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WINTER UPDATE

I would like to wish everyone a Happy New Year and best wishes for 2011. At the University of Alberta we had a longer than usual break due to the implementation of the university Furlough Day policy. Now that we are all refreshed I am looking forward to 2011. This year we will concentrate on generating products from all of the data we have collected for TREC.

Just to give you an idea of the amount of data available to us, from approximately 3000 health care aides and approximately 1000 regulated staff participants we collected over 800,000 individual pieces of information. This applies to the TREC Survey (Project 1) data alone and does not include facility and unit profile data or any RAI-MDS 2.0 data. You can imagine that many publications are possible using these data and several are in progress; including the first hypothesis (does context influence knowledge uptake) currently in development, a unit variation paper, papers on the HCA Feedback and Facility Annual Report initiatives and a technical report. These products will be helpful and necessary as we go forward to application for renewal to continue to the next phase of TREC.

As well, at this time we are focussing more on communication via the website www.trec.ualberta.ca. Last fall, following migration from our old CMS to a new U of A supported Sitecore web content management system, we began updates and changes, the most obvious one being the addition of News and Events features. The university's new web system will be easier for us to use. Check out www.trec.ualberta.ca for links to articles related to elder care and more importantly to publications by members of the TREC team and associates and publication of TREC products. Announcements related to successful grant applications etc. will also be found on the website.

Finally, we are working on a dissemination plan scheduled to roll out in late 2011 to TREC participants. You will hear more about this in later newsletters.

Carole Estabrooks.



PROFILE OF A NEW KNOWLEDGE USER FOR TREC MANITOBA



We are pleased to welcome Mr. Réal Cloutier, COO, VP of Long Term Care & Community Health Services, and Chief Allied Health Officer for the Winnipeg Regional Health Authority (WRHA) to the TREC Team in the knowledge user role. Mr. Cloutier has 25 years of career experience in health care delivery. He has been a member of the Winnipeg Regional Health Authority's Senior Management Team since its inception as the Winnipeg Hospital Authority in 1997. In addition to these roles, Réal is also the Chief Operating Officer for Deer Lodge Centre – a role he has held since in 2002.

DR. ESTABROOKS AND COLLEAGUES APPLY FOR NCI GRANT TO APPLY THE KNOWLEDGE GAINED IN TREC

In November of 2010, Dr. Estabrooks as principal applicant with co-applicants from several universities in Canada and Knowledge Users from Alberta, Manitoba, British Columbia and Nova Scotia applied to the Canadian Institutes of Health Research (CIHR) for a Network Catalyst Grant to support Collaborative Applied Solutions for Elders Network (CASENet). CASENet is a national learning collaborative among researchers, managers and policy makers working in the nursing home sector. This network will focus on creating health system improvement in the care of older residents of Canadian nursing homes by the collaborative working together to apply practical evidence based answers to questions about care. This network will ensure that new knowledge is generated based on the problems identified by managers and policy makers so that they can use it to make evidence informed decisions. The ultimate goal is to improve the care received by the frail older adults who live in nursing homes in Canada and the working lives of those who care for them. The results of the competition will be available in June 2011.

TREC PUBLICATIONS AND RELATED ARTICLES

Check the link to the following article on www.trec.ualberta.ca : Boström, A.M., Van Soest, D., Kolewaski, B., Milke, D.L., Estabrooks, C.A. (2010). Nutrition status among residents living in a Veterans long-term care facility in Western Canada: a pilot study. [Journal of the American Medical Directors Association](#).

Watch for this article already accepted and in press: Boström, AM., Slaughter, S., Chojecki, D., Estabrooks, C.A. (2011). What do we know about translation science in the care of older adults? A scoping review. [Journal of the American Medical Directors Association](#).

Watch for Upcoming Articles recently submitted: Boström AM, Squires JE, Mitchell A, Sales AE, Estabrooks, CA. Workplace aggression experienced by frontline staff in dementia care. Submitted to *Journal of Clinical Nursing*.

Estabrooks CA, Morgan DG, Squires JE, [Boström AM](#), Slaughter SE, Cummings GG, Norton PG. The care unit in nursing home research: Evidence in support of a definition. Submitted to *BMC Medical Research Methodology*

Of interest: A special issue of *The Journal of Advanced Nursing*: The papers contained in this special virtual issue of the Journal of Advanced Nursing "provide a snapshot of the endeavours of nurse researchers in providing knowledge and in particular, evidence for policy and practice to improve care for people with dementia". Some of the topics covered are:

- fall risk factors in older people with dementia
- pain assessment in older people with dementia
- care for relatives with dementia - family caregiver burden
- help-seeking by older husbands caring for wives with dementia

[http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1365-2648/homepage/virtual_issue_dementia.htm](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1365-2648/homepage/virtual_issue_dementia.htm)

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“DEMENTIA IN THE NEWS” CONTINUED FROM

In the fall issue of the TREC newsletter, we featured an article on “Dementia in the News”. At the end of the article we quoted suggestions for a healthy brain from the Rising Tide Report by the Alzheimer Society of Canada. A related story appeared in the Edmonton Journal of Monday January 10, 2011 “*Exercising your body is good for your brain, too*”. Of particular interest is a statement by the Executive Director of the Alzheimer’s Association Southeast Virginia Chapter who stated “any kind of exercise will keep the blood flowing to your brain and there is evidence it may help new brain cells grow”.

Follow the links to learn more....

<http://www.trec.ualberta.ca>

<http://www.edmontonjournal.com/health/>

[Exercising+your+body+good+your+brain/4083952/story.html](http://www.edmontonjournal.com/health/Exercising+your+body+good+your+brain/4083952/story.html)