



Current Projects – June 2021

Introduction

The Centre of Excellence in Frailty-Informed Care provides residents, tenants, families, caregivers and staff the opportunity to become involved in a variety of innovative projects and initiatives. This creates opportunities to engage in meaningful social and recreational activities such as learning a new skill, sharing experiences, and providing input on various issues. Participation also helps contribute to knowledge that can help improve care.

All projects follow public health measures related to COVID-19 and the policies set out by Perley Rideau.

Below is a list of ongoing projects that the Centre of Excellence is involved with, many of which are seeking participants:

1) **Psychosocial Impacts of Reducing Non-Essential Visitors in Long-Term Care in the Context of the COVID-19 Pandemic (Modified Version)**

This study aims to gain a better understanding of the emotional well-being (e.g. psychological distress, loneliness) of **family/friend caregivers, volunteers, and older adults living in LTC**. Participants will be involved in one interview, which can be conducted over the phone or online (45 to 60 minutes). During this interview, participants will be asked about the unique challenges faced as a result of reduced staffing/volunteer levels, new initiatives put in place as a result of COVID-19 including success stories, and solutions for dealing with future pandemics and outbreaks.

2) **Social Inclusion of People Living with Dementia and Their Caregivers Using an Intergenerational Program**

Older adults (long-term care residents and tenants) living with dementia can receive friendly one-on-one visits from university student volunteers, providing them with an opportunity to engage in social and recreational activities and meaningful conversations. The caregiver of the person living with dementia will be asked to complete a 20- minute questionnaire on 4 occasions.

3) **Health Information Technology and Senior Care: Seniors and Nurses' Perspective of Technology Adoption**

Health-information technology (HIT) presents opportunities for healthcare providers to better meet seniors' healthcare needs. This study will investigate the perspective of nurses in relation to the key factors that affect nurses' adoption of HIT in LTC. **Nurses** will be asked to answer three online questions (each question will take 10 to 15 minutes). Participants will benefit from the study by voicing their opinions and thoughts on this important topic and contributing to the development of an authoritative list of factors that influence nurses' adoption of HIT in the context of senior care.



4) Evaluating Long-Term Care Resident Quality of Life and Wellbeing Pre and During the COVID-19 Pandemic

While research on the quality of life (QoL) of older adults prior to the COVID-19 pandemic is abundant, research on QoL during the pandemic and focus on the long-term care (LTC) sector in Canada is sparse. The objective of this study is to evaluate the impact that the COVID-19 pandemic has had on resident QoL and wellbeing. Data from the ActivityPro tracker and the QoL survey that had been previously collected during 2019 and 2020 will be compared to determine how resident QoL and wellbeing in LTC organizations was impacted by the COVID-19 pandemic. The data will be analyzed at the aggregate level and the results of this study will be used to inform changes and improve the care and services provided to seniors.

5) COVID-19 Immunity Study

This study involves **residents, staff, students, volunteers and caregivers** in long-term care homes across Ontario, Quebec and British Columbia. The aim of this project is to gain a better understanding of COVID-19 prevalence in LTC homes across Canada and to examine the level and duration of protection COVID-19 vaccines. Participants will be asked to complete an online baseline survey (15 minutes) and provide blood spot samples collected at several time points over the next 12 months. Participants can access their antibody results through a secure web-based portal. Also, participating LTC homes will be given the aggregate data which will provide valuable information about a home's overall level of immunity and potential level of risk.

6) Program to Accelerate Technologies of Home (PATH)

The goal of the project is to test various home-based technologies for older adults across a large number of users and share this data with researchers in order to rapidly test and validate the technology and potentially commercialize the product (<https://pathplatform.ca/>). These can be home-based sensors or health-related sensors and devices (blood pressure monitors, home health solutions such as pressure sensitive mats to track sleep patterns or wearable, fall detection, etc.) to keep people safe and connected. The project involves working with researchers and industry to co-create projects that help us address our own unique challenges. We will be seeking **older adults (long-term care residents and tenants)** to participate in various research projects in the near future.

7) Linking Lives Through Care

Family/friend caregivers currently caring for a person living with dementia are invited to participate in a study about relationships and care. The study involves two 60 minute online interviews and one follow-up interview (15-30 min) onsite at Perley Rideau. In the first interview, participants will be asked about the history of their caring relationship. In the second interview, participants will be asked to share three sentimental objects associated with their experiences. During the third interview, **the person receiving care will be invited to reflect with the participant** on the sentimental objects. Participants will receive a video recording of this meeting as a memento.



8) Health Surveillance of Community-Dwelling, Person-with-Dementia and Caregiver Dyads

The project will provide valuable information about individuals living with dementia and their caregivers over an extended period of time. This information will be used to better understand the trajectories of individuals living with dementia and caregivers throughout the dementia journey and make sure their needs are better met by the health system, policies, and programs in Canada. This will ultimately allow researchers to examine the trajectories of the dyads (from when they are diagnosed with dementia to when they move to long-term care) and better identify the needs of caregivers and persons living with dementia across the dementia journey.

9) Comparaison des performances au Montréal Cognitive Assessment (MoCA) en anglais et en français chez les personnes bilingues ayant le français comme langue maternelle (*Please note this project is only available to French-speaking individuals)

Nous recherchons des **volontaires de 40 ans et plus, ayant le français comme langue maternelle** et une connaissance de l'anglais allant de minimale à très bonne, pour participer à une étude comparant les performances à un test cognitif en anglais et en français chez les personnes bilingues. En tant que participant à cette étude, il vous serait demandé de : Répondre à un questionnaire en ligne, puis de passer un test de bilinguisme et un test cognitif en français et en anglais par vidéoconférence. Votre participation est entièrement volontaire et prendrait environ 50 minutes de votre temps. En participant à cette étude, vous nous aiderez à aider les personnes bilingues à mieux saisir dans quelles langues elles doivent demander des services. Afin de vous remercier pour votre contribution à ce projet de recherche, vous pourrez entrer votre nom dans un tirage pour gagner une carte-cadeau d'une valeur de 50\$.

10) COVID-19, Precarity and the Counternarratives of PSWs: Photovoice and Change

PSWs will be asked in a group or individual virtual interview about some of their work experiences as a PSW relate to how their work feels essential but precarious and unseen and how different policies and systems shape these work experiences. The PSWs will individually create photovoice images based on their reflections about what has been discussed in the group. The images can be used to share knowledge about PSW's experiences while protecting anonymity of the image creators. A \$50 remuneration will be offered to participating PSWs.

11) Moral Injury in Long-Term Care Staff during COVID-19 Pandemic: Assessment & Intervention

The aim of this project is to better understand the experiences of moral injury in **frontline LTC staff** during the COVID-19 pandemic. Participants will be asked to complete 1) two questionnaires, 2) share their experience working in LTC during the COVID-19 pandemic in an interview with a researcher and 3) wear a heart rate monitor for a two-week period while at work. Eligible participants will receive two \$25 E-gift cards for completing the questionnaire and interview and a Fitbit watch for completing the heart rate monitoring.



Contact Information

If you have questions about The Centre of Excellence or a particular project, please contact:

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