



# Research News

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## Seniors Medication Project

A new research project is soon to be underway as the first project registered with COACH - the research collaboration between the University of Victoria (UVIC) and VIHA. The BC Network for Aging Research (BCNAR) has funded a pilot project on medication use by seniors. Under the guidance of the principle investigator, Peter H. Stephenson from the department of Anthropology at UVIC, and several co-investigators, both within VIHA and UVIC, the team will explore how seniors understand their medication. Twenty seniors who are currently taking one or more prescription drugs will be interviewed. Because of the differences in the kinds of drugs typically prescribed to older adults, the number of prescriptions per individual, and the kinds of illnesses the participants are likely to experience, the study group will be broken into two groups: one 65-74, the other 75 and older. The Oceanside Seniors Advisory Network (Parksville-Qualicum Beach) has expressed a strong interest in partnering with this study and will assist in recruiting study participants.

This study aims to explore the role of medication use in the context of everyday living as understood by seniors themselves. Gaining such understanding has important implications for health services provision and administration, particularly around medication reconciliation after an adverse drug reaction (ADR). There are large costs associated with ADRs in mortality as well as in hospital stays. In Canada there have been many education initiatives and campaigns directed at health care professionals and some at seniors to better inform them about medication use practices. Many of these are currently web-based; for example: (<http://www.saferhealthcarenow.ca/>); or, ([http://www.hc-sc.gc.ca/dhp-mps/medeff/bulletin/index\\_e.html](http://www.hc-sc.gc.ca/dhp-mps/medeff/bulletin/index_e.html)) and are sponsored by both provincial and federal governments. None of these studies, institutes, or campaigns are grounded in an understanding of how seniors (or other patients), actually understand medication use. We believe such a study is timely, and prerequisite to the creation of informed intervention and health promotion.

The study investigators are proposing this pilot study as the precursor to broader proposals for submission to provincial and national funding bodies. It is anticipated that a future mixed-methods study will inform and ultimately mount a health promotion project aimed at reducing the suffering, mortality and high costs associated with adverse drug reactions among seniors in B.C. and beyond.

## Message from the Director

At the request of the CEO, a high level review of Research and Academic Development was conducted late last year. This review was done by Dr. Hans van de Sande, former Vice-Dean, Faculty of Medicine at the University of Calgary and was completed in mid January . We are very pleased with the report and we will be meeting with members of the Executive to operationalize some of the recommendations which include 1) Establishing a data base of all research conducted in VIHA 2)Identifying education and research as essential activities for VIHA 3)Establishing research priorities in line with VIHA's 5year Strategic Plan and4)Positioning Research & Academic Development appropriately within the organizational structure of VIHA. We will report further on this after we receive direction from members of the Executive.



The Capacity-Building team is supported by a grant from:



## Quality of Life in Adult Day Centres

Adult Day Centres (ADC) are community-based programs providing a range of services to seniors and family members. Vicki McNulty, the manager of Program Development and Implementation for Adult Day Programs, along with Drs Anita Molzahn and Elaine Gallagher from the University of Victoria School of Nursing and Centre on Aging, are studying the quality of life (QOL) of current users of ADC and lay caregivers. The overall objectives of this research are to:

- describe the QOL of both users and caregivers, and
- identify aspects of ADC that clients and caregivers believe would enhance their QOL.

The ultimate goal of the research is to identify best practices to enhance QOL of this population.

The researchers found that relatively little current research is available relating to adult day programs. The client population in ADCs now includes many people with mild to moderate dementia. Since these programs have the potential to improve QOL of older adults through the provision of social support/networks and through a stimulating environment, they believe it is important to further explore how older adults engaged in day programs perceive their QOL and what aspects of the program contribute to their QOL. It is necessary to understand, from the perspectives of both the client and the caregiver, what aspects of the program are important and how they might contribute to QOL.

A qualitative descriptive study is underway to obtain a rich and deep understanding of the experience of older adults and caregivers in ADC through individual interviews. Approximately ten older adults and ten lay caregivers who have had at least three months experience with the adult day program will be interviewed. Currently, nine adult day programs in the Greater Victoria region will be involved.

Given the lack of research on QOL of older adults participating in ADC, there are important gaps in knowledge to be addressed. In this study, the researchers hope to develop a better understanding of the QOL of these participants and identify possible strategies that might be useful to enhance QOL of people participating in ADC and their family caregivers.

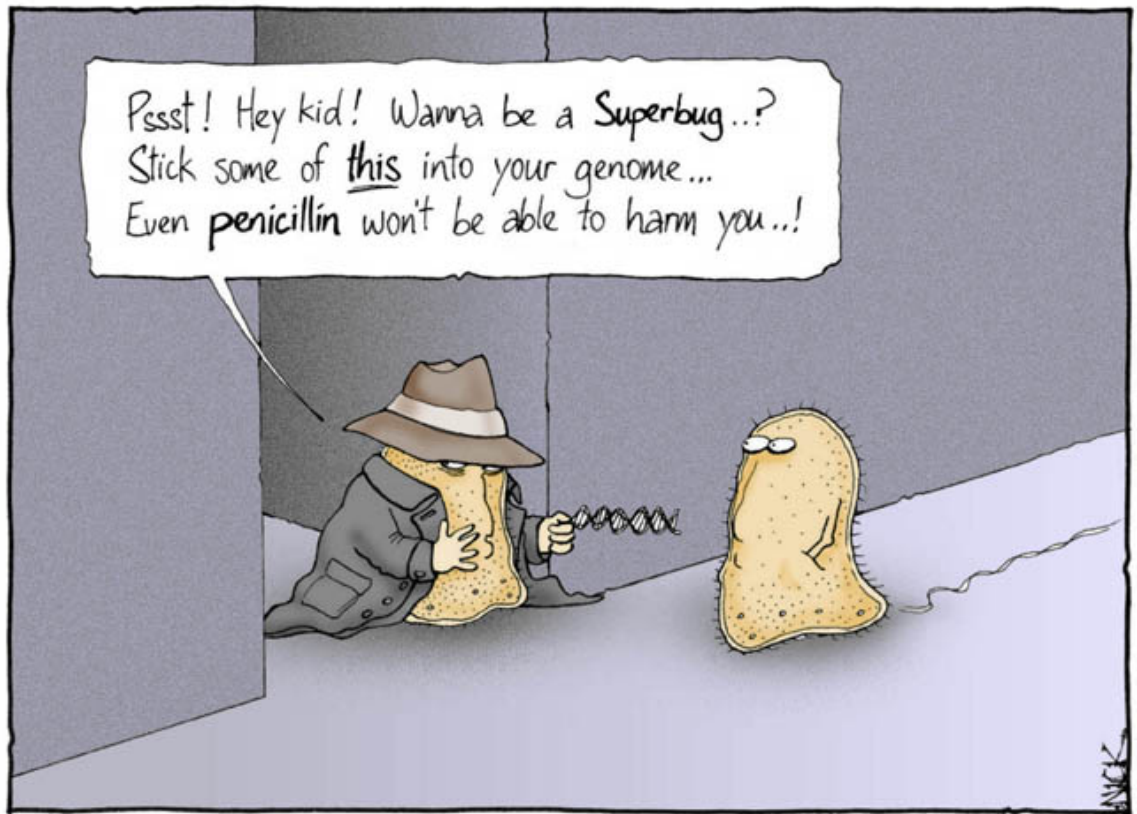
## Workshop Planning

R&AD Capacity Building Team are planning a workshop series. Your input is essential. These are some proposed topics:

1. Research Process - Basics “how-to”
2. Understanding the difference between quality improvement and academic research. - When you need ethics approval and informed consent
3. How to evaluate research publications
4. How to do a literature search
5. Using the internet to gather research evidence
6. Formulating a research question
7. Questions about research - open question forum
8. Research collaboration for front line clinicians - How to get involved with research
9. Proposal writing for grant applications
10. Statistics for the math challenged - Understanding stats in publications
11. Educational opportunities - How to choose a graduate program
12. How to get published
13. Knowledge transfer, evidence based practice

Please contact us to let us know what topics you are interested in, or if you would like to help in presenting a workshop! We will let you know when we have the dates and times set.

*To subscribe/unsubscribe to the newsletter or to suggest a feature or highlight your research, please contact:  
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It was on a short-cut through the hospital kitchens that Albert was first approached by a member of the Antibiotic Resistance.

Cartoon by Nick D Kim, nearingzero.net.

### Fireside Chats

NCCAH: A Kitchen Table Discussion About FASD and Aboriginal Peoples:

What are the Knowledge Gaps?

Wednesday, 26 March 2008, 01:00 PM — 02:30 PM (Eastern Time)

CHNET-Works! and National Collaborating Council on Aboriginal Health are pleased to be collaborating on a second 'chat' re: Fetal Alcohol Syndrome/Disorders. Our Advisor on Tap is calling it a 'kitchen table discussion': welcoming participation.

Fetal Alcohol Spectrum Disorder (FASD) is an umbrella term encompassing a range of outcomes associated with in-utero exposure to alcohol. In partnership with the National Collaborating Centre for Aboriginal Health, this Fireside Chat will provide researchers and stakeholders with a broad overview of what is missing in the published literature on FASD and Aboriginal peoples. This 'kitchen table discussion', provides an informal venue for participants to discuss these and other gaps as well as future directions for research on FASD. We hope participants will bring their thoughts, experiences and insights around this research issue....grab a cup of tea/coffee and 'pull up a chair'.

Advisor on Tap: Michael Pacey

How to use the new Fireside Chat Registration Procedure via Login on <http://www.chnet-works.ca/>

To  
 subscribe/ unsubscribe to  
 the newsletter or to  
 suggest a feature or  
 highlight your research,  
 please contact:  
 Wanda Martin  
 Capacity-Building  
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 cap\_building@viba.ca

## Upcoming Events

### April

[CAPPE 2008 Return to the Garden: Cultivating Growth, Hope and Healing](#)  
9 to 12 April 2008  
Victoria

[Third National Biennial Conference on Adolescents and Adults with Fetal Alcohol Spectrum Disorder](#)  
*FASD and Mental Health: The Wisdom of Practice*  
April 10 - 12, 2008  
Vancouver

[Northern Health's Research & Evaluation Department 2nd Annual research days: From Evidence to Excellence in Rural Healthcare](#)  
April 21, 22, & 23, 2008  
Terrace

[CBCRA Reasons for Hope](#)  
April 25-27, 2008  
Vancouver

[Interior Health's 3rd Annual Research Conference](#)  
*From Research to Practice and Back Again*  
With keynote speaker Dr. Maureen Dobbins (McMaster University)  
April 28-29, 2008  
Kelowna

### May

[Women's Health Research Network - Summer Institute 2008](#)  
*Bridging silos in women's health research: Forging connections across disciplines and diversities*  
May 1 & 2, 2008  
Victoria

[The ICAV Sixth International Symposium](#)  
May 4 - 6, 2008  
Toronto & Peterborough, Ontario

[Community-University Partnerships: Connecting for Change](#)  
May 4-7, 2008  
University of Victoria

[BCRRHRN Rural Health: Building Research Together](#)  
May 13-14, 2008  
Prince George

[Canadian Congress on Leisure Research \(CCLR 12\)](#)  
May 13-16, 2008  
Montreal, Quebec

[28th Annual CPS Conference "Pain Through The Ages - Common Themes"](#)  
May 27-30, 2008  
Victoria Conference Centre

[Creative Expression, Communication and Dementia and Mindscapes 2008](#)  
May 30-31, 2008  
Emily Carr, Institute of Art and Design  
Granville Island, Vancouver

### June

[34th Annual Alcohol Epidemiology Symposium of the Kettil Bruun Society](#)  
June 2-6, 2008  
Victoria

[International Nursing Research Conference](#)  
Facing the Challenge of Health Care Systems in Transition  
June 30-July 3, 2008  
Jerusalem, Israel

### August

[15th International Conference on Cancer Nursing](#)  
August 17-21, 2008  
Singapore

### November

[Re-Imagining Health Services: Innovations in Community Health](#)  
November 6-8, 2008  
Vancouver

[BC Injury Prevention Conference Partnering with the Public for Injury Prevention](#)  
November 19-21  
Vancouver

To subscribe/unsubscribe to the newsletter or to suggest a feature or highlight your research, please contact:  
Wanda Martin  
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Research & Academic Development  
cap\_building@viba.ca

# CURRENT DEVELOPMENTS IN PALLIATIVE CARE EDUCATION

**Date:**

**April 2, 2008**

**Time:**

**9:00 a.m. – 12:00**

**Location:**

*Island Medical Program - part of  
UBC Faculty of Medicine*

*University of Victoria*

*MSB VC Room 210*

*3800 Finnerty Road*

*Victoria, BC*

**Video-Linked Within UBC System:**

*Gordon & Leslie Diamond Health  
Care Centre (VGH)*

*Room 2267*

*2775 Laurel Street*

*Vancouver, BC*

**PANEL PRESENTERS**

- PIPPA HAWLEY, M.D.
- DOUGLAS MCGREGOR, M.D.
- PAT PORTERFIELD, R.N.,  
MSN
- KELLI STAJDUHAR, R.N.,  
PH.D

**MODERATORS**

- PATRICIA BOSTON, R.N.,  
PH.D
- PETER KIRK, M.D.



## Guest Panel Discussant

### PROFESSOR LINDA KRISTJANSON

PRO VICE-CHANCELLOR,  
RESEARCH & DEVELOPMENT

CURTIN UNIVERSITY, PERTH, WESTERN AUSTRALIA

*RECIPIENT OF THE ROYAL COLLEGE OF PHYSICIANS  
AND SURGEONS OF CANADA (RCPSC)  
BALFOUR MOUNT VISITING PROFESSORSHIP*

**YOU ARE INVITED TO AN INTERPROFESSIONAL  
PANEL PRESENTATION ON PALLIATIVE CARE  
FORMAL EDUCATION**

**WE ARE DELIGHTED TO HAVE PROFESSOR  
LINDA KRISTJANSON WHO WILL SPEAK ON  
ASPECTS OF NURSING, MEDICAL AND  
CONTINUING EDUCATION IN PALLIATIVE CARE**

**HOSTED BY:**

- UBC. DIVISION OF PALLIATIVE CARE  
DEPARTMENT OF FAMILY PRACTICE
- THE SCHOOL OF NURSING  
UNIVERSITY OF VICTORIA
- UBC SCHOOL OF NURSING