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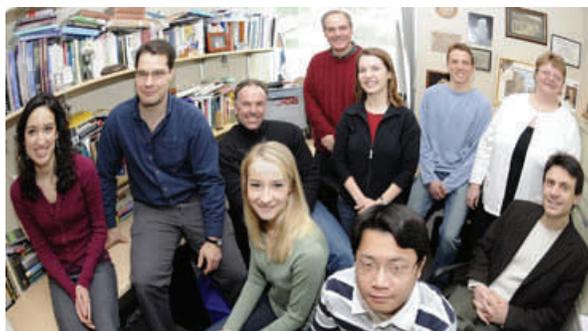
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RESEARCH REPORT: THE EFFECT OF RELIGION AND CULTURE ON THE ETHICAL DECISION MAKING OF PHYSICIANS AND NURSES

The International Health Ethics Research Team (IHERT) represents a combined effort of researchers and healthcare workers from eight different countries: Canada, Australia, India, Ireland, Thailand, Korea, Japan, and China. IHERT hopes their research can lead to further developments in the medical education modules in ethics that could include ethical ideology, culture, and religiosity. Their primary projects focus on physician ethics and nurse ethics. Dr. David Malloy of the University of Regina, Principal Investigator of IHERT, and his team investigate the effect of religion and culture on ethical decision making of physicians and nurses as well as questions about perceptions of personhood of seniors with dementia.

Some of their more recent work focuses on physicians and nurses and measures of hardiness—existential courage—and workplace resiliency. According to Malloy, this is the first multinational study of this kind involving nurses and there has been definite cultural variation in the extent to which religion influences ethical decision making. For example, Canada and China are much more secular when compared to countries such as Ireland, India, and Thailand. However, regardless of a country's religious orientation, healthcare workers tend to

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IHERT's Canadian Research Team

Please email *CAH*
Newsletter submissions to:

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Complete the application form
available online at the CAH website.
For more information, please contact
cah@uregina.ca

LEARNING THROUGH ART: CAH POST-DOCTORAL FELLOW TO CONDUCT RESEARCH RELATED TO AN AGING-AND-HEALTH-FOCUSED VISUAL ARTS CLASS

The CAH is pleased to announce that CAH Post-Doctoral Fellow, Dr. Jaime Williams, a Ph.D in clinical psychology and artist, will be teaching a visual arts class, “Visual Art Studio in Aging and Health,” at the University of Regina Lifelong Learning Centre (LLC) through the Centre for Continuing Education. “Visual Art Studio in Aging and Health” is a studio class designed for people interested in exploring the intersection between the self, health, and wellness from a holistic perspective. The study of art history and science along with the *doing* of personal practice will deepen an understanding of some of the leading topics in contemporary psychology and aging.

While the subject matter is stimulating in its own right, Williams will also be conducting qualitative research—through interviews, group discussions, and thematic analysis— as part of the class. She has published extensively using qualitative methodologies; this project (for which she will be seeking University of Regina Ethics Board approval) aims to further an understanding about the potential for using innovative approaches to knowledge generation within the context of the aging and health literatures. This research will focus on aging and health through art and will be an optional component for students. The purpose is to better understand the value of using arts-based instruction in the knowledge translation of psychological concepts to older adults.

Essentially, Williams is investigating how participants are learning through art. In doing so, Williams hopes to explore the idea of “artist as researcher” in regards to the students as well as herself and better understand the potential of creative/artistic research as a means of knowledge acquisition. Williams says the project will involve participatory action research wherein the students participate from conceptualization to dissemination.

The inspiration for this class was a course Williams taught earlier in her art career. Now that she has a stronger art education, she hopes to develop a better understanding of the dialectic between artistic research and psychology and social science research. Williams also expressed a desire to work with older adults as an educator and artist. Williams aims for the disciplines of art and psychology to complement one another, each offering a unique way of knowing. Her practice within both is research and idea driven, wherein consideration of socially relevant concepts is central. Her academic work focuses on



Dr. Jaime Williams

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M.A./M.Sc. GERONTOLOGY PROGRAM UPDATE: PERSPECTIVES FROM A RECENT GRADUATE

The CAH congratulates Jonathan Harris, graduate of the University of Regina M.A./M.Sc. Program in Gerontology, on the successful defense of his thesis: "The impact of physical versus social activity on the physical and cognitive function of seniors with dementia." Harris was supervised by Dr. Shanthi Johnson.

Harris' research interests include, but are not limited to, dementia care and the impact of lifestyle factors such as physical activity and diet on management of dementia symptoms as well as fall and injury prevention for older adults, particularly in evidence-based approaches to safety in clinical settings.

In terms of the M.A./M.Sc. Gerontology Program, Harris believes the interdisciplinary nature of the program was important, as he encountered a variety of perspectives and research methods across faculties and departments that proved helpful for his thesis.

Harris suggests gerontological research is valuable because "aging affects all of our lives in one way or another. Most of us will have to provide or access care for our aging relatives, and, if we are lucky enough, we will grow old ourselves. This is especially relevant given the current demographic shift most of the world is experiencing and the growing proportion of our

population that is over the age of 65. From a social perspective, it is important to understand the process of aging and resist pitting generations against each other. From a health perspective, it is vital for us to provide efficient, compassionate, and dignified care to a growing elder population that has high rates of health service utilization."

During his time in the program, Harris took part in a number of training opportunities (including the CIHR-Institute of Aging Summer Program on Aging) and presented his research at a variety of regional, national, and international conferences, networking with many like-minded people Canada and worldwide. He hopes to collaborate with these researchers in the future.

Harris is currently employed as a research assistant with the Saskatchewan Population Health & Evaluation Research Unit (SPHERU). He hopes to work in health policy, planning, or research.



Jonathan Harris

More information on the M.A./M.Sc. Program in Gerontology is available on the CAH Website or by contacting Dr. Darren Candow, Gerontology Program Coordinator, at Darren.Candow@uregina.ca

THE CAH MAINTAINS REGINA BRAIN AWARENESS WEEK MOMENTUM WITH FREE FILM SCREENING AND DISCUSSION



On March 15, 2012, the University of Regina Centre on Aging and Health hosted its annual Regina Brain Awareness Week event. This year, we hosted a free public screening of Julian Schnabel's *The Diving Bell and The Butterfly*— the true story of French journalist and *ELLE* magazine editor Jean-Dominique Bauby. Based on his memoir, the film depicts Bauby's life after a massive stroke that left him with locked-in syndrome. Mentally aware of his surroundings, but paralyzed except for movement in his left eye, Bauby wrote his memoir using only blinks of his left eyelid.

A discussion with Dr. David Malloy of the University of Regina Faculty of Kinesiology and Health Studies and Associate Vice President (Research) as well as representatives from the Regina Qu'Appelle Health Region (RQHR) followed. Malloy, who researches personhood in dementia as well as hardiness, interpreted the film from an existential courage and hardiness perspective, suggesting that Bauby's stroke, while traumatic, should be seen as a positive display of resilience. Ultimately, for Malloy, the stroke became an empowering opportunity for Bauby because it provided catharsis through commitment, control, and challenge: Dr. Salvatore Maddi's three primary characteristics of hardiness.

The RQHR representatives, including Blaine Katzberg, Manager of the Acquired Brain Injury Outreach Team, Elden Swab,

Occupational Therapist and Rehabilitation Coordinator Adult Rehab Program, Karen Jensen, Social Worker for Inpatients and Outpatients, Kathy Krahn, Registered Nurse, and Nancy Edwards, Physiotherapist, discussed their experience with stroke rehabilitation in general (as Locked-In Syndrome is very rare) and offered important insight about the realism of the film and the caregiver-patient relationship. They supported Malloy's assertion that while the situation is not ideal, Bauby's resilience as well as the fortitude and dedication of his caregivers is admirable.

It was the 10th year of Brain Awareness Week in Regina. Other events in the city included public displays as well as the Alzheimer Society of Saskatchewan "Heads Up For Healthier Brains" Event that featured Dr. Carol Greenwood, Professor of Nutritional Sciences, University of Toronto, who discussed how diet and nutrition affects health and risk of developing Alzheimer's disease and related dementias.

If you would like to become a partner member for Regina Brain Awareness Week or cross promote your event, contact CAH Administrator, Scott J. Wilson, at cah@uregina.ca or 306.337.8477

Future Brain Awareness Week Dates:

March 11-17, 2013

March 10-16, 2014

For more information on Brain Awareness Week, visit <http://www.dana.org/brainweek/>

LIFELONG LEARNING CENTRE GERONTOLOGY INSTITUTE: A RETROSPECTIVE

In 2001, the Centre for Continuing Education hosted the first Gerontology Institute (GI) to allow its Gerontology Certificate students to receive proper instruction in the field while allowing healthcare workers and caregivers an opportunity to fulfill their training and seminar requirements. The 2001 two-day event drew roughly 40 people. The next year, the event became one-day event held the week of Regina's Agribition to allow out-of-town registrants a chance to attend while in town for the agricultural exhibition. Many of these caregivers note a lack of this type of training in rural communities, which makes the Gerontology Institute invaluable, as demonstrated by the GI's ability to draw in people from various locations outside of Regina such as La Ronge, Yorkton, Estevan, and Ile-a la-Croise to name a few.

The event has always provided a cross-cultural perspective on aging and health, discussing Aboriginal, Hindu, Muslim and a variety of other perspectives through workshops, panel discussions, and lectures. Furthermore, Kerrie Strathy, Lifelong Learning Centre (LLC) Division Head, is proud of the GI's ability to provide a wide range of health topics—dementia, end of life care, nutrition, financial advice, elder abuse awareness, sexual health, exercise, humour and numerous others—while drawing in a good mix of health professionals, researchers, academics, and older adults as attendees and speakers. Strathy also applauds the lively Q&A sessions that offer practical solutions and

demonstrate the enthusiasm of the LLC's students and volunteers.

Obviously, the significance of the LLC GI goes beyond professional development for healthcare professionals as the older adults who attend, many of whom are former physicians or nurses, offer a valuable perspective to the workshops and talks as many of the nurses and other professionals often do not interact with older adults in a non-caregiver setting. At the GI, professionals interact with older adults that are active, vibrant and concerned citizens. The event also promotes awareness of the changing demographics of Saskatchewan's population—about how older adults are and will be in the near future.

In coming years, Strathy hopes to bring in more out-of-province speakers, plans to explore corporate sponsorship to grow the event, and would like to explore the topic of healing and therapy for caregivers. This important event will continue to develop and provide timely and relevant information to health professionals, students, and the public.

The 2012 LLC Gerontology Institute will be held on Thursday, November 22 at the Regina Inn. As in previous years, the CAH will be co-sponsoring the event and have arranged for Dr. Lillian Thorpe, a geriatric psychiatrist from the University of Saskatchewan, to speak at the CAH-sponsored plenary session titled "Mental Health and the Age-Friendly Community."

For more information, visit www.uregina.ca/cce/lifelong or call 306.585.5816.

NEW COURSE AND RESEARCH: VISUAL ART STUDIO IN AGING AND HEALTH

(CONTINUED FROM PAGE 2)

gerontology, specifically qualitative approaches to understanding quality of life for older adults and challenges in providing care (as a paid caregiver or family member) for individuals with dementia. Reflecting her expertise in psychology, a central theme in her artwork is the individual, as he/she exists in relation to self and others. She considers these personal identities as they relate to gender, culture, displacement, and loss using multiple visual and performance art media.

As for the students, they will create work that integrates their own psychology within a contemporary art context. Williams hopes they will gain a more holistic understanding of the major psychological and aging theories, taking these theories and applying them in a hands-on artistic and educational experience. In addition, Dr. Williams hopes there will be opportunities for the students to display their work and the CAH hopes to sponsor such an event.

People interested in working in any medium are welcome, though some experience is necessary. The course is expected to be offered in 2013. We will provide an update on the research component in a future issue.

Dr. Jaime Williams is a social scientist and emerging visual artist residing in Regina, SK. Jaime recently completed her Bachelor of Fine Arts degree at the Nova Scotia College of Art and Design University with concentrations in painting and drawing. Prior to attending art school, she completed a Doctoral degree in Clinical Psychology and is currently employed as a Post-Doctoral Fellow with the Centre on Aging and Health. Jaime hopes to pursue a Master's of Fine Arts degree and teach studio art at the postsecondary level.

Correspondence about her class, her art, and her research should be directed to jaime.williams@uregina.ca or 306.337.2537.

CAH SURVERYMONKEY PROGRAM FOR CAH MEMBERS' RESEARCH



The CAH offers members access to a CAH SurveyMonkey account, which makes easier and encourages further aging and health research. Researchers can use the account to give surveys, questionnaires, and collect valuable data. Questionnaire material will be entered by CAH in order to maximize confidentiality as multiple researchers may be using the account simultaneously. Researchers who are interested in using the account must obtain ethics clearance for their projects from the University of Regina Ethics Board.

For the complete terms of use and additional information, go to http://uregina.ca/hadjist/centre_index.htm or call 306.337.8477. To take a tour of SurveyMonkey, visit surveymonkey.com.

RESEARCH REPORT: THE EFFECT OF RELIGION AND CULTURE ON THE ETHICAL DECISION MAKING OF PHYSICIANS AND NURSES (CONTINUED FROM PAGE 1)

use their personal, sometimes religious, value system instead of their professional code of ethics—all variations of the Hippocratic Oath— in situations where their professional code does not offer an obvious solution. In times of ethical confusion, professional codes of ethics are supposed to provide a clear answer and, in general, the more secular countries demonstrate a stricter adherence to this code. On the other hand, the less secular countries often pay less attention to it; they know it and recognize its existence, but personal values often override it, which brings up the question of how much religious orientation plays a strong role in professional ethical choices for nurses and physicians.

In terms of how IHERT's findings will influence professional training curricula, better understanding religious and cultural differences is valuable for how physicians and nurses are educated because it is naive to think that just because a physician is technically, scientifically, and medically trained, that he or she does not face ethically ambiguous situations. When confronting such situations, where science does not help, and their Hippocratic Oath or their domestic code lacks specificity, they need to rely on their personal values and experience. Moreover, if they are not sure of their belief system, and to what extent their religious beliefs influence decision making, that is a problematic, even dangerous position. Therefore, Malloy, while admitting that the specifics of saving lives is still of utmost importance, believes that curriculum for medical/nursing students should be more robust and should include more courses on philosophy, religious studies, and other subjects that let medical and nursing students confront and discuss these ethical issues so they may handle them better.

Malloy suggests that ethics research is appealing to many in the healthcare field because scientific, professional training often does not leave much room for discussions of a religious or philosophical nature. Therefore, curiosity plays a key role in the continued enthusiasm of the culturally diverse research team. IHERT's research and goals were at its conception and are still today novel and perhaps more humanistic, even artful, than much aging and health research.

CAH members on the IHERT team include Dr. David Malloy, Dr. Thomas Hadjistavropoulos, Dr. Shanthi Johnson, Dr. Jaime Williams, Ms. Maureen Coulthard, Ms. Brenda Collacott, Mr. Michael Goldberg, and Ms. Deanna Selin. For more information on IHERT, including a list of their publications, surveys, and research, go to <http://www.ihert.ca/>.

Apply now for the 2012/2013 CAH Small Grants Research Award!

Amount Available: \$1,500 Application Deadline: December 15, 2012

This award is intended to fund pilot projects or other work aimed to lead to the preparation of a major national application in the area of health and aging.

To apply, or for more information: http://uregina.ca/hadjistt/centre_index.htm or cah@uregina.ca or 306.337.8477

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CAH Membership

Interested in joining the CAH?

Complete the application form available online at the CAH website.

For more information, please contact cah@uregina.ca

Apply for the University of Regina M.A./M.Sc. Program in Gerontology

The University of Regina offers an exciting inter-disciplinary research-oriented graduate degree program in gerontology. Students with health professional degrees (e.g., nursing, physical therapy), or undergraduate degrees in disciplines such as kinesiology, psychology, social work, health studies, gerontology, sociology, and biology are encouraged to apply for the **2013 fall semester**.

The program, coordinated by the University of Regina's Centre on Aging and Health, involves the collaboration of the Faculty of Arts, the Faculty of Kinesiology and Health Studies and the Faculty of Social Work. Students can work towards an MA or an MSc degree depending on the nature of their thesis research. The program aims to provide research training and specialized gerontology knowledge to health professionals and students wishing to pursue doctoral studies and research careers. The program emphasizes both the physiological and psychosocial aspects of aging.

Admission Requirements: Applicants must have a 4-year undergraduate degree in areas such as kinesiology, psychology, social work, health studies, sociology, biology, or a health professional degree (e.g., medicine, nursing, social work). **The deadline for applications is March 31st.**

To download our detailed brochure visit: http://uregina.ca/hadjstt/centre_index.html or contact:

Dr. Darren G. Candow, Gerontology Program Coordinator, at 306.585.4906 or Darren.Candow@uregina.ca

Advertise in the CAH Newsletter

The CAH Newsletter charges a small fee for advertisements intended to recruit research participants (for research approved by the University of Regina Research Ethics Board). Similarly, we will accept advertisements of interest to seniors. In addition, we charge a fee for corporate (non-University of Regina) advertising. All ads will be subject to approval by the CAH Administrator.

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