



Final Report

Of the 12th Annual Summit of
the Knowledge Network in Rural
and Remote Dementia Care

**Saskatoon, SK
November 5 & 6, 2019**



Health Care Delivery Across the Continuum for Rural and Remote Seniors with Dementia



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This report summarizes the activities of Summit 12, the Twelfth Annual meeting of the Knowledge Network in Rural and Remote Dementia Care in Saskatoon on November 5 & 6, 2019.

Funding to make this Summit possible was provided by *The Bilokreli Family RaDAR Trust Fund*, as well as the Canadian Institutes of Health Research, and the Saskatchewan Health Research Foundation.

The photos from the Summit used in this report were taken by Debra Marshall
www.debramarshall.ca

University of Saskatchewan
Saskatoon, Saskatchewan
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Welcome to Summit 12

Dear Knowledge Network Members,

The 12th Rural Dementia Summit was held in Saskatoon on November 5 and 6, 2019. The annual Summit was created in 2008 as a strategy to bring together the Rural Dementia Action Research (RaDAR) team and our stakeholders– the Knowledge Network in Rural and Remote Dementia Care. The network is a diverse group of individuals who share an interest in improving the quality of care and quality of life of people with dementia and their caregivers. We were pleased to welcome out-of-province participants from Dementia Advocacy Canada, the Canadian Foundation for Healthcare Improvement, Bruyère Research Institute, and Alzheimer Society of Alberta and Northwest Territories.

This year was the first time that RaDAR held the Summit poster evening in conjunction with the Alzheimer Society of Saskatchewan's "Spotlight on Research." We were excited to co-host the event with our long-term partners at the Alzheimer Society, and we had a record 150 people attending the poster night. We were also honored that Dr. Saskia Sivananthan, Chief Research and KTE Officer, Alzheimer Society of Canada, came to Saskatoon to attend the Summit. She gave a presentation at the poster event and also at the Summit day.

The Summit day featured a number of highlights. Keynote speaker Dr. Rachel Herron of Brandon University talked about her research program in rural dementia care, and the innovative Sharing Dance program she is leading in Manitoba in collaboration with Canada's National Ballet School. We also screened a new video showcasing the rural primary care memory clinic team in Kipling, and presented updates on RaDAR projects.

The interactive small group session focused on planning a new project, Rural and Remote Memory Clinic 2.0 (RRMC 2.0) led by Dr. Megan O'Connell, that aims to expand the current RRMC to improve access to dementia diagnosis in Saskatchewan. Caregiver Garry Mazurkewich provided context for the session by talking about the challenges that his wife experienced in getting a diagnosis.

In this year's Lived Experiences session, the Alzheimer Society of Saskatchewan's Joanne Michael spoke to Gord and Claudia Grant. Gord lives with dementia, and both Gord and Claudia have been involved with the Alzheimer Society for a number of years. Summit participants reported that they appreciated hearing their stories and learning about what has been helpful on their dementia journey.

The program included a session presentation by Dr. Allison Cammer on comfort feeding and end of life care in dementia, and Sandra Bobyk on power of attorney and guardianship planning. Dr. Andrew Kirk then gave a presentation about Neglect followed by an update on Alzheimer Society of Saskatchewan programming by CEO Joanne Bracken.

Thank you to everyone for making time to participate in the Summit. The RaDAR team is excited to be able to bring people together to exchange knowledge and experiences, and work together to improve quality of life for people living with dementia and their families. Please let us know if you have colleagues who are interested in attending Summit — we welcome opportunities to broaden our geographic coverage across the province and expand the scope of jurisdictions, expertise, and interests represented.

A special thank you to the Bilokreli Family for their support of Summit and the Student Poster Prizes, through the Bilokreli Family Trust Fund. Their ongoing funding since 2015 has allowed us to continue holding the Summit and creating a community of practice focused on rural dementia care.



Debra Morgan



Alzheimer Society
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Agenda and Poster List Twelfth Annual Summit of the Knowledge Network in Rural and Remote Dementia Care November 5, 2019 Western Development Museum – 2610 Lorne Ave, Saskatoon



Tuesday, November 5 – Butler Byers Hall

- 6:30 pm** Registration, Wine and Cheese Poster Session/Spotlight on Research event and informal networking. Co-hosted with Alzheimer Society of Saskatchewan
Please join us in Butler Byers Hall to view posters and displays that highlight a variety of projects from attendees. A cash bar is available
- 7:30 pm** Welcome from Dr. Debra Morgan
- 7:35 pm** Intro of Dr. Saskia Sivananthan by Joanne Bracken, CEO of Alzheimer Society of Saskatchewan
- 7:40 pm** Spotlight on dementia research: how far have we come? - Dr. Sivananthan
Chief Research and KTE Officer, Alzheimer Society of Canada
- 8:00 pm** Announcement of Bilokreli Student Poster Prize winners
- 9:00 pm** Evening adjourns

Wednesday, November 6th – Butler Byers Hall

- 8:00 am – 8:25 am** **Registration and Breakfast served in Butler Byers Hall**
- 8:30 am – 8:50 am** Introduction and welcome to Summit – Dr. Debra Morgan, RaDAR Team Lead
- 8:50 am – 9:00 am** RaDAR Video – *Rural PHC Memory Clinics in Saskatchewan*
- 9:00 am – 9:25 am** Update on RaDAR projects:
 - **Dr. Melanie Bayly:** Patient and family experiences of rural primary health care memory clinics
 - **Dr. Amanda Froehlich Chow:** Understanding how rural primary health care teams collaborate to deliver dementia care
- 9:25 am – 10:15 am** Keynote Presentation - Rural Dementia Care: From Challenges to Innovative Solutions - Dr. Rachel Herron – Associate Professor, Brandon University
- 10:15 am – 10:45 am** **Morning Break and Coffee**
- 10:45 am – 11:15 am** Overview of research proposal and request for feedback to help with planning RRM 2.0 – Dr. Megan O'Connell and Garry Mazurkewich
- 11:15 am – 12:15 pm** **Small Group Discussion Session** and reporting back.
- 12:15 pm to 1:00 pm** **Lunch served in Butler Byers Hall** – during lunch Summit participants are welcome to explore the museum and visit Boomtown. The Western Development Museum is the keeper of Saskatchewan's collective heritage. The Museum shares the province's unique sense of place with all people for their understanding and enjoyment – recognizing that the legacy of the past is the foundation for a sustainable future.
- 1:00 pm – 1:50 pm** Research Highlights and On the Radar
 - **Dr. Allison Cammer** – Comfort feeding and end of life care
 - **Sandra Bobyk** – Power of Attorney, Guardianship Care Directives and planning
- 1:50 pm to 2:10 pm** Presentation: Neglect – Dr. Andrew Kirk, Neurologist
- 2:10 pm – 2:25 pm** **Afternoon Refreshment Break**
- 2:25 pm – 2:55 pm** The Alzheimer Society of Saskatchewan Programming update – Joanne Bracken
- 2:55 pm – 3:25 pm** Lived Experience Presentation – Moderated by Joanne Michael
 - Gord and Claudia Grant – *Gord lives with Dementia*
- 3:25 pm – 3:50 pm** Presentation: Dementia Research - Dr. Saskia Sivananthan - Chief Research and KTE Officer, Alzheimer Society of Canada
- 3:50 pm – 3:55 pm** **Wrap-Up** Closing comments and Summit evaluation.

Poster Session and Spotlight on Research - Tuesday Night

In a first for the Summit event, this year's Tuesday evening event was co-hosted with the Alzheimer Society of Saskatchewan as a Poster Session and Spotlight on Research evening with about 150 attendees. The evening featured 30 posters and interactive displays that provided participants time to review current research projects. The evening's unstructured, networking time allowed participants and researchers to mix and share ideas. A short program featured Chief Research and KTE Officer for the Alzheimer Society of Canada, Dr. Saskia Sivananthan.



Dr. Saskia Sivananthan, featured presenter during the evening program spoke about the current state of dementia research.



Bilokreli Student Poster Prize Award - Tuesday Night

The RaDAR team is the recipient of funding to support the team's activities, generously provided by the Bilokreli family. The family has an interest in supporting rural dementia research in the province, and we are pleased to offer student poster prizes in their name to trainees working in the field. Posters are adjudicated by a panel of judges, and this year's awards went to:

1st Place: Ali Stobbe

2nd Place: Karl Grewal

3rd Place: Jake Ursenbach

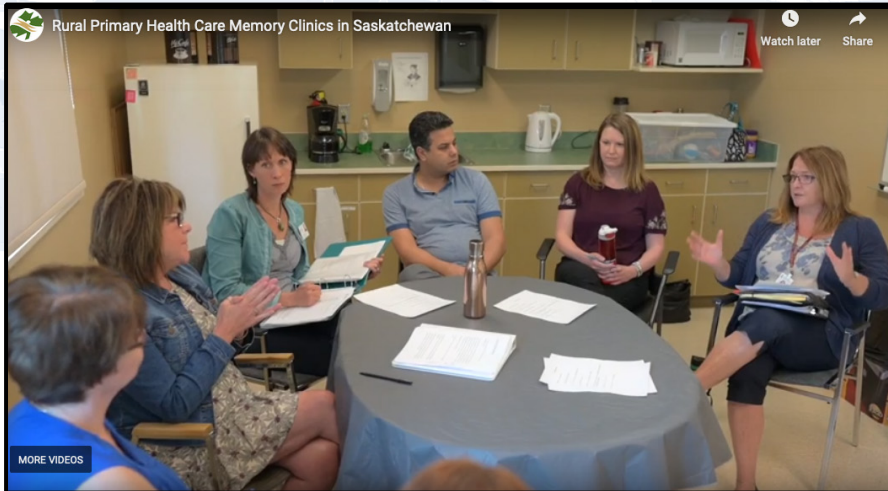


Congratulations, and thanks to all of the students who participated!



Summit Meeting - Wednesday Morning

During the Summit meeting on Wednesday, 130 participants joined for the day. Dr. Morgan started the agenda with an overview of the history of the RaDAR team and the Summit meetings, and then the day began with presentations, project updates, and interactive small group sessions. At the end of the day evaluation feedback was collected from attendees before the session closed.



At the start of the day, Dr. Morgan shared a video produced by RaDAR about the Rural Primary Health Care memory clinics. Watch the video on-line at <http://tiny.cc/RuralMemory>



Dr. Debra Morgan welcomes Summit participants.



Dr. Melanie Bayly (above) and Dr. Amanda Froehlich Chow (right) provided updates on two RaDAR projects related to the rural primary health care memory clinics.



Dr. Rachel Herron, Associate Professor, Brandon University, was the keynote presenter on Wednesday. Her presentation focused on an innovative dance program delivered in-person and via video-streaming to people with dementia in rural areas. Dr. Herron engaged Summit participants in a demonstration of the program during her presentation.



After the morning break, Dr. Megan O'Connell (left) and family caregiver Garry Mazurkewich introduced Dr. O'Connell's RRM2.0 project which aims to address the need for timely dementia diagnosis in rural communities. Participants learned more about the broad aims of RRM2.0, and were asked to break in to small groups to discuss and provide feedback on the project which was still in planning stages for funding application. Participant feedback was used to tailor the project activities.



Summit participants come from a variety of backgrounds and include: primary health care and chronic disease, long-term care, home care, health authority administration, nurse practitioners, family physicians, continuing care consultants, family members, people with dementia, researchers, students, Ministry of Health, Health Quality Council, Saskatchewan Health Research Foundation, Saskatchewan Government Insurance, and the Alzheimer Society of Saskatchewan, and of Alberta and NWT.



Summit Meeting - Wednesday Afternoon

After lunch, Dr. Allison Cammer (right) and Sandra Bobyk (below) presented a panel presentation. Dr. Cammer shared highlights from her research focused on comfort feeding and end of life care. Ms. Bobyk's presentation focused on Power of Attorney, Guardianship care directives, and legal planning considerations in Saskatchewan for those affected by dementia.



Dr. Andrew Kirk, Neurologist with the RaDAR team, gave a presentation about Neglect.

Alzheimer Society of Saskatchewan CEO, Joanne Bracken, provided a programming update from the Society.



Joanne Micahel (right) from the Alzheimer Society of Saskatchewan moderated the afternoon Lived Experience Panel featuring Gord (centre) and Claudia (left) Grant. Gord lives with Dementia and he and Claudia shared their story with Summit participants.



Dr. Saskia Sivananthan, Chief Research and KTE Officer with the Alzheimer Society of Canada was the last Summit speaker. Her presentation focused on the importance of engaging people with lived experience with dementia in the work of the Alzheimer Society of Canada.

Evaluations

Of the 130 attendees who joined on Wednesday, 75 completed and returned a Summit evaluation form at the end of the day.

We rely on the feedback we receive from attendees each year to help us plan for future events, and to better understand which parts of the Summit were best enjoyed by participants.

The majority of those who attended the Tuesday evening *Poster Session and Spotlight on Research* rated the evening very positively all around. We asked attendees to rate the new way the Alzheimer Society of Saskatchewan partnered with RaDAR to co-host the session and 72% of respondents rated it as "Excellent", and all rated it positively.

Wednesday meeting attendees reported high satisfaction overall. Highest rated items included the *Keynote presentation* by Dr. Herron, and the *Lived Experiences Panel presentation* featuring Gord and Claudia Grant. Participants also rated highly their opportunity to increase their knowledge in rural and remote dementia care, and the value they received for their time.

We always ask for ideas to include at future Summit events, and this year on the feedback forms we collected many requests for another Lived Experiences Panel - type presentation featuring individuals and family members who are directly affected by dementia. We also heard from participants that there is an interest to incorporate more information about dementia and Indigenous Canadians, and more information about dementia in Long Term Care settings.

Respondents provided a wealth of suggestions to assist many of the details for future planning!

**Congratulations
to Lynne Farthing!**

**Lynne won the prize of
the Visa gift card from
the drawing offered to
all Summit attendees
who returned their
Summit Evaluation
form.**

It was interesting
and informative to hear what people living
with dementia have experienced during
their journey; I especially enjoyed the
presentations from the people directly
affected by dementia

To physically see the work
happening locally is very powerful
and overwhelming (in a good way!)

... I'm feeling inspired to do more!

I have gained further knowledge in how
to meet the needs of the clients I serve

... re-energizing me in my role and
expanding ideas for care in my practice is
well worth it

The number of active caregivers in
attendance - - this was great - they are the
experts



Photo by Alex Knight on Unsplash



Follow RaDAR
on Twitter
@RaDAR_Usask

Learn more at the Rural Dementia Action Research website

www.ruraldementiacare.usask.ca

- more information about team members and current projects
- publications list
- RaDAR team news
- archive of information from all previous Summit events, including photo galleries
- resources for caregivers and service providers

Fantastic connections; seeing the scope of Saskatchewan Dementia care, research, and advocacy

Met people I wouldn't have otherwise; will connect with some people; learned about new initiatives I will follow up on

connections with others working in dementia; this summit leaves me energized to go forward in dementia care

variety of topics covered; format (great organization!); the venue (and amazing food); also, the meeting was relevant to other provinces!

Invaluable opportunity to interact and network and learn from others to support rural aging and dementia

Small group discussion was sooooo good; the summit presenters were very engaging and there were so many useful topics covered

Contact information for individual attendees has been removed from this version of the report posted on-line.

Please contact Debra Morgan at the University of Saskatchewan email: debra.morgan@usask.ca or phone 306-966-7905 for assistance contacting any of the participants.

Appendix B - Posters Presented at Poster Session & Spotlight on Research Evening

Poster Presenter	Authors & Poster Titles
Juanita Bacsu	Bacsu J, Shanthi J, Viger M, McIntosh T, Jeffery B, Novik N, Hackett P Interventions to reduce stigma of dementia: Findings from a scoping review
Melanie Bayly	Bayly M, Morgan D, Kosteniuk J, Froehlich Chow A, Elliot V Evaluation of interprofessional, team-based dementia assessment and diagnosis in rural primary health care: Patient and family perspectives
Donna BoserKelly	BoserKelly D Mobile recreation therapy services; Private practice, in rural Saskatchewan and surrounding area
Allison Cammer	Cammer A, Morgan D, Whiting S Nutrition care for residents with dementia in long-term care homes: Umbrella review of care aide and registered dietitian services
Valerie Elliot	Elliot V, Morgan D, Kosteniuk J, Froehlich Chow A, Bayly M, O'Connell ME End-of-life care for people living with dementia in rural areas: A scoping review
Amanda Froehlich Chow	Froehlich Chow A, Morgan D, Kosteniuk J, Bayly M, Elliot V, O'Connell ME Interdisciplinary Primary Health Care (PHC) approaches for dementia and chronic conditions: A case study
Donna Goodridge & Jennafer Neiser	Neiser J, Reis N, Goodridge D, Osgood N, Cammer A, Storozinski J, Gonzales C, Haubrich T, Westberg B, Erickson-Lumb L Improving access to support for caregivers: Fostering self-compassion using a mobile app
Karl Grewal	Grewal K, O'Connell ME, Morgan D, Kirk A, MacDonald SWS Profile analysis of dispersion variability across diagnostic criteria
Tess Harrison	Harrison MT, Peacock S, O'Connell ME, Holtslander L, Haase K, Michael J, Macrae R, Flath M Adapting a carer co-designed mental wellness app for rural carers of persons with dementia: <i>RuralCARES</i>
Paulette Hunter	Hunter PV, Wickson-Griffiths A, Myge I, Hadjistavropoulos T Factors associated with a higher frequency of visits to Canadian long-term care residents
Bonnie Jeffery	Jeffery B, McIntosh T, Novik N Social isolation: Understanding the experience of older adults
August Kortzman	Kortzman A, O'Connell ME, McWilliams LA, Peacock S, Holtslander L, Morgan D Protocol for a review of interventions to increase social inclusion for caregivers
Julie Kosteniuk	Kosteniuk J, Morgan D, O'Connell ME, Kirk A, Stewart N, Seitz D, Bayly M, Froehlich Chow A, Elliot V RaDAR Memory Clinics: Update Kipling Weyburn Rural West Carlyle

Poster Presenter	Authors & Poster Titles
Julie Kosteniuk	Kosteniuk J, Morgan D, O'Connell ME, Kirk A, Stewart N, Seitz D, Bayly M, Foehlich Chow A, Cameron C, Elliot V RaDAR Memory Clinics: Plans to sustain and spread
Rebecca Lalonde	Lalonde R, Leclaire S, Joanis L North SK Dementia Assessment Team: 2019 program update
Erin Leeder	Leeder E, Cammer A Hand grip strength as a functional measure related to malnutrition risk and cognitive decline
Duane Minish	Morgan D, Kosteniuk J, O'Connell ME, Kirk A, Cammer A, Minish D, Elliot V The Annual Summit of the Knowledge Network in Rural and Remote Dementia Care: An example of an Integrated Knowledge Translation (iKT) approach
Debra Morgan	Morgan D, Kosteniuk J, O'Connell ME, Kirk A, Stewart N, Seitz D, Bayly M, Froehlich Chow A, Elliot V, Daku J, Hack T, Hoium F, Kennett-Russill D, Sauter K Using the Consolidated Framework for Implementation Research to identify barriers and facilitators to implementation of a rural primary health care intervention for dementia
Isabella Moroz	Moroz I, Fung C, Helmer-Smith M, Liddy C eConsult: An innovative opportunity to optimize dementia care
Jennifer Nicol	Nicol J, Christensen J, Loehr J, Lang J, Peacock S Using the e-music box in dementia care ~The music memory makers project~
Megan O'Connell & Allen McLean	Educational modalities of dementia care for rural healthcare providers - <i>interactive display</i>
Megan O'Connell	O'Connell ME, Teams as detailed RRMCi – Rural and Remote Memory Clinic-interventions
Ivan Panyavin	Panyavin I, O'Connell ME, Kortzman A, Rapoport M, Cammer A, McWilliams L, Hunter P, Kirk A, Morgan D, Dal Bello-Haas V, Hadjstavropoulos T Remote treatment of sleep disturbance for persons with dementia and their caregivers
Shelley Peacock	Peacock S, Holtslander L, Thompson G, O'Connell ME, Bayly M, Gibson K <i>Reclaiming Yourself Tool: A psycho-social writing intervention for older adults bereaved of a spouse with dementia</i>
Lisa Poole	Dementia Advocacy Canada Dementia Advocacy Canada: Voices of lived experience
Andrea Scerbe	Scerbe A, O'Connell ME, Morgan D, Kosteniuk J Feasibility and acceptability of digitally-delivered spaced-education for dementia
Saskia Sivananthan	Alzheimer Society of Canada Facilitating clubs for people with young onset dementia: A user-friendly resource manual
Ali Stobbe	Stobbe A, Cammer A, Thorpe L Registered dietitians current practice in end-of-life care in long-term care homes
Jake Ursenbach	Ursenbach J, O'Connell ME, Kosteniuk J, Morgan D Short form scoring algorithm for a computer-based cognitive screening tool
Abby Wolfe & Joanne Michael	Alzheimer Society of Saskatchewan Total Clients by Community (2018-2019)



Members of the RaDAR team and trainees at Summit 12

Stairs and back row (left to right): Moira Remmen, Leslie Holfeld, Julie Kosteniuk, Jen Fairbairn, Julie Jensen, August Kortzman, Karl Grewal, Chelsie Cameron, Joanne Bracken.

Front row (left to right): Valerie Elliot, Amanda Froehlich Chow, Melanie Bayly, Megan O'Connell, Duane Minish, Andrew Kirk, Edna Parrott, Ivan Panyavin, Jake Ursenbach, Debra Morgan, Allison Cammer.

**Report from the 12th Annual Meeting of the Knowledge Network
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For more information: debra.morgan@usask.ca