

Knowledge Network in Rural and Remote Dementia Care

Newsletter

Spring/Summer 2011

Message from Debra

This newsletter is a way of staying connected with the members of the Knowledge Network in Rural and Remote Dementia Care over the year and describing some of the activities going on. A new development in the last few months was the announcement by the Canadian Institutes of Health Research of a new research initiative in **Community-Based Primary Healthcare** (CBPHC). The two priority areas for this program are Better Systems for Chronic Disease Management and Access to Appropriate Care for Vulnerable Populations. Given the fit with our research in rural and remote dementia care, we are working toward an application due January 2012. To plan for this we are holding a meeting in mid-October before the Summit to bring together researchers, our international partners, and key stakeholders to identify research priorities and potential models of rural community-based primary health-care. The Summit will provide an opportunity to bring the results of this planning session to Knowledge Network members, to continue to develop interventions and programs aimed at meeting the needs of rural patients, families, and healthcare providers.

4th Annual Summit - Saskatoon

October 27th & 28th, 2011

The Knowledge Network in Rural and Remote Dementia Care Summit will return to the Sheraton Cavalier hotel in downtown Saskatoon for 2011.

Watch for reservation information soon.



Dr. Janice Keefe - Assistant Professor in the department of Gerontology at Mount Saint Vincent University is the **invited keynote presenter for the 2011 Summit**.

Dr. Keefe's research interests include informal caregiving, specifically work and elder care, financial compensation and assessment, human resources issues, rural aging, and continuing care policy.

In this newsletter:

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Summit 2010 project updates

At the 2010 Summit, focused discussion groups were hosted to provide researchers some feedback on their projects. Here is updated information on the status of each project.

Development and Evaluation of a Telehealth-Delivered Exercise

Intervention - Vanina Dal Bello-Haas

We have just begun our small scale pilot study of a tele-delivered exercise intervention program for people with memory problems who live in rural or remote areas. We have 2 families for a total of 4 participants who will be attending from one telehealth site outside of Saskatoon. We have conducted our pre-testing and have coordinated with Telehealth Saskatchewan to conduct the twice weekly sessions in the month of June. Engagement, acceptability, and feasibility will be assessed with audiotaped telehealth interviews post-intervention. In addition, each participant will have other measures including measures of fitness, physical activity, mood, and quality of life post-intervention.

Dementia Diagnosis and Management - Julie Kosteniuk

The purpose of this research project is to explore the assessment and management of people with dementia by family physicians and nurse practitioners in rural and remote Saskatchewan. As part of this project, we conducted a pilot study with 14 family physicians (FPs) and nurse practitioners (NPs) in early 2010. Since last year's summit, we have conducted a subsequent study with 15 family physicians who had referred one or more patients to the Rural and Remote Memory Clinic.

The results suggest that FPs would like to see more collaborative models in practice, particularly those that include a nurse or one other healthcare professional trained specifically in dementia care. We also found that FPs acknowledged both disadvantages and advantages of practicing rural, with drawbacks focused on physical distance from healthcare services and benefits centred around social proximity to healthcare workers, patients, and people close to patients.

Our next steps are focused on developing a comprehensive program of intervention research focused on innovative models of rural and remote community-based healthcare that will improve access to appropriate prevention and intervention strategies.

Caregiver Needs Assessment - Sheena Walls-Ingram

This study is aimed at improving our understanding of the experiences of family caregivers and the supports and services needed to help them in their role. Sheena Walls-Ingram is the Research Manager for this study, which commenced in April 2010. To date, the caregiver(s) of 31 patients have been enrolled and have participated in an initial interview on clinic day. Sixteen of those participants have completed a six-month follow-up interview, and one has completed an (in-person) one-year follow-up interview.

New caregivers will continue to be enrolled in the study until we feel we have a comprehensive understanding of the rural caregiving experience from diagnosis to one-year follow-up. We will continue to conduct six-month and one year follow-up interviews with currently enrolled participants until at least June 2012. Analysis is ongoing.

2010 Summit member wins Saskatchewan Union of Nurses (SUN) *Patients and Families First Challenge* prize for her work.

Donna Dalziel, a panel member of last year's Summit afternoon panel discussion *Frontotemporal Dementia Caregivers Telehealth Support Group*, has been awarded \$10 000 by SUN. Donna and her friend Steven Kowal designed "activity centres" for people with dementia, and with the help of friend Barb Steen they piloted the activity centres in one long-term care facility in Prince Albert.

Continuum of Care Poster

At the 2010 Summit a "Continuum of Care Poster" was used to gather feedback from attendees. It's now online, please view it at <http://cchsa-ccssma.usask.ca/ruraldementiacare/Continuum/continnumposter2010.html>

"It was such a privilege to be a key note speaker at the 2010 Summit and to be able to share with the audience some of our UK-based research work in the early identification of dementia. I have taken many memories with me from last year's Summit and the clinical time spent with the Rural and Remote Memory Clinic; memories that include the depth of the snow and the horizontal blizzard on my first day! However, what I remember most fondly, is the warmth of the welcome from everyone concerned with the Summit and the dedication to improving the lives of people with dementia and their families. Research, practice and service support are not separate entities and the Summit demonstrated this integration to stunning effect. Enjoy the 2011 Summit, it is a wonderful opportunity to share and be with kindred spirits."



~ Summit 2010 Keynote Speaker, Dr. John Keady

Evaluating Summit 2011 as a Knowledge Translation tool

Research team member Allison Cammer with Debra Morgan successfully applied for and received a grant from the Canadian Dementia Resource and Knowledge Exchange (CDRAKE) network. This \$25 000 grant will be used to conduct research concurrent with this year's Summit event. Allison's work will focus on evaluating the 2011 Summit as a vehicle for knowledge translation among the attendees.

Share your ideas

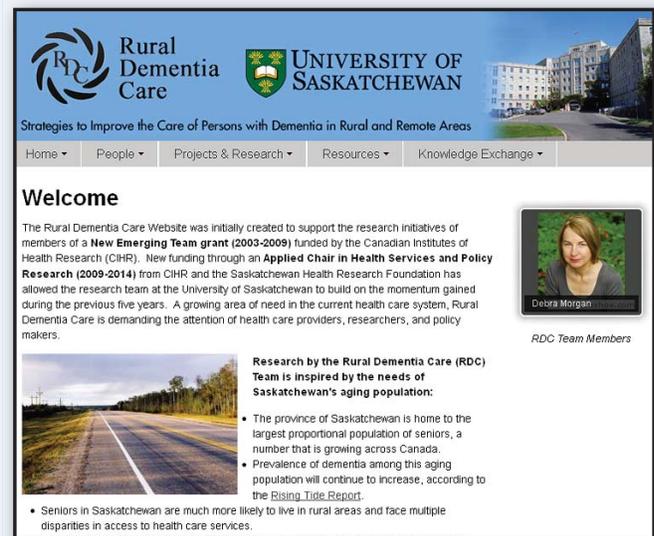
Do you have news to share back with the Network Members? Do you know of someone doing interesting work in the field of Rural Dementia Care?

Please get in touch and share your comments: with us via email at debra.morgan@usask.ca or phone 306-966-7905.

Website Update

The Rural Dementia Care Team of researchers at the University of Saskatchewan have updated their website. The site includes information about each researcher, a team publications list, links and on-line resources, as well as information and photos from all the previous Summit meetings! Be sure to check out the site at:

www.cchsa-ccssma.usask.ca/ruraldementiacare



The screenshot shows the homepage of the Rural Dementia Care website. At the top, there are logos for Rural Dementia Care and the University of Saskatchewan. Below the logos is the tagline: "Strategies to Improve the Care of Persons with Dementia in Rural and Remote Areas". A navigation menu includes links for Home, People, Projects & Research, Resources, and Knowledge Exchange. The main content area features a "Welcome" section with a photo of Debra Morgan, a team member. The text describes the website's history and funding, mentioning grants from 2003-2009 and 2009-2014. A section titled "Research by the Rural Dementia Care (RDC) Team is inspired by the needs of Saskatchewan's aging population:" lists three bullet points: 1) The province of Saskatchewan is home to the largest proportional population of seniors, a number that is growing across Canada. 2) Prevalence of dementia among this aging population will continue to increase, according to the [Rising Tide Report](#). 3) Seniors in Saskatchewan are much more likely to live in rural areas and face multiple disparities in access to health care services.

Welcoming team trainee

This summer the Rural Dementia Care Research team will benefit from an additional student team member. Ms. Hannah St. Denis Katz, through an Indigenous People's Health Research Centre undergraduate student research award, joins the research team working on the Northern Cultural Assessment of Memory (N-CAM), a cognitive screening protocol that is appropriate for Aboriginal seniors.

Alzheimer Society of Saskatchewan Kaleidoscope of Care Conference September 27th and 28th in Saskatoon

This year's annual Kaleidoscope of Care conference -- for professional caregivers of people with Alzheimer's disease and related dementias -- is being held in Saskatoon at TCU place. Keynote speakers at the two day event include Dr. Carole Cohen and Dr. Jenny Basran. For more information about the conference, visit the Society's website at www.alzheimer.ca/sk