

TREC Team

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REFLECTIONS FROM THE TREC PRINCIPAL INVESTIGATOR

Happy New Year to all and best wishes for 2012! I believe the fall of 2011 was surely the busiest in the history of TREC. During the week of December 12-16 the Faculty of Nursing moved to a new state of the art building on campus, the Edmonton Clinic Health Academy (ECHA) - picture on the right. The kids across the street in the Stollery Children's Hospital have named it the "Lego building". We are located on the 5th level facing NE, the corner you see in the picture.



The Edmonton Clinic Health Academy

*photo courtesy of Y. Poffenroth FON

In the midst of packing and preparing for the move we were also conducting the dissemination of TREC findings in Alberta, Saskatchewan and Manitoba. At the provincial meetings results from TREC including RAI data were presented in overview; we also provided and discussed site specific reports for participating nursing homes. Although research findings are not always presented in this manner, they were enthusiastically received. Favourable results gave the attendees a boost while not so favourable results elicited a strong willingness to learn more and to make change. The meetings were attended by over 60 knowledge brokers and knowledge users as well as provincial TREC investigators. More dissemination is planned to the sites in 2012. Stay tuned.

2012 marks the official end of the first 5-year term of the TREC program. Many people have worked hard and much has been learned about the relationship between context, best practice use and outcomes. There is more to be learned and interventions to be evaluated which is the reason we are planning to submit Phase 2 of TREC aka TREC 2.0 to the Canadian Institutes of Health Research (CIHR) in Sept. 2012. Carole A. Estabrooks

Dr. Carole Estabrooks appoints Susan Crawford as TREC Program Director



Susan Crawford started January 9, 2012 as the KUSP/TREC Program Director. Susan was formerly the Assistant Director at the CIHR Institute of Aging from late 2004 through to the end of 2011 and of the Institute of Nutrition, Metabolism and Diabetes from 2002-2004. Before that she held a number of positions in academic and public health research. She holds a PhD in Kinesiology from Simon Fraser University.

Susan will be focusing heavily on TREC renewal. A significant part of her role will be relationship building and brokering partnerships across the country, especially in the 4 western provinces - MB, SK, AB & BC.

DISSEMINATION OF TREC FINDINGS



Sessions were held in three provinces in November 2011 for dissemination of TREC findings. The purpose was first to share results and discuss them with participants in the research and second, to lay important groundwork necessary to support the next phase of TREC research. These meetings were successful and facilitated an important exchange of information between the TREC investigators and knowledge users (policy makers, decision makers, facility administrators and directors of care). Kudos to the provincial lead investigators, Dr. Greta Cummings (AB), Dr. Debra Morgan (SK) Dr. Malcolm Doupe (MB) and TREC advisor Dr. Judy Birdsell for their contribution to the success of this initiative. Check www.trec.ualberta.ca for the **TREC interim report**.

INTRODUCING ANOTHER DIMENSION OF TREC RESEARCH

TREC trainee Sandy Cobban is completing her PhD research examining oral health in long term care. A review of the literature showed a high level of treatment needs among long term care residents:

- 45.6% had untreated root caries
- 58.8% had untreated coronal caries
- 42.9% of dentate residents had sore or bleeding gums
- 18.3% of those with dentures also had bleeding gums
- 46.4% of those with dentures suffered from loose dentures
- 23.6% had retained root tips
- 69% of those lacking teeth had prosthodontic treatment needs
- 45.3% of residents required extractions
- 72.1% of those with teeth had poor oral hygiene



Comprehensive oral health care programs are needed in residential facilities to ensure that this vulnerable population is able to achieve necessary levels of oral health. This care should include three key core components: (1) a mechanism for oral health assessment, (2) access to dental treatment, and (3) daily mouth care or oral hygiene care. Sandy's research is examining the effectiveness of interventions to improve oral health outcomes for residents of nursing homes.

TREC PRODUCTS

In the last newsletter we announced acceptance of the following articles which have now become available on-line by following the related links

Boström, A.-M., Squires, J. E., Mitchell, A., Sales, A. E. and Estabrooks, C. A. (2011), Workplace aggression experienced by frontline staff in dementia care. In the *Journal of Clinical Nursing*. <http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2702.2011.03924.x/pdf>

Slaughter, S.E., Estabrooks, C.A., Jones, A., Wagg, A. (2012). Mobility of Vulnerable Elders (MOVE): Study protocol to evaluate the implementation and outcomes of a mobility intervention in long-term care facilities. In *BMC Geriatrics*, 11:84. <http://www.biomedcentral.com/content/pdf/1471-2318-11-84.pdf>

Watch out for 4 papers recently submitted to *Implementation Science*! This series of papers focus on the feedback of research results to staff and administrators in nursing homes.

Please refer to www.trec.ualberta.ca for more information on TREC products in addition to TREC news and events.