

Knowledge Network in Rural and Remote Dementia Care

Newsletter

A message from Debra Morgan

With our short summers in Saskatchewan, I hesitate to look ahead to fall, but I wanted to let you know a little bit about the Summit in October, and give you some updates on the various research projects that are planned or underway. The annual Summits bring together a number of people interested in rural and remote dementia care issues: the members of the Decision-Maker Advisory Council for my Applied Chair in Health Services and Policy Research titled *Healthcare delivery across the continuum for rural and remote seniors with dementia*; the members of our research team (including faculty, students, and research personnel); and other invited guests. This group is collectively referred to as *The Knowledge Network in Rural and Remote Dementia Care*, which we hope to expand as awareness of the Network grows.

The input from the Decision-Maker Advisory Council members and other participants at the last Summit has been very helpful in guiding our research, and we look forward to sharing our progress with you in October. We are excited about having Dr. John Keady from the University of Manchester attend this year's Summit and present the keynote address.

The Knowledge Network in Rural and Remote Dementia Care summit returns again to the Sheraton Cavalier in downtown Saskatoon for 2010. Watch for reservation information in your mailbox soon.



**Third
Annual
Summit**

**October
28 & 29 2010**

Saskatoon

**2010 Keynote
speaker: Dr. John
Keady
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Evaluation of a Telehealth-Delivered Support Group

Since January 2009, Margaret Crossley and Megan O'Connell, members of the Rural and Remote Memory Clinic, have provided a monthly telehealth-delivered support group for caregivers of individuals diagnosed with atypical dementias. Caregivers of these less common dementias are under-serviced and geographically isolated. The use of telehealth allows caregivers from across the province to meet using videoconference technology. A workshop was held June 24, 2010, to bring group members and the research team together to evaluate the delivery format and develop a template for future telehealth-facilitated family support group interventions. Financial support for the workshop was received from a CCHSA-CIHR Knowledge Translation grant, from Debra Morgan's Applied Chair, and from an Outreach

and Engagement Award to Margaret Crossley by the University of Saskatchewan.



Strategies to Improve the Care of Persons with Dementia in Rural and Remote Areas



In this newsletter:

- Project Updates
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Summit 2009 Project Updates . . .

Development and Evaluation of a Telehealth-Delivered Exercise Intervention – Vanina Dal Bello-Haas

The purpose of this project, funded by the Ralston Brothers Medical Research Fund, is to examine the feasibility and acceptability of a telehealth-delivered exercise program for Rural and Remote Memory Clinic (RRMC) patients and their caregivers. In Phase 1, RRMC patients and caregivers were interviewed about current physical exercise and preferences regarding an exercise intervention design. This information was used to create the Phase 2 survey questionnaire that was mailed to RRMC patients and their caregivers. Preliminary analyses suggest that 61% of respondents are interested in participating in an exercise program conducted via telehealth. A research assistant is currently investigating community resources for physical activity and exercise in each survey respondent's community. Phase 3 will involve a telehealth-delivered exercise intervention offered two times a week in two different health regions.

Caring for a Rural Family Member with Dementia* – Debra Morgan

This study is aimed at improving our understanding of the experiences of family caregivers and the supports and services that would help them in their role. Sheena Walls-Ingram is the Research Manager for this study, which commenced in April 2010. To date, five family members of individuals referred to the Rural and Remote Memory Clinic have been interviewed at the full-day clinic. Follow-up interviews will be conducted at six months and twelve months. Caregivers will continue to be enrolled at the weekly clinic.

During the 2009 Summit, discussion groups were hosted to provide researchers with input and feedback. Here are some quick updates on the status of each project. At the 2010 Summit, we plan to hear more about these research projects.

News from the Rural and Remote Memory Clinic . . .

Members of the neuropsychological team at the Rural and Remote Memory Clinic have been working in partnership with members of the Home Care staff at the Keewatin Yatthé Regional Health Authority to develop the Northern Cultural Assessment of Memory (N-CAM), a cognitive screening protocol that is appropriate for Aboriginal seniors. A training workshop in Île à la Crosse on July 16 will prepare the members of the Home Care Service at KYRHA for the pilot-testing phase of the N-CAM. We look forward to providing an update on the development of the N-CAM at the 2010 Summit in October.

Dementia Diagnosis and Management – Julie Kosteniuk

The purpose of this project is to explore the assessment and management of people with dementia by family physicians and nurse practitioners in rural and remote Saskatchewan. Since last year's Summit, we have conducted telephone interviews with 14 family physicians (GPs) and nurse practitioners (NPs). We are currently conducting a preliminary analysis of the findings. We are investigating the dementia assessment process, as well as decisions concerning specialist referral, perceived roles of GPs and NPs in the assessment and management process, their support needs and their perceptions of patients' and caregivers' needs, and views regarding current gaps in the health care system to support people with dementia and their caregivers.

In the news

Below we have identified some resources related to dementia in Canada that you might find useful. If you are aware of other resources that would be of interest to the Knowledge Network members, please let Duane Minish know – email: duane.minish@usask.ca – and we will include this in future reports.

The Rising Tide Report – focus on Saskatchewan

In this past year the Alzheimer Society released *Rising Tide: the Impact of Dementia in Canada*. The Alzheimer Society of Saskatchewan has prepared a report with information about the impact of dementia specific to Saskatchewan from 2008 to 2038. Did you know that over the next 30 years dementia is expected to cost Saskatchewan over \$35.9 billion dollars? Learn more by visiting their website: www.alzheimer.sk.ca and search for Rising Tide in Saskatchewan.

Get connected with dementia innovation across Canada.

The Canadian Dementia Resource and Knowledge Exchange (CDRAKE) is a free, virtual network that brings together the best and brightest in dementia care. You can sign up and get connected online at <http://eepurl.com/h8Qy> CDRAKE is a part of the Canadian Dementia Knowledge Translation Network. You can access further resources—including a feature on the Rural and Remote Dementia Clinic in Saskatoon— at the Canadian Dementia Knowledge Translation Network by visiting their website: www.lifeandminds.ca

2010 Keynote Speaker Dr. John Keady



Professor of Older People's Mental Health Nursing, Dr. John Keady of the School of Nursing, Midwifery and Social Work, University of Manchester will be the keynote speaker at the 2010 Summit.

Dr. Keady trained as a mental health nurse, and worked in various clinical positions before completing his PhD in 1999. His doctoral work focussed on the social construction of dementia as experienced by people with dementia and their families. Since then his research has involved studies of early awareness and adjustment, young-onset dementia, family coping, and professional roles.

~~ The 2009 Summit was a lively event providing a great opportunity for the exchange of ideas. I feel privileged to have participated in it. The Summit provides an excellent forum for practitioners, researchers and decision makers to share experiences and ideas. In this way research can be grounded in practice concerns and practice recommendations based on empirical work on relevant topics. I am confident that the 2010 Summit will be a success and enable all parties to share their ideas. ~~



Dr. Anthea Innes, 2009
Summit Keynote Speaker



Share your ideas!

Do you have innovations or successes to share? Do you know of others who are doing something interesting, and you'd like to know more? Send your comments via email to debra.morgan@usask.ca or phone 966-7905 We want to hear from you.

Conference opportunities . . .

26th International Conference of Alzheimer's Disease International (ADI) will be held from March 26th to 29th 2011 in Toronto. ADI's annual conference brings together professionals in dementia care, researchers, family caregivers, people living with dementia and national Alzheimer associations. Online registration opens July 1, 2010, with an early bird deadline of the 14th of January 2011. Online abstract submission opens June 1, 2010 and closes October 1, 2010. Learn more at the conference website: www.adi2011.org

Debra Morgan has been nominated for the 2010 CIHR-Institute of Aging Betty Havens Award for Knowledge Translation in Aging in recognition of her achievements in knowledge translation in aging at a local and regional level.

The Alzheimer Society of Saskatchewan is hosting the 2010 *Kaleidoscope of Care: Understanding Diversity in Dementia Care Conference* in Regina on September 28th and 29th at the Delta Hotel. More information about the conference is available by email at info@alzheimer.sk.ca or by phone: 1-800-263-3367 or 306-949-4141. Current dementia research in Saskatchewan will be highlighted at **Spotlight on Research**, a pre-conference event hosted at the Delta hotel on the evening of September 27th.

Current Projects and Planned Projects of Knowledge Network in Rural and Remote Dementia Care Members:

Pilot Study on the Experiences of Sons as Caregivers* - Norma Stewart

We are pleased to have received funding from the Centre for Research Development in CCHSA to conduct a pilot study on the experiences of sons as caregivers over time for parents with dementia, who live in rural and remote areas of Saskatchewan. We will interview sons who have self-identified as primary caregivers in the initial diagnostic Rural and Remote Memory Clinic visit over the past 6 years. Our plan is to conduct the interviews in the home community of each of the sons with the aim of improving our understanding of their role in the context of the network of carers and services available to their parent with dementia.

Evolution of Assisted Living, Personal Care, and Long-Term Care Facilities in Aboriginal Communities* - Lesley McBain

The plan of the project is to identify and describe assisted living and long term care facilities located in First Nation and Metis communities in Saskatchewan. While there is a need for long term care beds in Aboriginal communities, establishing such facilities requires stakeholders to negotiate a range of complex jurisdictional and funding challenges. As such the project will also examine the processes that were necessary to overcome the barriers and result in the successful establishment of the assisted living, personal care, and/or long-term care facilities.

Exploring Incident Reporting by Continuing Care Aides – Allison Cammer

Previous research conducted by members of the research team found that care aides experience a disproportionate amount of physical assault compared to other professions, mainly during direct personal care activities. In early June 2010 at the SIAST campus in Saskatoon Allison arranged an opportunity to learn more about incident reporting among Saskatchewan-based care aides. Focus groups were hosted to learn more about what reporting processes are currently in use, which are most useful, how they are best used within the workplace, and how they can be improved. The content of these discussions is being transcribed prior to analysis.



*Research funded by CCHSA-CIHR Centre for Research Development Pilot Project grants.