with LTC residents to generate well-being, improved quality of life, and activation through the arts. **How could your Research/Findings be Replicated or Applied in More Long Term Care Homes?** Developing programs like this where humanities students thoroughly prepare to engage residents in LTC with art, drama, creative words and music can add to quality of life and well-being of the residents and can generate bonds between these generations.

**P6 - MAKING THE MOST OF MEALTIMES: FINDING SOLUTIONS TO MALNUTRITION IN LONG TERM CARE**

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Description of Research or Project: Older adults living in long-term care (LTC) are nutritionally vulnerable; 30-60% are malnourished and this affects overall health and quality of life. However, food quality and nutritional intake are only part of the equation, causes of malnutrition are diverse: dining experiences are not social; eating assistance is often limited; and dysphagia is under-diagnosed and inappropriately managed. Given the complexity and interrelatation of causal factors, solutions for malnutrition in LTC must be multidimensional. Making the Most of Mealtimes (M3) is a conceptual framework and program of research designed to focus interventions on three domains: Meal quality, Mealtime experience and Managing food access. The M3 concept was built from a narrative review and formalized by an interdisciplinary team. M3 will leverage the expertise of a diverse, inter-professional team in four provinces (Alberta, Manitoba, Ontario and New Brunswick) collaborating across these domains to find feasible solutions to the complex challenges of LTC malnutrition; a confirmatory prevalence study will provide a basis for development, implementation and evaluation of the multifactorial intervention. Key Findings / Results: M3 is a novel, evidence-based conceptual framework; it is the basis to an inter-provincial program of research that will not only define these areas further, but also test feasible solutions within the complex LTC environment. Why is this Research Important to Profile at the Research Day 2013? Malnutrition is an issue of immense importance to LTC providers; it will be important for the sector to understand the M3 domains and their relation to LTC malnutrition. How could your Research/ Findings be Replicated or Applied in More long Term Care Homes? M3 is a collaborative research program involving both academics and stakeholders; knowledge translation is integrated throughout the design and numerous tools/resources of relevance to LTC providers will be created.

P7 - ORAL HYGIENE IN LONG-TERM CARE HOMES: A QUALITY IMPROVEMENT PROJECT
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Description of Research or Project: Two long-term care homes requested assistance to improve resident’ oral care. A quality improvement project was designed and applied the RNAO Best Practice in Oral Health Gap Analysis. The registered dental hygienist RDH used the Oral Health Assessment Tool (OHAT) for the baseline assessments and to inform each resident’s oral care plan. Education for the Personal Support Workers residents’ will include the YouTube oral health webinars http://www.shrttn.on.ca/resource/skills-video-series-denture-care-seniors and one on one instruction with the RDH on oral care techniques. Evaluation includes follow up resident oral assessments at and repeat staff Knowledge, Attitudes and Confidence questionnaires at 1 year. Key Findings / Results: This research project is in progress. The outcome measures are: 1. The implementation and sustainability of the Oral Health Assessment Tool 2. Maintenance or improvement in resident oral health using before and after oral assessment by a registered dental hygienist at baseline 3 months and 1 year. 3. Pre/post attitudes, knowledge and confidence in oral care questionnaire by the PSWs. Why is this Research Important to Profile at the Research Day 2013? This is an interdisciplinary project to improve oral care in a LTC home using a quality improvement approach. It includes the disciplines of dental hygiene, nursing, personal support worker and geriatric medicine. It uses new Youtube webinars on oral health together with one on one, bedside individualized instruction of the PSWs by the registered dental hygienist. How could your Research/ Findings be Replicated or Applied in More long Term Care Homes? The research findings are in progress and if effective would be applicable to long term care homes as oral hygiene can be improved in most homes.

P8 - LEADERSHIP ROLES IN LONG TERM CARE: AN ETHNOGRAPHIC APPROACH (STUDENT POSTER)
Lucy Elliott, Rockwood Terrace, Durham, ON.
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Description of Research or Project: The PSW role is the foundation of LTC because PSWs provide direct care and valuable insight to the residents who live in LTC homes. PSWs want to be seen as a valued member of the interdisciplinary care team. The introduction of a leadership role: PSW Coordinator, has changed the dynamics of the relationships in long-term care. Will PSWs perceive this role in contributing to their vision? Key Findings / Results: The hierarchy of leadership within the organization further impedes relationship building because of the limitations of the PSW role (McGilton et al., 2008). A better understanding is needed about how PSWs can be fully integrated as part of the interdisciplinary team and be perceived and treated as a valuable team member (DeForge et al., 2011; Kontos, Miller, & Mitchell, 2009). Researchers found that lack of effective leadership is a barrier to improving organizational outcomes (Fleming & Kayser-Jones, 2008). Increasing the leadership skills of those who work with PSWs, can improve the quality of care and the work environment (organizational outcomes) (Harvarth et al., 2008). The supervisor’s support is important in creating a collaborative work environment. Job satisfaction is influenced at every level of hierarchy in LTC (McGilton et al., 2007). Why is this Research Important to Profile at the Research
Day 2013? The increased understanding of how PSWs perceive leadership and the new PSW coordinator/manager roles in LTC is important in establishing relationships, empowering staff and increasing the opportunities to build interdisciplinary teams.

How could your Research/Findings be Replicated or Applied in More Long Term Care Homes? The findings will contribute to role and leadership development for supervisors in LTC homes. The results will be useful to supervisors who are interested in the viability of having a PSW Coordinator role or other leadership roles in LTC.

P9 - KNOWLEDGE TO ACTION AS A LEADER IN SENIORS CARE AND RETIREMENT LIVING
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Description of Research or Project: New expectations of legislation and the service environment are challenging leaders across these sectors to reflect on their leadership practices, to strengthen their approaches and to be able to demonstrate their learning. This project demonstrates an innovative model to enhance leadership capabilities. Key Findings/Results: Leadership development has been a priority in Schlegel Villages for the last three years, with proven benefits of a serving leadership style and resident-centered culture. Our leadership training model builds on these results with innovation in the definition and application of leadership capabilities. The poster will demonstrate this leadership model and the approach to training that is now available across the long-term care and retirement living sectors. A beginning framework for impact assessment will be shared, along with preliminary data from Schlegel Villages. Why is this Research Important to Profile at the Research Day 2013? The new LTC regulations require 120 hours of education for leadership. To have value for very busy individuals, education needs to move from course-focused material that reflects basic business management information to engaging and meaningful education that can be integrated with the work expectations for maximal impact. How could your Research/Findings be Replicated or Applied in More Long Term Care Homes? The training program is based on six capabilities for leadership: aligning, serving, mobilizing, connecting, stewarding, and improving. These have the potential to guide development of position descriptions and performance planning.

P10 - RN ROLE AMBIGUITY IN LONG TERM CARE AND ITS PERCEIVED EFFECTS ON RESIDENT CARE: AN EXPLORATORY ANALYSIS (STUDENT POSTER)
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Description of Research or Project: Registered Nurse (RN) role ambiguity in Long Term Care (LTC) is linked to decreased job satisfaction and increased job turnover; however, the possible effects on residents have been largely unexplored. The objective of this study was to explore the current perceptions of the RN role in LTC and if role ambiguity affects resident care. This study used a qualitative descriptive design to collect data from five focus groups of RNs and Registered Practical Nurses (RPNs) and two individual interviews with RNs. Data were analysed using thematic content analysis. Key Findings/Results: The RN role was described as a “jack of all trades.” RNs were said to possess advanced clinical skills, serve as a case manager, and hold a supervisory role. RN role overlap was identified as a challenge to implementing the role with perceived consequences including: incorrect medication decisions, inefficient care delivery, as well as questions surrounding accountability. Why is this Research Important to Profile at the Research Day 2013? In recent years there has been a tendency to decrease RNs in LTC while increasing the amount of PSWs and RPNs in order to cut costs. Key stakeholders who will participate in the Research Day will have a better understanding of how changes in staffing levels may exacerbate RN role ambiguity and its potential effects on residents. How could your Research/Findings be Replicated or Applied in More Long Term Care Homes? To address RN role ambiguity and mediate its potential effects on residents, work clarification using Quality Improvement (QI) methods, particularly process mapping, could be beneficial. By using process mapping, staff could look at streamlining steps to reduce possible overlap of work. Given that LTC homes are required to use QI methods, using this methodology in Ontario could be a viable solution.

P11 - FAMILY PHYSICIANS PROVIDING REGULAR CARE TO RESIDENTS IN ONTARIO LONG-TERM CARE HOMES: CHARACTERISTICS AND PRACTICE PATTERNS
Jonathan Lam, Health Quality Ontario, Toronto, ON.
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Description of Research or Project: The study describes the characteristics and practice patterns of family physicians who regularly treat long-term care residents. This is accomplished with a cross-section study design using population-based health care administrative databases. Key Findings/Results: There are about 600 family physicians who are responsible for the regular care of greater than 90% of LTC residents in Ontario. As such, quality improvement efforts aimed at physicians--
especially those related to medication management—might prove most efficient if it focused on this relatively small group of physicians. **Why is this Research Important to Profile at the Research Day 2013?** This study is the first quantify the number, characteristics and practice patterns of family physicians who regularly treat long-term care residents in Ontario. The finding has implications on the development of quality initiatives aimed at physicians as well as broader health human resource planning for the future. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** Research findings can be applied at a system-level with respect to HHR planning and quality improvement initiatives aimed at physicians (i.e., medication management).

**P12 - DEMANDING LABOUR: AN AGING HEALTH CARE LABOUR FORCE**
Pat Armstrong, Kate Laxer. York University, Toronto, ON.
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**Description of Research or Project:** This poster explores the relationship between working conditions, an aging labour force and occupational health, comparing workers in long-term residential care in Canada with workers in four Scandinavian countries. We draw on two data sources. One is an international comparative study of employees in long-term residential care. The second is the Statistics Canada Survey of Labour and Income Dynamics. **Key Findings / Results:** The Canadian health care sector has the highest absence rates and the highest number of days lost per worker due to illness and injury compared to other sectors. The health care labour force is aging with the proportion age 45 and over higher than in the labour force as a whole. Although resident populations and labour force profiles are similar in Canadian and Scandinavian facilities, workers in Scandinavian countries face less violence, have less pain and are less exhausted than workers in Canada. They also have less disturbed sleep and feel less guilt about not doing a good job because they look after fewer residents and have more time to complete tasks. Our findings suggest that job demands and work organization play a more important role in illness and injury in health care than the aging labour force. **Why is this Research Important to Profile at the Research Day 2013?** This poster addresses the Research Day theme by using two sources of data to understand the relationship between working conditions, an aging labour force and occupational health in long-term residential care facilities. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** We hope our comparative research findings that suggest that job demands and work organization are important factors influencing the occupational health of workers in long-term residential care can be applied to facilities in Canada.

**P13 - DEDICATED EDUCATION UNIT IN LTC: EVALUATION OF AN INNOVATIVE CLINICAL EDUCATION MODEL**
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**Description of Research or Project:** Background: Nursing education and healthcare institutions are challenged to meet the needs of older adults with multiple chronic illnesses and post-acute care needs as they transition from shorter hospital stays to LTC facilities. Providing innovative, cost-effective, patient-centered clinical experiences that include education in the care of older adults for nursing students and LTC staff may address this need. Purpose: To evaluate the implementation of a Transitional Care Dedicated Education Unit (TCDEU) in a LTC facility. Methods: A TCDEU was developed using a university-community partnership approach. Partnership activities included development of preceptor training manuals, conducting joint training sessions for faculty and staff, implementing student summer internships, arranging clinical placements for junior nursing students, and hosting a conference for LTC facilities and Massachusetts nursing programs. A quasi-experimental pre-/post-test design was utilized to determine the effectiveness of the program on BSN students’ eldercare cultural self-efficacy (N=24). Contextual data were collected via focus groups and key informant interviews to evaluate program satisfaction and learning outcomes. **Key Findings / Results:** Results: Paired sample t-tests revealed statistically significant increase in overall ECSES scores from pre-test (M=3.21, SD=.39) to post-test (M=3.5, SD=.21), t(11)=2.9, p=.05. Contextual data revealed students, clinical teachers and institutional partners were highly satisfied with the program. **Why is this Research Important to Profile at the Research Day 2013?** Discussion/Conclusions: Implementing a TCDEU program using a partnership model integrates LTC into nursing education with positive outcomes for students, faculty, and staff. Implications for education, practice and patient care will be discussed. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** The TCDEU has demonstrated that it is a sustainable and replicable model of nursing education that integrates LTC into nursing education and promotes LTC as a career option for nursing students.

**P14 - EVALUATION OF AN INTERPROFESSIONAL STUDENT INTERNSHIP: SHAPING FUTURE GERIATRIC CARE LEADERS**
Raquel Meyer5, Jennifer Reguindin5, Amanda Tavares6, Faith Boucher7, Paul Katz5, Jurgis Karuza5.

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**Raquel Meyer**

P and promotes LTC as a career option for nursing students. It has demonstrated that it is a sustainable and replicable model of nursing education that integrates LTC into nursing education with positive outcomes for students, faculty, and staff. Implications for education, practice and patient care will be discussed. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** Research findings can be applied at a system-level with respect to HHR planning and quality improvement initiatives aimed at physicians (i.e., medication management).
Description of Research or Project: A literature search indicated no research on interprofessional student internships across the geriatric continuum of care. The Baycrest Centre for Learning, Research and Innovation's inaugural internship enhanced undergraduate students’ knowledge of geriatric care, clinical realities, and program evaluation and engaged interns in arts-based learning with residents. Key Findings / Results: The students were from pharmacy, psychology, nutrition, nursing, medicine, life sciences and kinesiology. Interns described this as a unique, fun and educational experience and reported increased confidence, evolving sense of professionalism and interest in specialization in geriatrics. Students also gained media experience and developed evidence-based fact sheets. All interns would recommend the internship to peers. Pre- and post-scores demonstrated a positive trend in students’ attitudes towards the elderly. Why is this Research Important to Profile at the Research Day 2013? This internship could be replicated by other LTC homes and is a great strategy for recruiting new healthcare providers into the LTC sector. How could your Research/ Findings be Replicated or Applied in More Long Term Care Homes? We are most pleased to share lessons learned. Interns indicated interest in this type of opportunity even if not paid, as this experience is highly valuable for building their resumes and for developing a network for their emerging careers.

P15 - CANADIAN HEALTHCARE ORGANIZATIONS’ APPROACHES TO IMPROVING HEALTHCARE PERSONNEL INFLUENZA IMMUNIZATION RATES AND PROGRAMS - THE ONTARIO LONG-TERM CARE RESULTS
Lois Crowe1,2, Larry W. Chambers1. 1Canadian Healthcare Influenza Immunization Network, Ottowa, ON, 2Bruyere Research Institute, Ottowa, ON.
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Description of Research or Project: Healthcare personnel influenza immunization (HPII) saves lives, reduces influenza burden of illness, healthcare costs and personnel absenteeism. Despite best efforts, HPII uptake remains below safety targets. This study was conducted to examine factors and elements that might contribute to building a successful HPII program within a healthcare organization. Ontario data will be presented as well as national results outlined below. Key Findings / Results: National Results (Ontario results to be done) 38% (271/721) of organizations reported immunization rates for personnel on payroll. The average HPII rate in these organizations was 62% (SD = 21%). In the above average group, 45% (34/137) had policies relating to rate calculation compared to 34% (28/137) in the less than or equal to average group. In addition, organizations with above average rates were more likely to: be less satisfied with their program implementation plan (34% vs 44%); report HPII rates to relevant leaders (61% vs 38%); prioritize vaccine administration to personnel at risk for acquiring or transmitting influenza (46% vs 37%); have a declination process (40% vs 18%); require personnel to provide written proof if immunized outside organization (79% vs 65%); monitor and evaluate program (46% vs 36%); celebrate successes (21% vs 6%). Programs with above average rates used a more systematic approach and adopted more multifaceted implementation strategies. However, all programs fell short of the standards. Why is this Research Important to Profile at the Research Day 2013? Protecting vulnerable residents against influenza is a key resident safety factor. How could your Research/ Findings be Replicated or Applied in More Long Term Care Homes? Engaging healthcare leaders is critical in changing current low immunization rates.

P16 - COMMUNICATIVE ACCESS: ENSURING QUALITY IN HEALTH-CARE FACILITIES
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Description of Research or Project: Reducing communication barriers to ensure patients’ rights to have information presented in a way that it can be understood and to participate fully in decision-making is consistent with policies worldwide. This poster presentation will provide examples of the content of three measures that looks at the communicative accessibility of facilities from the perspectives of policy, staff and patient satisfaction, as well as results of qualitative and quantitative evaluations. The poster will also describe next steps for establishing the validity and reliability of the questionnaires and creation of online access. Key Findings / Results: The result was the development and trialing of 3 questionnaires including 1) an internal evaluation tool for administrators to assess policies/procedure compliance with communicative access standards, 2) a tool for front line staffs perspectives on communicative access, and 3) a pictographic questionnaire for clients/patients with aphasia to assess satisfaction. Why is this Research Important to Profile at the Research Day 2013? The ultimate aim of the project is to provide methods for promoting communicative access in health care and to support quality improvements in care for people with aphasia. How could your Research/ Findings be Replicated or Applied in More Long Term Care Homes? This poster describes a demonstration project in 2007 designed to increase communicative access to information and decision making in health care targeting a “systems” level via a multi-faceted, team-based intervention, targeting acute, rehab and long term care. The researchers concluded that systems level change appeared useful, especially in the long term care sector. However, there
was the lack of an appropriate tool to quantitatively capture changes in communicative access and to show quantitative representation of changes. Addressing the need for a quantitative measure of communication access in health, would be both practical and useful in terms of quality initiatives.

P17 - BOTOX IN TREATMENT OF FOCAL SPASTICITY AMONG GERIATRIC STROKE SURVIVORS
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Description of Research or Project: To evaluate the effectiveness of BOTOX (Botulinum Toxin Type A) in the treatment of focal spasticity among geriatric stroke survivors residing in Long Term Care Home. Key Findings / Results: Spasticity program combining evidence based practice and use of BOTOX was developed in Long Term Care Home. The 4-point Disability Assessment Scale (DAS; 0, no disability; 1, mild disability; 2, moderate disability; and 3, severe disability) was used to assess four domains (hygiene, dressing, pain, and limb position). The Spasticity Program combining conventional rehabilitation practices and use of BOTOX demonstrated marked improvements in function, ROM, decrease in pain, rigidity, improved comfort / limb positioning, ability to participate in Physiotherapy and basic activities of daily living. Why is this Research Important to Profile at the Research Day 2013? Spasticity is a common challenge encountered post stroke by survivors, families as well as therapists, nurses and other health care professionals involved in treatment and care of Stroke Survivors. Dependent on the severity spasticity can lead to serious debilitating conditions such as pain, stiffness, rigidity and inability to participate in essential activities of daily living as well as in therapy. Spasticity as well as muscular overactivity frequently has profound impact on lives of Stroke Survivors. How could your Research/ Findings be Replicated or Applied in More long Term Care Homes? Evidence Based Stroke Therapy Can be delivered to Geriatric Stroke Survivors within the LTC Home by a physiatrist.

P18 - INNOVATION IN FALLS PREVENTION: WE HAVE AN APP FOR THAT!
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Description of Research or Project: Data demystification App is a tool allowing for a visual representation and mapping the incidence of falls throughout the facility which can point to a specific pattern relative to exact time, location, shift or particular day. This visual representation on falls allows for expedient and effective dissemination of data to front line staff. Key Findings / Results: Because nursing staff in LTC homes provide care 24/7 it is possible to track falls continuously on a monthly basis. The recorded data SELF-Arranges into clusters (colour coded on the tool) and leads to identification of emerging themes i.e. multiple falls at early morning hours, specific location and / or association with specific risk factor. Why is this Research Important to Profile at the Research Day 2013? Every four minutes, at least one senior is hospitalized with an injury and on any given day, seniors who have been injured occupy more than 1,000 acute care beds in hospitals across the province (Public Health Agency of Canada, 2009). Falls are the leading cause of overall injury and associated costs in Canada, are accounting for over $6 billion dollars annually. How could your Research/ Findings be Replicated or Applied in More long Term Care Homes? By implementing easy to use tools, adapting to existing technology [iPads] and using falls mapping in the prevention of resident falls.

P19 - COMPREHENSIVE PROFESSIONAL EDUCATION IN LONG TERM CARE (LTC): IMPROVING STROKE CARE
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Description of Research or Project: A knowledge transfer workshop to encourage uptake of best practices resulted in improved participants’ confidence, understanding and perceptions of their knowledge to manage post-stroke care effectively. A seven-hour workshop was offered by the local health network on three separate occasions, covering various topics related to stroke care. Workshops were taught by teams of content experts (Nurse, Occupational Therapist, Physical Therapist, Social Worker and Speech Language Pathologist). Workshop content included training in safe feeding, effective communication, handling of the hemiplegic arm, transfer strategies and positioning. Workshop content was developed by the provincial stroke network and offered to personal support workers. An 11-point questionnaire was used to gather participants’ perceptions on their abilities. To increase the sensitivity of the questionnaire, an “ipost-post test1” design was used after workshop completion. Participants were asked to rate their current and prior level of abilities in post-stroke management. Key Findings / Results: A total of 61 Personal Support Workers, Registered Nurses, Occupational and Physical Therapy Assistants were trained. The average level of perceived knowledge/skill in stroke care before the workshop was 3.35/5, while after it was rated at 4.4/5. Overall ratings of educational experience were rated excellent by 46% of participants (28/60). Why is this Research Important to Profile at the
Research Day 2013? Researchers, aging care leaders, and those giving care to residents of LTC would be interested in knowing how to change health care provider practice to improve quality of care, and to impact on quality of life for residents in LTC.

How could your Research/ Findings be Replicated or Applied in More long Term Care Homes? The workshops have been standardized and training materials made available on the web allowing others to repeat the training and continue data collection.

P20 - INTEGRATION OF STROKE CARE BEST PRACTICES INTO RESIDENT CARE PLANNING
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Description of Research or Project: The objective of the RAI-MDS Stroke Care Plan Project is to link stroke best practices with RAI-MDS data elements and Resident Assessment Protocols through the integration of best practice Stroke Care Plans into existing LTC care plan libraries. The Plans were developed collaboratively by representatives from the Ontario Stroke System and LTC homes. They are based on the best practice resource Tips and Tools for Everyday Living developed by the Heart and Stroke Foundation Ontario and were reviewed by Ministry representatives to ensure congruence with legislative requirements.

Key Findings / Results: A recent pilot of the Plans in four LTC Homes was evaluated using a pre- and post-survey format and produced the following findings: ▪ an increase in the number of respondents accessing Tips and Tools for Everyday Living as a best practice stroke resource. ▪ a self-reported increase in respondents’ ability to care for stroke residents ▪ an appreciation for the integration of Stroke Care Plans addressing transfers and mobility, perception, cognition, pain and communication care plans ▪ integration of Stroke Care Plan content with existing care plans to support best practice. Why is this Research Important to Profile at the Research Day 2013? The project used RAI-MDS indicators, scales, and quality indicators to support evidence-based practice in stroke care and compliance with Accreditation Canada, the LTC Act and MOHLTC Long-Term Care Home Quality Inspection Program (LQIP). How could your Research/ Findings be Replicated or Applied in More long Term Care Homes? The Stroke Care Plans are being revised based on feedback received in the pilot phase and will subsequently be available to all LTC homes in Ontario for integration into existing care plan libraries.

P21 - CANADIAN GUIDELINES ON PARKINSON’S DISEASE
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Description of Research or Project: The Canadian Guidelines on Parkinson’s Disease were developed to enhance the care for all Canadians with Parkinson’s disease that is based on the best published evidence. Guidelines are a meta-analysis based on currently published, high quality international guidelines whose recommendations were most clinically relevant for health care in Canada. Published July 2012 in Canadian Journal of Neurological Sciences and include 84 recommendations. Key Findings / Results: 84 recommendations cover three areas: Communication with people living with Parkinson’s; Diagnosis and Progression of Parkinson’s; General Treatment Considerations, including pharmacological treatment in early and advanced PD; surgery; and non-pharmacological treatment, including the evidence to support interventions by PT, SLP, OT; and a final section on the mental-health features, including dementia, depression, sleep disorders and autonomic symptoms. Why is this Research Important to Profile at the Research Day 2013? The theme of 2013 Research Day is "building on the evidence", and the Canadian Guidelines on Parkinson’s disease are evidence based and are a benchmark for quality, consistent standards of care and access to care for people living with Parkinson’s in the community and long-term care facilities. How could your Research/ Findings be Replicated or Applied in More long Term Care Homes? Parkinson’s is a progressive neurodegenerative disease; advanced symptoms include cognitive impairment which is different from Alzheimer’s dementia. Many people with advanced Parkinson’s reside in long-term care homes and staff need to know the spectrum of symptoms and interventions to manage them.

P22 - IMPLEMENTING MONTESSORI METHODS FOR DEMENTIA IN ONTARIO LONG-TERM CARE HOMES: STAFF PERCEPTIONS OF POLICY AND PRACTICE (STUDENT POSTER)
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Description of Research or Project: Montessori Methods for Dementia™ (MMD) are research-based, person-centred approaches that staff and family members can use to create activities, roles and routines with residents with dementia. Despite
the known value of engaging residents with dementia in Montessori-based activities, there is limited research on their implementation in long-term care (LTC) homes. This qualitative study involved in-depth interviews with 17 staff members implementing MMD in Ontario LTC homes. A rigorous analysis process was used guided by the political economy of aging theoretical perspective. **Key Findings / Results:** Staff’s perceptions of policy and practice issues regarding the implementation of MMD in Ontario LTC homes reveal that there were culture change tensions between limiting factors and enabling factors. The enabling factors facilitated beneficial outcomes for residents with dementia, staff and family members. These findings will be depicted as a conceptual model in my poster. **Why is this Research Important to Profile at the Research Day 2013?** This research provides insight into current policy and practice issues in Ontario LTC homes that affect the quality of life of residents with dementia, staff, and family members. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** The results from this research can help ensure that MMD are as practical and easy to implement as possible despite perceived barriers so that persons with dementia in LTC and their partners in care can have a good quality of life. The findings include suggestions for future research, reducing staff hierarchies and ensuring there is sufficient organizational, financial, educational, and personal support.

P23 - ATTITUDES AND PERCEPTIONS OF DEMENTIA CARE STAFF ASSOCIATED WITH A BOOK CHAT (STUDENT POSTER)

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**Description of Research or Project:** Aim: To evaluate a book chat intervention based on Lisa Genova’s novel Still Alice in order to build empathy and understanding in long-term care (LTC) staff when caring for residents with dementia. Background: Considering the high rates of residents with dementia in LTC, research is needed to explore creative training approaches to change staff attitudes as it relates to dementia. This project was conducted as part of the Quality Palliative Care in Long Term Care Alliance with funding from SSHRC under the CURA program. Methods: A posttest-only with a comparison group design was used. Eleven participants partook in a two and half hour book chat at a southern Ontario LTC home and 10 participants comprised the comparison group. Both groups completed a survey which included the Approaches to Dementia Questionnaire (ADQ) as well as open-ended questions. **Key Findings / Results:** Results from the ADQ showed a significant difference in attitudes between those in the intervention and comparison groups. **Why is this Research Important to Profile at the Research Day 2013?** Book chat participants had a more positive attitude towards dementia which can potentially transcend into better quality care for LTC residents. This study can empower key stakeholders to trial such interventions in LTC. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** Book chats are low cost events, and with administrative buy-in, replicating our project can be easily achieved in LTC. If held over the lunch hour, like traditional “lunch and learns,” the feasibility of holding such a discussion could be improved.

P24 - ADDRESSING THE RELEVANCE OF THE NEEDS OF PEOPLE WITH DEMENTIA IN LONG TERM CARE IN CROSS-CULTURAL SETTINGS: A PILOT STUDY

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**Description of Research or Project:** The objective of the study was to obtain pilot data on whether the needs of people with dementia in long term care (LTC) might be prioritized differently by staff if ethnic diversity were considered. Interviews were conducted with administrators (N=3), nominal groups (N = 24) with frontline staff and questionnaires with delegates at the 2012 OANHSS convention (N= 40). Priorities were analyzed in terms of 19 needs identified in a systematic review of the literature and then reordered once ethnic diversity was considered. Qualitative analyses examined participants’ explanations for choosing certain needs as potentially important in multi-ethnic settings. **Key Findings / Results:** From the 19 needs, only 14 were thought to be influenced by ethnic background, with frontline workers perceiving spiritual needs and social needs to be most important. Qualitative analyses yielded four main themes: food, religious practice, personal care and familiar environment. **Why is this Research Important to Profile at the Research Day 2013?** Failure to address needs may be associated with decreased quality of life among residents, increased health problems, greater cost of care, and rising levels of distress which may be misinterpreted for responsive behaviours. Residents have no choice but to adhere to the standards and way of life of the LTC facilities which often neglect cultural differences. Our findings support the literature by stressing the importance of shifting the focus from ethnicity to the individual. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** The results indicate a need to extend beyond a cultural lens and recognize the heterogeneity that exists among residents (ie: age, gender) of long term care homes through provision of individualized care based on residents’ personal preferences.
P25 - STRENGTHENING THE QUALITY OF OBSERVATION AND COMMUNICATION SKILLS OF PERSONAL SUPPORT WORKERS WORKING IN BEHAVIOUR SUPPORT OUTREACH TEAM (BSOT)

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Description of Research or Project: This poster presentation will highlight the structured education and enhanced skills of Personal Support Workers to work effectively in a Behaviour Support Outreach Team (BSOT) and build capacity in other Long Term Care Home (LTCH) teams. Key Findings / Results: An engaged workforce who is effective in communicating assessment, plans of care, and following through with other long term care home teams. Why is this Research Important to Profile at the Research Day 2013? A literature search indicate no research on the assessment and communication skills of personal support workers (PSWs) within a nursing home or in an outreach setting. The Baycrest Community Behavioural Support Outreach Team initiated the training of 10 PSWs to have enhanced knowledge and skills to work with various types of dementia and mental health issues in external nursing homes. The PSWs are trained in a resident-centred, systematic assessment approach to create a plan of care with any nursing home team. This poster presentation will highlight the added education of the outreach PSW team to empower them in this capacity. How could your Research/ Findings be Replicated or Applied in More long Term Care Homes? This poster presentation will highlight the added education of the outreach PSW team to empower them in this capacity. Once shared, other long term care homes are sure to gain insight.

P26 - RESPONSIVE BEHAVIOUR MANAGEMENT - SUSTAINING RESULTS

Jennifer Brown, JHS Muskoka Landing, Penetang, ON.
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Description of Research or Project: Targeted quality improvement plan focused on responsive behaviour management and decreasing negative outcomes in two key areas: First decreasing staff injury from aggressive behaviours from residents and secondly to minimize behaviours during the bathing process. Key Findings / Results: Utilizing Health Quality Ontario/Residents First QIP tools in beginning 2011 we were able to identify our priorities using the calculator and develop change ideas using relevant education and support for staff and by deciding which measurement tools would most benefit us for tracking purposes (employee incident forms, responsive behaviour management team referrals for resident based on captured behaviours during bathing process) we could see our change ideas success using pdsa and tweak as necessary with spike in tracked results or ineffective outcomes. Why is this Research Important to Profile at the Research Day 2013? Responsive behaviour management is a provincial focus currently with BSO project/LHIN support - with our long term care population residing in communal settings with or without special dementia wards (we employ an integrated care philosophy which does not segregate residents based on diagnosis) this is a daily challenge. Knowledge of community resources is key (psychogeriatric resource consultants, mobile support teams and specially trained BSS care staff) however is challenging & difficult especially with care staff ratios. In-house training, support, education and re-education is vital. Plans of care utilizing unique, successful strategies and interventions must be incorporated, understood and monitored for sustainability. We were extremely happy to have won the 2011 Quality Improvement team of the year from the OLTCA & our corporate Jarlette corporate as well - sustaining the results is the difficulty we face daily. How could your Research/ Findings be Replicated or Applied in More long Term Care Homes? To support the long term care sector in streamlining this key area of continuous quality improvements for residents and staff members alike - assists in betterng the healthy workplace environment as well. Learning from each others QIP's and having a collaborative focus as a resource/tool to change responsive behaviour from a negative to a positive outcome provincially.

P27 - CREATING A BEHAVIOUR SUPPORT OUTREACH TEAM - ONE STEP AT A TIME

Shiraz Irani, Jennifer Reguindin. Baycrest, Toronto, ON.
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Description of Research or Project: This poster will highlight the how the Baycrest Behavioural Support Outreach Team came together, built internal and external relationships, and identified gaps in the management of behavioural and psychological symptoms of dementia. Key Findings / Results: The team’s accomplishments in bridging the discovered gaps in care over the course of time will be included in the poster. Why is this Research Important to Profile at the Research Day 2013? Residents’ Responsive Behaviors displayed towards formal and informal caregiver/s can be unpredictable where the responsive behaviors displayed could be circumstances related to the residents’ condition or situation or environment. In June 2012 a new Behaviour Support Outreach Team for Long Term Care Homes in Toronto Central was assimilated at Baycrest, Toronto, Canada. How could your Research/ Findings be Replicated or Applied in More long Term Care Homes? This poster will entail a step by step approach to the formation of this team, progressive collaboration with working partners and working process towards achieving goals. Case studies will also be presented and discussed.
**P28 - SPECIALIZED BEHAVIOURAL SUPPORT BEDS IN LONG-TERM CARE**
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**Description of Research or Project:** As the incidence of dementia in Ontario’s aging population grows, there is an increasing need for specialized services and care within long-term care homes (LTCH). The Ministry of Health and Long-Term Care implemented the Ontario Behavioral Supports System to improve support for older Ontarians with challenging behaviours. An early adopter, Cummer Lodge LTCH in North Toronto developed programs to support residents with cognitive impairments due to mental health issues, addictions, dementia, or other neurological conditions, who exhibit behaviours such as aggression, wandering, physical resistance and agitation. Funded by the Central LHIN, Cummer Lodge opened eight specialized behavioural support beds in a secure unit to admit ALC clients stranded in acute care hospitals when they are rejected by LTCHs due to behaviour. The initiative focused on evidence-based decision-making and evaluation of outcomes through data collection/metrics. **Key Findings / Results:** 88.9% average reduction in frequency of inappropriate behaviours • Significant stabilization of behaviours • High levels of family/caregiver satisfaction • Expansion of unit to 16 beds • Unit designation under LTC legislation, *Why is this Research Important to Profile at the Research Day 2013?* The BSU resulted in evidence-based, measureable, innovative, enhanced services and addresses health system flow by targeting ALC patients. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** Lessons learned that support replication: • Identification of solutions to challenges of a BSU • Engagement with Geriatric Resource Consultants, Geriatric Mental Health Outreach Team, community psychiatric hospitals and Nurse-Led Outreach teams is a model of collaborative implementation • Specialized frontline staff education, provider collaboration, coordinated system with common objectives results in improved care and quality of life • Engagement of Health Quality Ontario and Behavioural Support Communities of Practice to develop provincial measurements supports standardization.

**P29 - DIABETES MANAGEMENT IN LONG TERM CARE: SETTING APPROPRIATE TARGETS FOR THE FRAIL ELDERLY** *(STUDENT POSTER)*
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**Description of Research or Project:** Diabetes and frailty are highly prevalent conditions in long-term care facilities. Yet, evidence for appropriate management and care in this special population is inadequate, with recommendations within clinical practice guidelines (CPG’s) mainly based on expert opinion. The aim of this study is to conduct a survey of Ontario medical directors regarding current practices and their perspective on diabetes management of the frail elderly in long-term care. **Key Findings / Results:** 41% of respondents did not agree that the CDA guideline was helpful in choosing pharmacological treatments for residents of long-term care. For HbA1c targets, 95% (21) of responses were distributed equally across 8%, 9%, and 10%, with 1 respondent selecting an HbA1c of 15%. Quality of life and risk of hypoglycemia were the most important measures for relaxing glycemic control in LTC residents. Frailty presented mixed views, with 29% of respondents noting that tight glycemic control was not very important in residents with frailty, while 38% of respondents said it was somewhat important. **Why is this Research Important to Profile at the Research Day 2013?** This research serves as a basis for understanding the barriers and facilitators to diabetes management in long term care, which in turn will serve as a knowledge translation tool for future diabetes care guidelines. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** Discrepancies between these results and current practices of glycemic management in long term care homes may reveal barriers to the management of recent diabetes recommendations.

**P30 - ADVANCED WOUND CARE**
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**a) TRANSCU O2 WOUND HEALING IN LONG TERM CARE**

**Description of Research or Project:** TransCu O2™ incorporates continuous diffusion and monitoring of low dose oxygen flow rates and pressures to ensure efficacious delivery of the oxygen 24 hours x 7 days/week directly onto the wound bed. The unit is silent, lightweight (nine ounces), portable and rechargeable. It utilizes moist wound dressings, with a significant reduction in wound healing costs while providing a quality of life for the residents. **Key Findings / Results:** Trial #1 – diabetic foot ulcer: 10.5 cm x 6.5 cm. Vac therapy initiated April 20, 2012 - discontinued at physicians request - Aug 23, 2012, 125 days later. Wound size upon VAC removal: 9cm x 7 cm x 2.5cm. TransCu O2™ initiated following protocol guidelines. Wound size vigorously decreased
and was closed in 63 days. **Why is this Research Important to Profile at the Research Day 2013?** Staff have demonstrated knowledge transfer and the organization has observed renewed enthusiasm on the part of residents and families related to participating in the plan of care. This joint partnership has increased engagement on all levels. We believe this wound treatment program to be worthy of being continued as another adjunctive therapy to promote Best Practice.

**How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** The success achieved from this trial has resulted in five of the six remaining Rykka Care Centre now reviewing residents to be considered for this treatment. The 3 x weekly review of wound measurements supported, by digital photos taken at each dressing change has documented our success.

d) ULTRA VIOLET-C USE IN LONG TERM CARE WOUND MANAGEMENT

**Description of Research or Project:** Using available UV-C trained Physio Therapists in conjunction with the homes Wound Care Lead; this team has integrated the use of UV-C and the UV-C Scorecard as a positive non-invasive, non-contact adjunctive therapy, for the treatment non-healing wounds. **Key Findings / Results:** Our results indicate that Ultraviolet-C (UV-C) exposure times decreased in direct proportion as the depth and grade of the wound decreases. Total wound assessment scores along with corresponding exposure times permitted a quantitative evaluation of the progress. Numeric improvements across the 10 pre-identified areas, based on the “Wound Assessment Tool” (Ostomy Wound Management 2000; (4) 20-30), endorsed the continuation of UV- C therapy, that would have been missed if just measuring length x width x depth. **Why is this Research Important to Profile at the Research Day 2013?** Our Long Term Care Homes have created a successful integrated innovative wound treatment partnership. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** This initiative has been integrated across our seven homes and has promoted an increasing acceptance of advanced technologies as part of our new normal (Best Practice). This is evidenced by successful results and increased dialogue regarding alternative wound healing modalities at the weekly wound care rounds.

c) QUALITY AND EFFECTIVENESS OF ELECTRONIC WOUND DOCUMENTATION IN LTC

**Description of Research or Project:** An initial trial was conducted utilizing an electronic wound documentation tool that yielded amazing results. The tool was developed for Ontario use through a collaborative partnership incorporating our governing Standards and Regulations. **Key Findings / Results:** A core group of staff were initially trained who then mentored additional staff on their units. Through the utilization of both required and minimal free text fields, pop-ups, and alert reminders, the tool enabled the users to provide evidence that their documentation was accurate and complete. **Why is this Research Important to Profile at the Research Day 2013?** A customized built in “Help” section, allowed the user access to their community defined definitions, guidelines, terminologies, videos, algorithms, product etc. Streamlining of detailed reports enabled us to track wound provider visits, healing rates and treatment statistics all while easily attaching wound photos to each actual assessment. The ability to document at the residents’ bedside proved to be a cost saver re: time management, eliminating the previous paper method and seamlessly moving to the electronic record, all while in real time. Our staff acknowledged that by using this standardized tool, they achieved greater consistency related to wound assessments that they believed had not been previously evident. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** Plan is now to incorporate use of this standardized tool throughout the remainder of the homes within the Rykka Care Centres.

P31 - FAMILY MEMBERS RECOMMENDATIONS FOR ADVANCE CARE PLANNING IN LONG-TERM CARE HOMES: A QUALITATIVE STUDY (STUDENT POSTER)

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**Description of Research or Project:** Family members in a research study, conducted as part of a five year Social Sciences Humanities Research Council funded project titled “Improving the Quality of Live for People Dying in Long Term Care Homes”, expressed that advance care planning is essential for care of residents. This presentation will illustrate how these family members envision how long-term care (LTC) homes can facilitate advance care planning (ACP) discussions. **Key Findings / Results:** Eight family members were individually interviewed about their perspectives and experiences of ACP in LTC. Family members stated that conversations about ACP need to happen long before end-of-life. These discussions can alleviate stress for family members and health care providers when faced with immediate treatment decisions. Recommendations to facilitate ACP conversations included 1) clearly identifying who in the LTC home will initiate ACP 2) all staff should know the residents wishes 3) having ACP education for families and staff. Family members want ACP discussions but expect staff to initiate them. **Why is this Research Important to Profile at the Research Day 2013?** The findings of this research offer guidance to LTC homes to develop ACP processes that will improve family and resident satisfaction. Good ACP provides a solid basis for care planning at end-of-life, helps avoid family stress and transfer to hospital. Currently many LTC homes do not have a formal, consistent
processes regarding ACP. ACP is an ongoing process and repeated discussions need to happen at times of transitions in care. **How could your Research/Findings be Replicated or Applied in More long Term Care Homes?** The methodology of this research can be replicated by other LTC homes by using the provided questions to talk to their own family members about their experiences. The findings highlight issues homes need to consider in improving their ACP processes.

**P32 - PALLIATIVE CARE COMPETENCIES FOR PERSONAL SUPPORT WORKERS WORKING IN LONG TERM CARE**
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**Description of Research or Project:** This poster presents the results of a study that was part of a 5-year SSHRC-funded program of research aimed at improving the quality of life of seniors dying in Long Term Care (LTC). This poster presents the results of a sub-study to develop and articulate the palliative care competencies of exemplary PSWs working in one of the LTC homes in Thunder Bay, Ontario. **Key Findings / Results:** Early in the research it became clear that the education and empowerment of Personal Support Workers (PSWs) was the key to developing a strong palliative care philosophy in LTC. The goal was to help PSWs articulate their scope of practice and the knowledge, attitudes, and skills they had acquired through years of working with dying seniors. One on one intensive interviews with exemplary PSWs were conducted, in which they were asked to talk in detail about their work. Interviews were transcribed and analyzed by the lead researcher for themes, using standard qualitative methods. A working group of PSWs, drawn from the original interviewees, volunteered their time to develop the themes into a list of what they believed were the core palliative care competencies for PSWs working in LTC. **Why is this Research Important to Profile at the Research Day 2013?** The role of PSWs in health care continues to grow in complexity and diversity. PSWs have an important role to play in providing palliative care and require the knowledge and tools to feel confident in this area. **How could your Research/Findings be Replicated or Applied in More long Term Care Homes?** PC competencies for PSWs will inform a knowledge gap. Community college and continuing education programs will benefit by this knowledge as they will be able to better prepare this discipline for the workforce.

**P33 - AN INNOVATIVE REHABILITATION MODEL FOR ENHANCED PERFORMANCE IN LONG TERM CARE (STUDENT POSTER)**
Connie D’Astolfo, York University, Toronto, ON.
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**Description of Research or Project:** The long term care sector in Ontario faces several challenges concerning healthcare delivery, including a restricted funding model; limited performance management and under-utilization of non-physician providers. This poster will highlight the need for the LTC industry to be creative and focus on adopting innovative programs particularly in the area of rehabilitation for the management of back pain and their comorbidities in order to increase patient outcomes and for cost-effectiveness (better value for money). The rehab model is based on findings from a recent study conducted at a LTC home. The use of collaborative team based care and performance management strategies with the aim of diagnosing and managing back pain in order to reduce the impact of costly chronic diseases including depression, diabetes, dementia and hypertension., **Key Findings / Results:** 1) clinical and economic impact of spinal conditions in the aging population; 2) the value of a collaborative team based rehab model and the how it can increase return on investment. **Why is this Research Important to Profile at the Research Day 2013?** An aging population is a primary factor associated with escalating healthcare costs due to the burden of chronic diseases, drug spending, physician visits and hospital costs. Improved clinical management of this population through an innovative rehabilitation program could result in enhanced quality of care and significant cost savings for both the long term care (LTC) industry and the health system at large. **How could your Research/Findings be Replicated or Applied in More long Term Care Homes?** This rehab model can be replicated in LTC homes. The goal would be to reduce the functional impact of many chronic diseases by shifting the clinical focus on the diagnosis and management of spinal conditions in the senior population.

**P34 - FRONT LINE STAFF AS CHAMPIONS IN FALLS PREVENTION**
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**Description of Research or Project:** Leacock Care Centre identified falls prevention as a vital quality improvement initiative. Through engaging PSW staff champions in leading the program through peer to peer education and facilitation of post falls huddles, the team made significant improvements in the percentage of residents who fell and maintained the rate below the provincial average from Quarter 2 2011 to Quarter 1 2012 (CIHI data). **Key Findings / Results:** Engaging front line staff as leaders in falls prevention promoted knowledge transfer and an increased engagement throughout the home in the
interdisciplinary falls prevention program. Prevention of falls was seen as "do-able" and as the responsibility of all. The percentage of residents coded as falling, reduced from 15.9 to 11.5 % from Quarter 2 2011 to Quarter 1 2012. The provincial rate has stayed fairly stable at approximately 13.9%. **Why is this Research Important to Profile at the Research Day 2013?** Falls Prevention is a focus in care for the older adult and in evaluating safety in long term care homes in Ontario. Methods to gain commitment and buy in from those having the most contact with residents is integral to a successful falls prevention program. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** Recognizing those within the team who are focused on falls prevention, providing them with education, equipping them with tools to share and build expertise within the PSW group facilitated greater engagement of front line staff. Peer to peer education and training was well accepted. PSWs became more confident in reporting factors that might impact falls and were more willing to offer resident focused interventions for falls prevention. It is not difficult for long term care homes to identify those who demonstrate interest in a topic and to engage those individuals in helping the team to grow.

**P35 - IN SERVICE TRAINING FOR FALLS PREVENTION**  
Alan Samoni. Western University, London, ON.  
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**Description of Research or Project:** One interview with the Director of Care and two focus groups were run at a LTC home. The purpose of the data collection was to determine what in-service training in falls prevention might be advantageous at the home. With this information my class in Ergonomics and Aging will create 8 short (10-15 minutes) training videos for staff at the home. Once the videos have been created (March, 2013) they will be shown to representative staff at the home to be judged on usefulness as an educational tool. **Key Findings / Results:** Work process and dementia care were two concerns voiced regularly during the focus groups. Communication among the care team at the home was also a key factor identified as central to fall prevention at the home. Lastly, there was a sense, particularly by the PSWs that not all falls are preventable. **Why is this Research Important to Profile at the Research Day 2013?** In service caregiver training, particularly for PSWs is particularly challenging in LTC. Short training videos may be a way to reach both new and experienced staff who need a refresher or are being introduced to a topic for the first time. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** If these videos are successful they would automatically be useful for other LTC facilities as well as classes in educational programs.

**P36 - CLINICAL SIMULATION LABS**  
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**Description of Research or Project:** The utilization of life size simulation mannequins allows Nurses to build their assessment and decision making skills through critical thinking skills, abstract knowledge, technical skills and self-confidence within a safe and controlled environment. It provides a deliberate practice and an opportunity for Nurses to make, detect, and correct Resident care errors without adverse consequences, while instructors focused on the Nurse learner and not on the Resident. **Purpose:** Enhance key components to most effective learning: • Provide mutual feedback • Repetitive practice • Multiple learning strategies • Wide variety of clinical skills/conditions • Provided a controlled environment • Learning from mistakes • Individualized learning • Defined learning outcomes and measures • Core clinical program integration. **Key Findings / Results:** Results: 100% were participatory and engaged during the Clinical Simulation Lab 100% of the nurse participants requested other clinical skill simulation Lab 90% of the participated that responded after one month–stated this was the preferred method to learn/refresh clinical skills. **Why is this Research Important to Profile at the Research Day 2013?** Education in a controlled environment allows instructors and Nurses to focus on ‘teachable moments’ without distraction and take full advantage of learning opportunities. **How could your Research/ Findings be Replicated or Applied in More long Term Care Homes?** Simulation scenarios are used in academic and acute care in promoting skill competencies and in some settings as an evaluation process. It is our intent to promote the clinical skills now needed to function in LTC.