Welcome to CFN’s newsletter, keeping the Canadian Frailty Network community up-to-date on news, events and funding developments, and other information on improving care for frail older Canadians.

CFN on the Hill

On October 24th, Canadian Frailty Network co-hosted with Research Canada the parliamentary Health Research Caucus event, **Frailty Among the Aged in Canada**.

Over 69 MPs, Deputy Minister, Senators and their senior staff attended the event held in the Speaker’s Lounge in the Centre Block on Parliament Hill. This was a very successful event, with over three times the normal number of sponsors also in attendance.

The non-partisan [Health Research Caucus](https://www.researchCanada.ca/health-research-caucus) holds events to foster relationships and understanding among Canada’s elected officials and policy makers, regarding the value of Canadian health research as a catalyst to improve health and generate economic benefit.

Recognizing the prevalence of frailty among older adults in Canada, and the impact on Canadian healthcare systems, the Health Research Caucus this year elected to hold an event on frailty and older Canadians. Research Canada subsequently invited CFN to co-host this event, as the only organization in Canada completely devoted to this vulnerable population.

CFN worked with Research Canada and the Caucus to develop a themed program and to identify leading frailty researchers, and we were gratified to have so many CFN Network participants among them. For more information on the speakers and their research, check out the Research Canada website: [Frailty among the Aged in Canada](https://www.researchCanada.ca/health-research-caucus).

L to R: Russell Williams, CFN Board Chair; Dr. John Muscedere, CFN Scientific Director; Mark Lievonen, President, Sanofi Pasteur Limited
On June 13, 2016, the Honourable Kirsty Duncan, Minister of Science launched an independent review of federal funding for fundamental science, to assess the program machinery currently in place to support science and scientists in Canada.

The review has been led by Dr. David Naylor, former President of the University of Toronto, and an independent panel of distinguished research leaders and innovators. The Panel has consulted widely with the research community and solicited input from relevant stakeholders and the general public, representing the diversity of views from across Canada. Its report and recommendations are expected to be made public by the end of the year. For more information on the Fundamental Science Review, click here.

Consider the success of the Networks of Centres of Excellence (NCE) Program

Any consideration of innovation and research in Canada must take into account the successful track record of the federally funded Networks of Centres of Excellence (NCEs), a program specifically designed to overcome innovation gaps. Canadian Frailty Network collaborated with other current and former NCEs on a submission to the Fundamental Science Review.

Click here to review this submission representing the collective voice of Canada’s NCE networks (12 current, 32 former) – all of which were created to fast-track the mobilization of research into tangible impacts that benefit Canadian society and its economic development. This is a program that other countries have, in fact, looked to as a model—one specifically designed to overcome innovation gaps.

Quick facts about NCE networks

- Networks have helped train more than 45,000 highly qualified personnel (HQP) and create 147 spin-off companies.
- Since 1989, the federal government has invested approximately $1.8 billion in NCE networks for research, commercialization and knowledge translation. Those investments have leveraged $1.2 billion in contributions from industry and other partners.
- In 2014-15, there were 2,054 partners involved in the networks, including 567 from industry.

Wednesday, February 1, 2017 at noon ET: Antidepressant guidelines for long-term care residents with advanced frailty – Laurie Mallery and Constance LeBlanc, Dalhousie University


Wednesday, March 1, 2017 at noon ET: Modeling changes in assessments to predict needs and guide care planning in home care – Debra Sheets and Stuart MacDonald, University of Victoria

Wednesday, April 26, 2017 at noon ET: Implementing the ‘Frailty Portal’ in Community Primary Care Practice: Evaluating feasibility, effects and expansion needs – Paige Moorhouse and Tara Sampalli, Nova Scotia Health Authority

CFN’s webinar series provides a forum where leading Canadian and international experts share research and insights on advancements in assessing and caring for frail older adults.

To view previous webinars, click here.

Around the Network ...

CFN Board Chair Russell Williams honoured

The Russell Williams Studentship in Medical Ethics was established on November 21, 2016, honouring CFN Board Chair Russell Williams.

The announcement was jointly made by Innovative Medicines Canada and Queen’s University, and is a scholarship that will be used to fund a studentship for a Queen’s student enrolled in the School of Medicine in the summer immediately after their first or second year.

L to R: Seth Chitayat, Queen’s University; Gail Williams; Russell Williams, Canadian Diabetes Association; Mike Tremblay, Astellas Pharma Canada; Elaine Campbell, Innovative Medicines Canada
Dr. John Muscedere, CFN Scientific Director and CEO, recently had an opinion piece published on why you should get a flu shot.

Getting the flu shot this year? Here’s why you should appeared on CBC News online December 9, 2016. John pointed out that while the consequences of not having a flu vaccine are inconvenient for some — a few days of feeling unwell — they can be devastating for others ... particularly seniors.

Seniors represent 15 per cent of our population, but account for up to 40 per cent of all influenza infections, the majority of all hospitalizations and deaths from influenza. Why? Because seniors are more likely to be frail and have chronic medical conditions that put them at high risk for influenza and its complications. And in those who are frail, in addition to the immediate effects, influenza infection can be difficult to recover from, leading to progressive loss of function and increased frailty.

John also recently spoke at two events: OHA (Ontario Hospital Association) Senior Friendly Care: Action and Beyond conference, and as part of the CIHI Focus on Seniors and Health System Performance webinar series.

International recognition for Sean Bagshaw, CFN Network Investigator

Sean Bagshaw of the University of Alberta recently received the prestigious 2016 International Vicenzo Award for Critical Care Nephrology, presented by the International Renal Research Institute of Vicenza to those who make significant contributions to this field of health care at a global scale. Sean is also a recently renewed Canada Research Chair in Critical Care Nephrology, Sean and Ron Wald of St. Michael’s Hospital in Toronto, are the Principal Investigators on the CFN-funded OPTIMAL-AKI study, which is nested within the STARRT-AKI program, which examines the effects of optimal time to start renal replacement therapy. OPTIMAL-AKI is specifically aimed to improve the care and establish best practice in older critically ill frail patients, and findings are expected to greatly inform current practice and facilitate the development of tools to optimally select older patients who are most likely to benefit from acute dialysis in the setting of critical illness.

Sean is an intensivist with a strong body of work benefitting the care of frail older adults. He also has partnered with Tom Stelfox of the University of Calgary on CFN-funded research related to reengineering the discharge of elderly patients from intensive care and a corresponding tool kit, and Darryl Rolfson on province-wide implementation of the Clinical Frailty Scale in a EMR system in Alberta.

CFN Network Investigators Richard Sawatzky and Jennifer Baumbusch receive 2016 Nursing Awards of Excellence

CFN Network Investigators Dr. Richard Sawatzky, Trinity Western University, and Dr. Jennifer Baumbusch, University of British Columbia, were recognized recently by the British Columbia nursing community for Excellence in Advancing Nursing Knowledge and Research.

Rick is a Canada Research Chair in Patient-Reported Outcomes, leading a program of research that focusses on the validation and utilization of patient-reported outcome (PRO) instruments and quality of life assessments in various health care contexts, including those for people with chronic life-limiting illnesses.

Jennifer is a tenured Associate Professor at the UBC School of Nursing. She is often sought after as a reviewer for grants and publications, and is frequently invited to consult on educational and practice issues. Her research approaches “give voice” by considering the patient and family perspectives, as well as the points of view of those providing care to them.

Congratulations Jennifer and Rick!
CFN Board Member Jean Gray profiled by the Council of Canadian Academies.

Dr. Gray developed tools to better evaluate residents in training and championed mentoring programs for female medical students. Her determined leadership has benefited numerous organizations, including the Canadian Association for Medical Education, the Institute of Gender and Health at the Canadian Institutes of Health Research, and the Atlantic Centre of Excellence for Women's Health. She is one of Canada's exceptional medical educators and was recognized in 2005 with an Order of Canada. Read the entire profile at www.scienceadvice.ca.

Duncan Sinclair, CFN Board Member, recently published an essay on Longwoods.com reflecting on our healthcare system and his recent experiences.

"Healthcare is 24/7: Illnesses and injuries occur independently of the clock and calendar. They have to be dealt with 24/7, 365 days a year. Sadly, that fact seems to have been overtaken by nine to five-ism in too many parts of our so-called healthcare system." Click here to read Duncan's essay.

CFN Board Member Tom Noseworthy delivered the first talk of the 2016-17 CADTH Lecture Series

On October 27, 2016: “The Emergence of Health Technology Optimization & Managed Exit.” Tom also had a paper on this topic published recently:

**Bioethics, health technology reassessment, and management.** HTR is an emerging area of health services and policy research that supports optimal management of technologies throughout their lifecycle. This article discusses the ethical considerations relevant to clinicians and HTR. – **Tom Noseworthy**, Lesley Soril & Fiona Clement.

Healthcare Management Forum (Nov 2016 vol. 29 no. 6 275-278)

CFN Network Investigator and Citizen Engagement Committee Member Kelli Stajduhar was recently profiled in the University of Victoria Alumni magazine, *The Torch*.

“Palliative care should be as essential for dying Canadians as prenatal and obstetric care are for newborns.”

[https://issuu.com/uvic_torch_alumni_magazine/docs/2016_autumn](https://issuu.com/uvic_torch_alumni_magazine/docs/2016_autumn)

Dr. Stajduhar was also recently recognized by the Canadian Association of Schools of Nursing with the 2016 Excellence in Research Award.

Congratulations Kelli!

CFN Investigators renewed as Canada Research Chairs

The Honourable Kirsty Duncan, Minister of Science, announced more than $173 million in funding to support a total of 203 new and renewed Canada Research Chairs at 48 postsecondary institutions across the country.

This includes CFN investigators **Dr. Sean Bagshaw**, **Dr. France Légaré**, **Dr. Carla Rice** and **Dr. Alexis Turgeon**. You can find out more about the investigators and their CFN related research by clicking their names. Click here to read more about the announcement.
CFN Board Member Fred Horne co-chairs Palliative Care Matters national Consensus Development Conference

Co-chaired by Fred Horne, CFN Board Member and former Alberta Minister of Health, and Karen Macmillan, Senior Operating Officer at Covenant Health, the Palliative Care Matters initiative began with listening to Canadians through focus groups and the Ipsos Research survey and it continued with a national Consensus Development Conference.

After hearing from more than 1,500 Canadians in a national survey and meeting with experts for three days in Ottawa, a citizens’ lay panel delivered a Consensus Statement, calling for palliative care to be enshrined in the Canada Health Act, woven into the health care system and guaranteed for all Canadians.

Fred also recently had an opinion piece published on palliative care. Palliative care is the orphan of the Canadian health system appeared in the Hill Times on November 10, 2016.

With good palliative care, we can live out our days relatively free of pain and suffering, confident that our physical, spiritual, and emotional needs are being met.

Recently Published Papers from Network Investigators


Wonder what those initials mean? Abbreviations are often used within the fields of medicine and research that are sometimes relatively straightforward, but at other times can cause confusion. To help you, we’ve created a page on our website listing over 200 acronyms ... and bound to grow. Click here to learn more.
A key component of the CFN Interdisciplinary Fellowship Program is External Placements. External Placements provide a unique learning experience for Fellows to obtain practical experience outside of their primary disciplines and sectors. This experience helps Fellows further consider clinical, economic, social, and ethical interdisciplinary implications in moving from knowledge creation into policy and practice, and offer opportunities to collaborate with others in new care settings, sectors and disciplines.

In this issue we highlight three external placements that have unique perspectives contributing to the care of frail elderly.

Matthew Leyenaar is at PhD candidate in the Health Research Methodology program at McMaster University, supervised by Dr. Andrew Costa. He began his career working as a paramedic in Eastern Ontario, during which time he completed his undergraduate degree in Geography, concentrating in Geomatics and applying this to paramedic service deployment planning. He then completed his MA in Geography, investigating spatial-temporal patterns of repeated users of paramedic services. His current research seeks to improve patient outcomes and service provision through the integration of health data in order to identify risk factors and patient trajectories as elderly patients navigate through multiple health services. He will be fulfilling the requirements for his placement at the Hamilton Niagara Haldimand Brant Community Care Access Centre in Hamilton, Ontario. The home assessments he will be conducting through the Community Access Centre will allow him to have an increased understanding of identified risk factors at home causing frail elderly to use emergency medical services, specifically following a fall. This new knowledge can be immediately applied to his work experience as a paramedic.

Jennifer Gibson is a PhD candidate in the School of Nursing at the University of British Columbia, supervised by Dr. Paddy Rodney. Her research focus is on the palliative approach, end-of-life, frailty and older adults, and she has a particular interest around understanding clinical practice contexts. Her external placement will be at the Supportive Care Clinic in the Heart Function Clinic at St. Paul’s Hospital in Vancouver. This placement will provide Jennifer with skills in multidisciplinary palliative-oriented care to patients with heart failure, especially in the form of outpatient care using a multidisciplinary palliative approach.

Dr. Marian Krawczyk recently finished her PhD in the Department of Sociology and Anthropology at Simon Fraser University, and is supervised in the CFN Interdisciplinary Fellowship Program by Dr. Rick Sawatzky of Trinity Western University. Her current research examines how clinical practice change in tertiary settings shape relations of care, particularly within palliative care. For her external placement, she was accepted as a visiting scholar within the University of Glasgow’s End-of-Life Studies Group, led by Dr. David Clark, who is a preeminent scholar in palliative care. The overall aim of the placement is to promote global improvement in palliative and end-of-life care; and to build on her understanding of hospital palliative care provision globally, including the clinical, economic, cultural and ethical considerations specific to different cultural and resource settings.

Keep informed and connect with CFN ...
Click here for upcoming webinars in the CFN Frailty Webinar Series.
Follow us on Twitter (@CFN_NCE) and connect via LinkedIn
In other news ...

Reports on caring for older adults released recently

The Ontario Long-Term Care Association (OLTCA) released their 2017 Ontario Pre-Budget Submission: **Building better long-term care: Priorities to keep Ontario from failing its seniors**. The paper outlines the priorities they consider necessary to enhance long-term care in Ontario. To view these priorities, and to see the paper in its entirety, click here.

The Canadian Home Care Association (CHCA), the Canadian Nurses Association (CNA) and the College of Family Physicians of Canada (CFPC) launched **Better Home Care: A National Action Plan**. Focusing on the belief that home, not hospital or residential care, is one of the best places to recover from an illness or injury, the report reflects the needs of patients and their caregivers, while aiming to demonstrate how to enhance home care and address the changing health needs of Canadians.

Healthy Aging in Action (HAIA): Advancing the National Prevention Strategy, released by U.S. Surgeon General Vivek H. Murthy and the National Prevention Council, identifies recommendations and actions to promote healthy aging and improve health and well-being in later life.

Strengthening the Workforce to Support Community Living and Participation for Older Adults and Individuals with Disabilities.

The publication summarizes presentations and discussions from a June 2016 workshop in Washington, DC, hosted by the National Academies of Sciences, Engineering, and Medicine. Participants aimed to identify how the health care workforce can be strengthened to support both community living and community participation for adults with disabilities and older adults. Click here to find out more information, or to order a paperback copy.

Longwoods Presents its Next Book with CFHI.

CFHI will be launching its first book on patient engagement this month. Drawing on case studies from healthcare delivery organizations in three countries, **Catalyzing Improvement and Innovation in Healthcare** illustrates patient engagement strategies and their impacts. The book will be available free online. To be notified when the book is released, sign-up here.

The British Geriatrics Society and the Royal College of General Practitioners recently released a report titled **Integrated care for older people with frailty – Innovative approaches in practice**. The report was designed to showcase some of the new approaches that are being used in the UK to put positive talk around integration of care into practice, using various case studies from three areas: ageing well and staying well, extending primary and community support, and Integrated care in acute settings. Read the full report here.

Commonwealth Fund launches Playbook. The Commonwealth Fund has launched its **Playbook** containing online resources for individuals caring for patients with complex needs, including those for frail older adults. They contain resources on medical, behavioural and personal care, among others. Click here to view the available resources.

Opportunities

OPEN PROJECTS AT MITACS: INTERNS WANTED

Proposed projects that have yet to be funded are referred to as “open projects.” If you are interested in participating as an intern for an open project, meet the eligibility terms and have your academic supervisor’s support, visit the [Mitacs website posting](#) to browse the open projects.

Any questions may be sent to openprojects@mitacs.ca.

SOCIAL SCIENCES AND HUMANITIES RESEARCH COUNCIL (SSHRC)

**Storytellers Contest – Great Research Matters**

The SSHRC is looking for postsecondary students who are storytellers, data journalists, social media masters and aspiring filmmakers to tell Canadians about a great SSHRC-funded project happening at their respective school in three minutes or 300 words. Entries will be accepted from January 9th up to the contest closing date, January 31st. For full contest details click here.

POSTER ABSTRACT DEADLINES

January 9, 2017 – Ottawa: Canadian Hospice Palliative Care Conference – **Expanding Our Horizons: A Palliative Approach to Care.**

[Call for abstracts.](#)

January 9, 2017 – Ottawa: 5th International Public Health and Palliative Care Conference – **Palliative Care is Public Health: Principles to Practice.** [Call for abstracts.](#)
Opportunities

CALL FOR INNOVATIONS IN PALLIATIVE CARE

In 2017 CFHI will be launching a pan-Canadian call for innovations to identify high impact palliative care models and/or practices ready for spread and scale-up across Canada. Interdisciplinary healthcare teams can contribute models that are working well in their area of the country, in an effort to improve palliative care elsewhere.

The call for innovations launch will take place February 1st, with submissions due March 29th. A merit review panel will select and notify the top innovators no later than May 10th, and their innovations will be featured at the June 21st CFHI CEO Forum in Toronto.

PALLIATIVE CARE TRIAGE PROJECT: CALL FOR RESEARCH PARTICIPANTS FOR ONLINE EXPERIMENT

Are you a health professional working primarily in palliative care with at least two years of experience?

You are invited to participate in a world-first online international experiment as part of a project entitled ‘Responding to urgency of need in palliative care – Stage 2 in the development of a decision aid for palliative care triage’. Examining the triage rationale of experienced palliative care practitioners like yourself will inform a much-needed decision aid that enables the equitable, efficient and transparent allocation of resources. During the anonymous online experiment you’ll be asked to compare hypothetical clinical situations and choose which patients you think have the most urgent palliative care needs. The experiment will take approximately 15 minutes to complete. This study has been approved by the St Vincent’s Hospital Human Research Ethics Committee and is funded by the Victorian State Government Department of Health, Australia.

If you would like to participate or would like more information, go to: http://tinyurl.com/palliativetriage

For more information contact Dr Beth Russell at email beth.russell@svha.org.au or twitter @DrBethRussell

CLICK HERE to participate in the survey

Have an event or a competition you’d like to promote?
Submit your details online: http://www.cfn-nce.ca/stay-in-touch/promote-your-event/

Upcoming events

- **January 25-28, 2017** – Winnipeg: Canadian Nursing Students’ Association (CNSA) 2017 National Conference: Celebrating diversity – breaking barriers through the exploration of cultural safety
- **February 20-21, 2017** – Brisbane, Australia: Global Acute Care Excellence Forum: Ensuring safe passage for frail and vulnerable patients across the hospital continuum. Keynotes from CFN Network Investigators John Hirdes and Andrew Costa, and Research Management Committee member Samir Sinha.
- **March 1-3, 2017** – Whistler: Canadian Critical Care Conference
- **April 20-22, 2017** – Toronto: Canadian Geriatrics Society 37th Annual Meeting

SAVE THE DATE:
Canadian Frailty Network Annual Conference
Toronto: April 23-24, 2017

Follow us on Twitter or watch our website for more details.

- **April 27-28, 2017** – Barcelona, Spain: International Conference on Frailty and Sarcopenia Research
- **April 29 – May 2, 2017** – Winnipeg: CCME (Canadian Conference on Medical Education) – Rethinking Teaching and Learning
Upcoming events

■ **May 4-6, 2017 – Ottawa:** Canadian Gerontological Nursing Association and the Gerontological Nursing Association of Ontario – 19th Biennial Conference of the CGNA: Shaping Healthcare for those who Shaped Canada.

■ **May 10-13, 2017 – Montreal:** CSPS (Canadian Society for Pharmaceutical Sciences) 2017 Annual Conference – From Innovation to Patient Solution.

■ **May 15-19, 2017 – Montreal:** CIHR Summer Program in Aging

■ **May 23-26, 2017 – Winnipeg:** Canadian Medical and Biological Engineering Conference (CMBEC40)

■ **May 24-26, 2017 – Toronto:** Canadian Association of Health Services and Policy Research (CAHSPR)

■ **May 24-28, 2017 – Niagara Falls:** Canadian Association of Physical Medicine & Rehabilitation (CAPM&R) 65th Annual Scientific Meeting

■ **May 25-27, 2017 – Montreal:** Canadian Nutrition Society Annual Conference

■ **June 1-3, 2017 – Edmonton:** Canadian Society of Palliative Care Physicians (CSPCP) Advanced Learning in Palliative Medicine Conference: Compassion, Innovation, Collaboration… Making a Difference

■ **June 3-7, 2017 – Whistler:** Canadian Association of Emergency Physicians (CAEP) Annual Conference: Peak of excellence

■ **June 7-10, 2017 – St. John’s:** Dieticians of Canada National Conference: More than meets the eye

■ **June 12-13, 2017 – Vancouver:** National Health Leadership Conference (Canadian College of Health Leaders + Canadian Healthcare Association).


■ **July 23-27, 2017 – San Francisco:** International Association of Gerontology and Geriatrics World Congress: Global Aging and Health: Bridging Science, Policy, and Practice. The IAGG is the largest worldwide conference on aging, with over 6,000 attendees expected. Canadian Frailty Network Scientific Director Dr. John Muscedere, together with international Network partners, will be presenting a pre-conference workshop on July 22, 2017 (1 to 5 pm) on Implementation of Frailty Screening in Health Systems.

■ **September 17-20, 2017 – Ottawa:** 5th International Public Health and Palliative Care Conference – Palliative Care is Public Health: Principles to Practice.

■ **September 20-23, 2017 – Ottawa:** Canadian Hospice Palliative Care Conference – Expanding Our Horizons: A Palliative Approach to Care.

■ **October 1-4, 2017 – Toronto:** Critical Care Canada Forum 2017

■ **October 19-21, 2017 – Winnipeg:** Canadian Association on Gerontology Annual Conference

■ **October 20-22, 2017 – Toronto:** Ontario Long Term Care Clinicians (OLTCC) & Long Term Care Medical Directors Association of Canada (LTCMDAC) Conference

■ **November 9-10, 2017 – Dublin:** Falls, Frailty, Bone Health Conference 2017

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Keep informed and connect with CFN ...

**Click here** for upcoming webinars in the CFN Frailty Webinar Series.

Follow us on **Twitter [@CFN_NCE]** and connect via **LinkedIn**

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