

Dr. Debra Morgan, CCHSA Professor and Chair in Rural Health Delivery, has been leading the interdisciplinary Rural Dementia Action Research (RaDAR) team since 2003. The team's goal is to improve dementia care in rural and remote settings.



RaDAR team photo November 2019

SUMMIT OF THE KNOWLEDGE NETWORK IN RURAL AND REMOTE DEMENTIA CARE

The RaDAR research program is guided by The Knowledge Network in Rural and Remote Dementia Care. The Network includes front-line health care providers and managers, people with dementia and family members, health region representatives, international researchers, and individuals from governmental and community-based organizations. The Network meets at the annual Rural Dementia Care Summit, the RaDAR team's key knowledge exchange event, where Network members provide input into new and ongoing research projects.

The RaDAR team held its 12th Rural Dementia Summit in Saskatoon November 5 & 6, 2019 with 150 people attending the evening poster session and Spotlight on Research evening hosted in partnership with the Alzheimer Society of Saskatchewan, and 130 people attending the full-day Summit. The guest presenter for the Spotlight on Research on Nov 5th was Dr. Saskia

Sivananthan, Chief Research and KTE Officer for the Alzheimer Society of Canada. The keynote speaker at the Summit on Nov 6th was Dr. Rachel Herron, the founding Director of the Centre for Critical Studies of Rural Mental Health at Brandon University.



Dr. Rachel Herron



Dr. Saskia Sivananthan

More information about the Summit, including a report and photos, can be found on the RaDAR team's website under the Summit tab: www.ruraldementiacare.usask.ca

BILOKRELI FAMILY TRUST FUND

The Bilokreli family have established the Bilokreli RaDAR Trust Fund and generously committed \$25,000 per year from 2015 through to 2017, and renewed the funding for 2018 to 2020. The fund supports RaDAR's research and knowledge exchange activities, including the Student Poster Prize at the annual Summit.



Members of the Bilokreli family and student poster prize recipients at Summit in November

This year's Bilokreli Student poster prizes were awarded to:

FIRST PLACE:
Ali Stobbe

SECOND PLACE:
Karl Grewal

THIRD PLACE:
Jake Ursenbach

RURAL AND REMOTE MEMORY CLINIC

The RaDAR team implemented the Rural and Remote Memory Clinic (RRMC) in 2004, to provide diagnosis and management of atypical and complex cases of suspected dementia. The one-stop interdisciplinary clinic streamlines the assessment process by coordinating a complete team assessment on one day, and uses Telehealth videoconferencing for follow-up appointments. The RRMC was started as a research project and now receives funding from the Saskatchewan Ministry of Health to provide clinical services to Saskatchewan residents. Since 2004 over 689 patients have been seen in the clinic.

The RRMC provides valuable training to psychology graduate students who complete 10-month clinical placements. In addition, more than 18 medical students and other visitors observed a full clinic day last year.

Several CCHSA-affiliated RRMC team members support the RRMC including: Leslie Holfeld (nurse); Duane Minish (psychometrist); Lynette Epp (data entry manager); Dr. Allison Cammer (dietitian); and Dr. Chandima Karunanayake (data analyst). Other clinic team members include Dr. Andrew Kirk (neurologist), Dr. Megan O'Connell (neuropsychologist), Dr. Ivan Panyavin (staff in psychology), Jennifer Fairbairn (physical therapist), and Julie Jensen (physical therapist).

CANADIAN CONSORTIUM ON NEURODEGENERATION IN AGING (CCNA) PHASE II (2019-2024)

The CCNA was established by the Canadian Institutes of Health Research in April 2014 to address the growing prevalence of Alzheimer Disease and other dementias in Canada. The CCNA Phase II brings together over 350 researchers across 19 teams, including CCNA Team 15 Rural led by Megan O'Connell and Debra Morgan. As part of Team 15, the RaDAR team continues to sustain and evaluate the impact of 4 rural memory clinics established in southeast Saskatchewan in CCNA Phase I. Phase II projects include a study of care partners pre-post initial evaluation of family members in memory clinics, and a chart review of memory clinic patients.



RaDAR team members and rural memory clinic team members at poster session in Quebec

CCNA hosts an annual Science Day and Partners Forum attended by all 19 CCNA teams. Preceding the CCNA meeting, the 10th Canadian Conference on Dementia was also held in Quebec City. Many members of the RaDAR team and three rural memory clinic team members, (a primary health care facilitator, nurse practitioner, and occupational therapist) travelled to Quebec City to attend.

CIHR FOUNDATION GRANT (2016-2023)

In July 2016, Dr. Debra Morgan was awarded a 7-year CIHR Foundation Grant for the research program “Design and evaluation of integrated primary health care practice for dementia in rural and remote settings”. Co-investigators include Julie Kosteniuk, Megan O’Connell, Andrew Kirk, and Norma Stewart, and other Canadian and international experts.

The Foundation program consists of three linked research streams to increase rural primary health care (PHC) capacity in dementia care: 1) Interdisciplinary PHC team-based care to support ongoing care management and education/support for persons with dementia and families, 2) Remote specialist-to-primary care education and support through technology, and 3) Decision support tools for PHC professionals embedded in electronic medical record systems.



Members of the Bengough Memory Clinic team



RaDAR meets with Carlyle Memory Clinic team



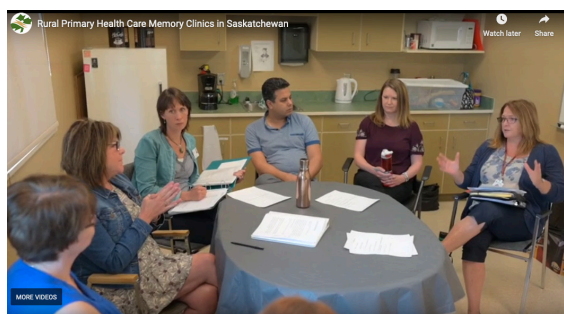
RaDAR meets with Kipling Memory Clinic team and Dr. Dallas Seitz



Members of the Weyburn Memory Clinic team

The core of the Foundation program is to sustain and spread rural PHC memory clinics that offer initial evaluation and management of individuals with suspected dementia. Monthly 1-day memory clinics have been established in the southeast Saskatchewan communities of Kipling, Weyburn, Bengough, and Carlyle. Clinic team members include physicians, nurse practitioners, home care nurses, social workers, occupational therapists, physical therapists, and an Alzheimer Society First Link coordinator.

In the spring of 2019, RaDAR engaged Tara Yolan Productions to produce two videos about the rural primary care memory clinics and the Rural and Remote Memory Clinic in Saskatoon, available at <http://tiny.cc/RuralMemory> which highlight these rural clinics.



Two rural memory clinic team members formally joined RaDAR this past year. **Chelsie Cameron** (Arcola) is a RaDAR research assistant supporting the spread of best practices across the clinics and collecting data for several projects. **Jean Daku** (Nurse Practitioner, Kipling) is the lead of the Kipling memory clinic tasked with assisting in the training and mentoring of memory clinic teams as this model spreads to other rural communities.



New RaDAR team members Jean Daku (left) and Chelsie Cameron (right) with Deb Kennett-Russill

Many clinic team members attend RaDAR's annual Summit Meeting in Saskatoon each year which helps to strengthen the collaboration.

The RESPECT project team (remote specialist-to-primary care education and support through technology) **led by Dr. Megan O'Connell** has conducted a systematic review of technology-based dementia education that can be used for remote education with rural PHC teams. Based on our findings, we will spend the summer co-designing technology based educational methods with rural PHC team members. We explored the accuracy of computerized neuropsychological testing battery, but based on our findings we decided to not trial this method of assessment. Instead, we are exploring use of a telephone administered neuropsychological battery to be tested with PHC teams as a means of specialist cognitive support for dementia diagnoses. Problems with remote assessment models led to the newly developed **RRMC2.0** that was funded by a SHRF/SCPOR SPROUT grant. In the RRMC2.0 model centralized assessments occur over the telephone and patients are triaged to different diagnostic pathways. For the most typically presenting cases, diagnoses will be made in collaboration with the RRMC2.0 staff psychologist and primary care providers.

Finally, we developed an alternate method of remote specialist support with the Rural and Remote Memory Clinic-interventions (**RRMCi**) where we will provide remote psychological interventions for rural PHC providers' patients with dementia and their caregivers who are in need of treatments related to sleep disturbance, maximizing daily function with cognitive rehabilitation, psychological consequences of driving cessation, and increasing social support for caregivers, social inclusion for older adults including those with dementia during the era of COVID-19, and app-based caregiver support.

Projects led by **RaDAR Postdoctoral Fellows** contribute to the Foundation project aims. **Dr. Melanie Bayly** is investigating the experiences of patients and families who are assessed for dementia by the rural memory clinic teams. This will allow us to better understand patient and family perceptions of a collaborative team-based model of dementia care, their



Dr. Melanie Bayly

needs and whether they are being met, and how the assessment processes could be improved. Additionally, Dr. Bayly and the RaDAR team will be collaborating with the Alzheimer Society of Saskatchewan to assess the benefits, challenges, and outcomes associated with the inclusion of a First Link coordinator in this team-based model.

Dr. Amanda Froehlich Chow is working with RaDAR to understand the team-based approaches interdisciplinary rural primary health care teams are employing. In addition, Dr. Froehlich Chow is collaborating with rural Indigenous communities to develop resources for supporting older adults to actively age in place in their rural and remote communities. In the fall of 2019 Dr. Froehlich Chow accepted a position as Assistant Professor in the School of Public Health at the University of Saskatchewan. We are very excited for Amanda as she moves in to her new role, and appreciate her ongoing contributions as she continues her work with RaDAR as an Investigator with the team.



*Amanda
Froehlich Chow*



*Dr. Ivan
Panyavin*

Dr. Ivan Panyavin completed his position as postdoctoral fellow in the fall of 2019 and is continuing his work as a Clinical Research Assistant under the supervision of Dr. Megan O'Connell. Dr. Panyavin has been actively involved in the operations of the Rural and Remote Memory Clinic (RRMC) as part of its neuropsychology team, as well as in developing and implementing several remotely delivered interventions under the umbrella of RRMC suite of interventions (RRMCi). Among these are an empirically validated intervention to improved sleep functioning in individuals with cognitive impairment and their caregivers, and a cognitive rehabilitation-based program to help individuals achieve personally meaningful goals in everyday functioning.

Another RaDAR project will soon be underway, led by RaDAR team member **Valerie Elliot**. An environmental scan will be conducted to explore community programs providing post-diagnostic services to clients who include RaDAR Rural Primary Health Care Memory Clinic patients and families in southeast Saskatchewan. This project will include focus groups with health care and service providers and a review of secondary sources of information conducted at three time-points over five years. Our goal is to better understand the availability of existing local community programs, current patient and family needs, program gaps and recommendations to address these gaps, and program changes or innovations

RADAR INITIATIVES

- **Partnership with Saskatchewan Health Quality Council:**

Researchers from RaDAR and Saskatchewan Health Quality Council are conducting a number of ongoing projects involving administrative health data. Naorin Islam has joined the RaDAR team as a research analyst assisting with these projects.



Naorin Islam

- **Synthesis Reviews:** The RaDAR team utilizes a collaborative team-based approach to map, synthesize, and identify gaps in the evidence across several dementia-related areas. Topics related to individuals living with dementia that were explored in the first round of scoping reviews included: support and education access and needs, team-based primary health care, stigma, and multiple physical care transitions. Published reviews can be found on the [RaDAR website](#). Round two is currently underway and includes scoping reviews in the following areas: use of electronic medical records among interprofessional primary care teams (led by Julie Kosteniuk), facilitators that support team-based primary health care services in rural areas (led by Amanda Froehlich Chow), palliative care for people with dementia in rural areas (led by Valerie Elliot), and a systematic review on interventions for caregivers of people with mild cognitive impairment and early dementia (led by Melanie Bayly). The team is looking forward to contributing further to the field of dementia research and informing future practice and policy.

- **Canadian Academy of Health Sciences Facilitated Discussion on Dementia in Saskatchewan.** Debra Morgan, CAHS Fellow, was a member of the CAHS expert panel that produced a report of current evidence and best practices in dementia care that helped inform Canada's first National Dementia Strategy in 2019. To identify opportunities for provincial implementation of the report's findings, CAHS hosted a one-day meeting in Regina on March 10, 2020 attended by 46 senior policy members and stakeholders from across Saskatchewan.

- *Melanie Bayly*, PhD, Postdoctoral Fellow with Dr. Morgan. Dr. Bayly is working with RaDAR on needs and supports for individuals with dementia and their caregivers living in rural areas.
- *Julie Beitel, Jess Martino, and Madison Rennie*, BSC Nutrition students with Dr. Cammer developed evidence-based practice nutrition and dementia knowledge translation tools.
- *Camille Branger*, PhD completed fall 2019, Clinical Psychology with Dr. O'Connell explored the positive aspects of caregiving in dementia.
- *Virginia Deobald*, MSc student, Nursing, with Dr. Shelley Peacock. Virginia's thesis is focused on non-pharmacological interventions for persons living with dementia while in long term care facilities from the nurse perspective.
- *Meghan Flath*, MSc student, Clinical Psychology with Dr. O'Connell, is working on a pet augmented social inclusion intervention for persons with cognitive impairment and dementia.
- *Ben Gould*, PhD student, Clinical Psychology with Dr. O'Connell is exploring Mi'kmaq community Mental Wellness needs, identifying and discovering appropriate approaches to improving aging and quality of Life.
- *Karl Grewal*, PhD student, Clinical Psychology with Dr. O'Connell is working on integrating sensor technology to measure daily function as an outcome measure for cognitive rehabilitation for persons living with dementia.
- *August Kortzman*, PhD student, Clinical Psychology with Dr. O'Connell, is working on developing a social network intervention that can be remotely delivered to rural caregivers of persons living dementia.
- *Erin Leeder*, MSc student in Nutrition with Dr. Cammer is working on a project using nutrition data from the Rural and Remote Memory Clinic.
- *Seshni Naidoo*, MSc student in Nutrition with Dr. Cammer is examining the nutrition related support required in urban and rural house-model long-term care homes.
- *Andrea Scerbe*, PhD student, Clinical Psychology with Dr. O'Connell, is working on technology-based methods for remotely delivering dementia education to rural primary care providers.
- *Ali Stobbe*, BSc Nutrition student with Dr. Cammer completed a national survey of dietitians' end of life care practices in the long term care setting.
- *Jake Ursenbach*, PhD student, Clinical Psychology with Dr. O'Connell, is working on differences in rural and urban dwellers in cognitive function, which has implications for assessment and dementia diagnosis for rural patients

Peer-reviewed Journal Articles

- Lindenbach, J., Larocque, S., Morgan, D.G. & Jacklin, K. (accepted March 15, 2020). Practitioner empowerment, older adult mistreatment, and dementia. *Canadian Journal on Aging/La revue Canadienne du vieillissement*.
- Ursenbach, J., O'Connell, M.E., Kirk, A. & Morgan, D. (accepted February 15, 2020). Evidence for measurement invariance of the Short Form Health Survey across sex and metropolitan influence zone in a secondary care adult population. *Health and Quality of Life Outcomes*.
- Fraser, S., Lagacé, M*, Bongué, B., Ndeye, N., Guyot, J., Bechard, L., Garcia, L., Taler, V., Members of the CCNA Social Inclusion and Stigma Working Group, Adam, S., Beaulieu, M., Bergeron, C.D., Boudjemadi, V., Desmette, D., Donizzetti, A. R., Éthier, S., Garon, S., Gillis, M., Levasseur, M., Lortie-Lussier, M., Marier, P., Robitaille, A., Sawchuk, K., Lafontaine, C., & Tougas, F. (2020). Ageism and COVID-19: What does our society's response say about us? *Age and Ageing*. doi: [10.1093/ageing/afaa097](https://doi.org/10.1093/ageing/afaa097)
- Wong, J., Kirk, A., Perlett, L., Karunanayake, C., Morgan, D. & O'Connell, M.E. (2020). Characteristics of Young-onset and Late-onset Dementia Patients at a Remote Memory Clinic. *The Canadian Journal of Neurological Sciences*. 1-8. doi:[10.1017/cjn.2020.8](https://doi.org/10.1017/cjn.2020.8)
- Bayly, M., Morgan, D., Froehlich Chow, A., Kosteniuk, J., & Elliot, V. (published online January 24, 2020). A scoping review of dementia-related education and support services availability, accessibility and use in rural areas: Barriers and promising solutions. *Canadian Journal on Aging / La Revue Canadienne Du Vieillissement*, 1-41. doi: [10.1017/S0714980819000564](https://doi.org/10.1017/S0714980819000564)
- Robertson, O., Kirk, A., Karunanayake, C., Morgan, D., & O'Connell, M. E. (2020). Women and Men Presenting to a Rural and Remote Memory Clinic in Saskatchewan, Canada Show Similar Cognitive Findings for Dementia. *Alzheimer Disease and Associated Disorders*, 34(2), 183-187. doi: [10.1097/WAD.0000000000000307](https://doi.org/10.1097/WAD.0000000000000307)
- Morgan, D., Kosteniuk, J., O'Connell, M.E., Kirk, A., Stewart, N., Seitz, D., Bayly, M., Froehlich Chow, A., Elliot, V., Daku, J., Hack, T., Hoium, F., Kennett-Russill, D. & Sauter, K. Barriers and Facilitators to Development and Implementation of a Rural Primary Health Care Intervention for Dementia: A Process Evaluation. (2019). *BMC Health Services Research*, 19(1), 709. doi:[10.1186/s12913-019-4548-5](https://doi.org/10.1186/s12913-019-4548-5)
- Ursenbach, J., O'Connell, M.E., Neiser, J., Tierney, M., Morgan, D., Kosteniuk, J., Spiteri, RJ (2019). Scoring Algorithms for a Computer-Based Cognitive Screening Tool: An Illustrative Example of Overfitting Machine Learning Approaches and the Impact on Estimates of Classification Accuracy. *Psychological Assessment*, 31(11), 1377–1382. doi:[10.1037/pas0000764](https://doi.org/10.1037/pas0000764)
- Kosteniuk, J., Stewart, N., Wilson, E., Penz, K., Martin-Misener, R., Morgan, D. (2019). Communication tools and sources of education and information: a national survey for rural and remote nurses. *Journal of the Medical Library Association:JMLA*,107(4), 538. doi: [10.5195/jmla.2019.632](https://doi.org/10.5195/jmla.2019.632)
- Scerbe, A., O'Connell, M. E., Astell, A., Morgan, D., Kosteniuk, J., & DesRoches, A. (2019). Digital tools for delivery of dementia education for healthcare providers: A systematic review. *Educational Gerontology*. 45(11), 681-699. doi: [0.1080/03601277.2019.1687149](https://doi.org/10.1080/03601277.2019.1687149)
- Lindenbach, J., Larocque, S., Morgan, D.G. & Jacklin, K. (published online August 27, 2019). Mistreated older adults with dementia in the home: practitioner experience and unattainable professional agency. *Journal of Elder Abuse & Neglect*. doi: [10.1080/08946566.2019.1657540](https://doi.org/10.1080/08946566.2019.1657540)
- Morgan, D., Kosteniuk, J., Seitz, D., O'Connell, M. E., Kirk, A., Stewart, N., Holroyd-Leduc, J., Daku, J., Hack, T., Hoium, F., Kennett-Russill, D., & Sauter, K. (published online May 15, 2019). A 5-step approach for developing and implementing a rural primary health care model for dementia: A community-academic partnership. *Primary Health Care Research & Development*, 20 (e29). doi:[10.1017/S1463423618000968](https://doi.org/10.1017/S1463423618000968)
- Lee, S.*, Kirk, A., Kirk, E., Karunanayake, C., O'Connell, M.E., Morgan, D. (2019). Factors Associated with Having Legal Documents in Patients with Dementia. *The Canadian Journal of Neurological Sciences*, 46(3), 319-330. doi:[10.1017/cjn.2019.10](https://doi.org/10.1017/cjn.2019.10)
- Froehlich Chow, A., Morgan, D., Bayly, M., Kosteniuk, J., & Elliot, V. (2019) Collaborative approaches to team-based primary health care for individuals with dementia in rural and remote settings: A scoping review. *Canadian Journal on Aging/La revue Canadienne du vieillissement*. 1-17. doi:[10.1017/S0714980818000727](https://doi.org/10.1017/S0714980818000727)
- Bayly, M., Morgan, D., Kosteniuk, J., Elliot, V., Froehlich Chow, A., Peacock, S., McLean, A., & O'Connell, M.E. (2019). Protocol for a systematic review on interventions for caregivers to persons with MCI and early dementia: Does early stage intervention improve caregiver wellbeing and ability to provide care? *BMJ Open*, 9:e028441. doi:[10.1136/bmjopen-2018-028441](https://doi.org/10.1136/bmjopen-2018-028441)
- Cammer, A, Morgan, D, Whiting, S. (2019) Nutrition Care for Residents with Dementia in Long-Term Care Homes: Umbrella Review of Care Aide and Registered Dietitian Services. *International Journal of Aging Research*, 2(32). doi:[10.28933/ijoar-2019-03-1005](https://doi.org/10.28933/ijoar-2019-03-1005)

Books

- Innes, A., Morgan, D., Farmer, J. (2020). *Rural and remote dementia care: Implications for research, policy, and practice*. Policy Press, Bristol University. <https://policy.bristoluniversitypress.co.uk/remote-and-rural-dementia-care>

Technical Reports

- Morgan, D., & Minish, D. (May 2020). *Summit 12 Final Report*. Final report from the eleventh annual summit of the knowledge network in rural and remote dementia care, November 5th & 6th 2019. Report printed at the University of Saskatchewan (20 pages). https://cchsa-ccssma.usask.ca/ruraldementiacare/documents/2019_summit_report_web.pdf
- Kosteniuk, J., Morgan, D., Froehlich Chow, A. and Bayly, M. Rural PHC Memory Clinics. (Fall 2019). [report]. Printed at the University of Saskatchewan, Saskatoon, SK, Canada. (9 pages).https://cchsa-ccssma.usask.ca/ruraldementiacare/PHC_Clinics.php#Background

Alzheimer Society

SASKATCHEWAN

The **Alzheimer Society of Saskatchewan** has moved programming to a virtual format for the time being. This change has opened up Minds in Motion to rural areas! The in-person version of Minds in Motion was only available in Regina, Saskatoon and Prince Albert. Please feel free to share this information with anyone you think could use it!

Coffee and Chat

People with dementia and their care partners. Make yourself comfortable, grab a cup of coffee or tea and join some of the Alzheimer Society of Saskatchewan staff and peers online to say 'hello' and let us know how you are doing during the COVID-19 outbreak. We are online via Zoom each Friday from 10:30-11:30 am. **To register contact cjudge@alzheimer.sk.ca**

Please note: Due to privacy and confidentiality, we will not be able to address personal client matters during the chat, but will be happy to connect you with a First Link Coordinator or First Link Care Navigator who will be able to support you.

This is NOT a Support Group, but an opportunity for you to check in with each other.

Virtual Minds in Motion

Minds in Motion® (MIM) is a fitness and social program for those with early stage dementia and a friend, family member or caregiver. Enjoy physical activity conducted by a certified fitness instructor, followed by activities and social time in a relaxed atmosphere. Develop new friendships with others living similar experiences. A video explaining MIM is available <https://youtu.be/xRi-flU65Oc>

The summer virtual MIM is being offered via Zoom Tuesdays and Thursdays for 5 weeks beginning June 23, 2020 from 1:15 to 3:00 pm. The first part of the session will be a gentle physical fitness lead by a certified fitness instructor, the second part will be broken into small groups for a social activity time led by Alzheimer Society volunteers. **There is no cost for this pilot offering of MIM.**

To register contact agermann@alzheimer.sk.ca or call 1-800-263-3367

Virtual Recreation Programming (Alzheimer Society of London-Middlesex)

In light of everyone being affected by the COVID-19 pandemic, our good friends at the Alzheimer Society of London & Middlesex have created some ways for people living with dementia and their care partners to stay positive and engaged! **Visit their website their website each day at <https://alzheimerlondon.ca/virtual-social-rec/> for different recreation activities and videos.**

We want to continue to support our clients even when we can't see you everyday. We think this is a great resource of a wide range of activities to keep you movin' and groovin' in the safety of your own home.

Virtual Artful Afternoon (Alzheimer Society of Nova Scotia)

A virtual session exploring the historical genre of 'still life' art! The session has been pre-recorded and posted online so that you can participate at a time that works for you. With the guidance of an artist from the Art Gallery of Nova Scotia, you will have the chance to use various techniques and create your own 'still life' scenes from objects and scenes in your home. **Visit [Alzheimer Society of Nova Scotia Virtual Artful Afternoon](#)**

Facebook Live Sing Along (Alzheimer Society of Manitoba)

Each Thursday afternoon, through the Alzheimer Society of Manitoba Facebook Live 30 minute stream you will be able to see the host, send comments and sing along virtually with the other participants! When on the Facebook Live stream, please remember to expand the video to full screen and send in comments while you're watching, listening and singing-along :) **Visit [Alzheimer Society of Manitoba Events](#) for details.**