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## DR. DANIELLE MARTIN TO DELIVER THE 2017-2018 DISTINGUISHED LECTURE



Dr. Danielle Martin, author of *Better Now*

The Centre on Aging and Health's 2017-2018 Distinguished Lecture will take place on Thursday, March 1, 2018, at 6:00 p.m. This year's lecturer is Dr. Danielle Martin, an acclaimed public-policy expert, health-care advocate, professor, hospital administrator, family doctor, and bestselling author. Her lecture will be entitled "Better Now: How We Can Improve Health Care for Seniors."

Dr. Martin became widely known in 2014 when a video clip of her testimony before a U.S. Senate subcommittee exploring health care systems around the world went viral. After North Carolina Senator Richard Burr asked her how many Canadians die on waiting lists every year, she responded, "I don't know, sir, but I know that there are 45,000 in America who die waiting because they don't have insurance at all." Video of the exchange can be seen on Youtube.

But Dr. Martin was already garnering public attention and accolades even before that moment. In 2006, her first year practising medicine, she helped to launch Canadian Doctors for Medicare, a group (continued on page 2)

## **2017-2018 CAH DISTINGUISHED LECTURER WILL BE AUTHOR DR. DANIELLE MARTIN (CONTINUED FROM PAGE 1)**

representing Canadian physicians who believe in a high quality, equitable, and sustainable health system, and she became the group's chair. In 2013, the *Toronto Star* named her one of the top 13 people to watch in the Greater Toronto Area. She also received the Canadian Medical Association Award for Young Leaders. In 2015, *The Medical Post* named her Canada's eighth most powerful physician.

Dr. Martin is Vice-President of Medical Affairs and Health System Solutions at Women's College Hospital in Toronto, as well as a columnist for *Chatelaine* and a regular guest on CBC National News. She is a strong advocate for removing barriers to and improving the equity of health care.

Last January, Dr. Martin published the bestseller *Better Now: Six Big Ideas to Improve Health Care for All Canadians*. It outlines achievable and affordable prescriptions to improve the health-care system Canadians are proud of. A book signing is planned, and copies of the book will be available.

## **SAYING GOODBYE TO THE OLD CENTRE ON AGING AND HEALTH ADMINISTRATOR . . .**



Scott J. Wilson

After nine years with the Centre on Aging and Health, Scott J. Wilson has moved on to a new challenge: Coordinator of Writing Services at the University of Regina's Student Success Centre.

Born in Regina, Scott studied at the University of Alberta before completing an MA in English at the University of Regina. He started working at the Centre on Aging and Health at the end of that degree.

"Scott was outstanding and became an integral part of the Centre," says CAH director Dr. Thomas Hadjistavropoulos. "He became instrumental in advancing the CAH's mission, fulfilling its mandate, liaising with members, and organizing public events. It's been a great nine years!"

According to Scott, one of the best parts about working at the Centre on Aging and Health is working with seniors organizations like the Lifelong Learning Centre at the University of Regina, the Saskatchewan (continued on page 3)

Seniors Mechanism, and the Alzheimer's Society of Saskatchewan. "Collaborating with those organizations gave me a chance to meet inspiring older adults who do a lot more in one day than I do," he says. "Lots of older adults are passionate about volunteering and staying active." Listening to the stories that older adults have to tell was another positive aspect of the job, he says. "Too often those stories are ignored, but they're worth paying attention to."

Working at the Centre on Aging and Health also connected Scott to projects that have an effect on senior's lives. "Sometimes, when seniors told me stories about the challenges they faced, I'd be able to connect them to researchers working on those issues," he says.

We wish Scott all the best in his new position!

## AND WELCOMING THE NEW CENTRE ON AGING AND HEALTH ADMINISTRATOR

Ken Wilson—no relation to Scott—is the new administrator of the Centre on Aging and Health. He's no stranger to the issues that affect older adults. His first produced play, *The Interview*, is about a man living with dementia in a care home. Ken drew upon watching his father's experience with Lewy body dementia in writing the play.

"So many people face health challenges of all kinds as they age," he says. "Working at the Centre on Aging and Health is a way I can make a small contribution to research into those conditions."

Ken recently completed an MFA in Theatre at the University of Regina, and he holds an MA in English from Carleton University in Ottawa, Ontario. He was nominated for the President's Distinguished Graduate Student Award for his MFA work, which included a play, a solo performance, and a 335-kilometre performative walk through the Haldimand Tract, the area in southwestern Ontario where he grew up.

He can be reached through the Centre on Aging and Health e-mail address: [cah@uregina.ca](mailto:cah@uregina.ca).

Please extend a warm welcome to our new administrator!



Ken Wilson

## RESEARCH PROFILE: USING TECHNOLOGY TO MAKE LIFE LESS PAINFUL FOR LONG-TERM CARE RESIDENTS IN RURAL SASKATCHEWAN

Natasha Gallant wants to make life less painful for Saskatchewan seniors. Gallant, a PhD student at the University of Regina, is working on what she calls “the rural project”: a study into the effectiveness of an online training program in pain management for staff in care homes in rural Saskatchewan.

Pain is a serious issue for seniors in care homes, many of whom are experiencing dementia and have trouble with verbal communication.

Unresolved pain in people with a limited ability to communicate can lead to aggressive behaviour, which is sometimes misdiagnosed and treated with psychotropic medications instead of analgesics.

“The rural project” has been created to test the effectiveness and feasibility of training care home staff in using the PACSLAC (Pain Assessment Checklist for Seniors with Limited Ability to Communicate), an observational tool developed at the University of Regina that uses changes in behaviour and facial expression to measure pain levels in people who cannot communicate verbally. What makes this staff training unique is

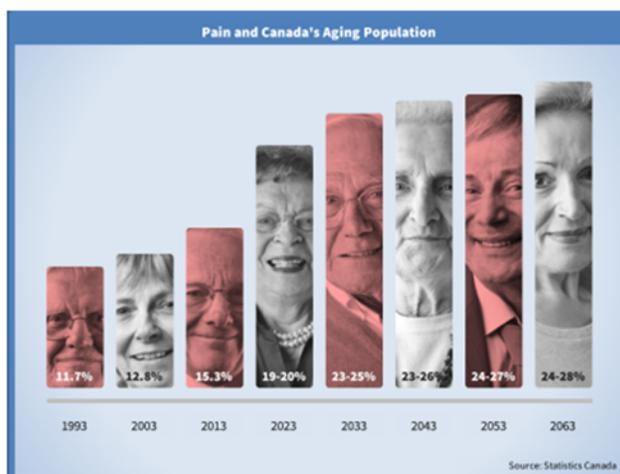
that it takes place online. A key goal of the project is to facilitate the identification and evaluation of pain, which is expected to lead to better pain care.

The study, led by Dr. Thomas Hadjistavropoulos, the director of the Centre on Aging and Health, begins by gathering baseline data about how well the individual care homes are managing pain in their residents, through questionnaires, interviews, and the collection of quality indicator data (such as how

many residents have been assessed for pain during the current week). Then nurses and care aides are trained in pain assessment and management, using the PACSLAC pain assessment protocol, through an online training program.

When that training has been completed, a pain management protocol is put in place. Afterwards, Gallant collects new data about how the care homes manage pain, and compares them to the baseline data in order to measure the training program’s success.

Throughout the training program, Gallant provides support by e-mail and telephone for the director of care or manager of the facility. She also communicates with the “pain champion,” usually a



A screenshot from the online training program

senior nurse at the care home, who promotes the project and the pain assessment protocol.

Gallant says that the study addresses not only the quality of life for seniors living in care homes in rural Saskatchewan, but also the lack of training opportunities for health professionals outside the province's major cities. In an era of shrinking budgets, it would simply be too expensive for trainers to travel to rural care homes to work with staff. The online training program is intended to provide a cheaper alternative that is just as effective.

Dr. Abigail Wickson-Griffith, an Assistant Professor in the U of R Faculty of Nursing with a special expertise in the analysis of interview data, is collaborating with Gallant and Hadjistavropoulos on this project. Funding comes from an anonymous donation received in 2015.

According to Gallant, the study addresses two primary research questions: Does the training program work? And can a pain protocol be implemented successfully at a distance? So far, with the program completed in one care home and underway in six others, the results are encouraging.

One of the outcomes of the training program is increased communication among staff members, who now share a language that can be used to describe pain, and an increased knowledge about pain and pain management.

When the study has been completed, the training program will be adjusted and improved, according to the data on its effectiveness. It will then be made available to the entire province.

Gallant, who came to the University of Regina after completing a degree at Western University in Ontario, says that the study is related to her dissertation research, which will focus on facilitating the adoption of computer technology to detect pain in care home residents.

"The better pain is managed, the better residents' quality of life and independence are," Gallant says. "That's why cost-effective training in pain assessment and management is so important for nurses and care aides."

The researchers are grateful to the participating rural homes for their interest, collaboration and determination to improve resident care.

### Apply now for the 2017/2018 CAH Small Grants Research Award!

Amount Available: \$1,500 Application Deadline: December 15, 2017

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://www2.uregina.ca/cah/>  
or [cah@uregina.ca](mailto:cah@uregina.ca) or 306.337.8477

## STUDYING GERONTOLOGY AT THE UNIVERSITY OF REGINA: A Q & A

*What is gerontology and why would someone want to study it?*

Gerontology is the study of old age. Older adults are the fastest growing age group in Canada, and understanding those challenges and opportunities is important.

*So what's the graduate program in gerontology at the University of Regina all about?*

First of all, it leads to a Master's degree. It's designed to help people develop research skills in the area of gerontology. It doesn't offer clinical training.

Second, it's an interdisciplinary program—a collaboration between the Faculty of Arts, the Faculty of Kinesiology and Health Studies, the Faculty of Social Work, and the Faculty of Nursing. Students take courses from different areas of study, and they can choose supervisors with a wide range of research interests. They can pursue either qualitative or quantitative research projects, and focus on either the physiological or psychosocial aspects of aging.

Third, students can decide to pursue an MA or an MSc, depending on their research interests. Examples of theses completed by past graduates include:

- Jonathan Harris, MSc, 2012: *The Impact of Physical Versus Social Activity on the Physical and Cognitive Functioning of Seniors With Dementia*
- Irene Forcheh, MA, 2012: *Stressors and Coping Strategies of Older Adults as Caregivers in the Era of HIV/AIDS: A Case Study of Botswana*
- Michael Goldberg, MA, 2015: *How Spirituality Training Impacts the Practice of Social Workers Assisting Elderly Clients in End-of-Life Care: A*

*Hermentutical Phenomenological Approach*

- Deena Arthur, MA, 2016: *Women Past Menopause: Learning from the Voices of Experience*

*Can students study part-time?*

Most students study full-time, but the degree can be completed on a part-time basis. That means that people who work full-time can study gerontology at the University of Regina. They will need to have a flexible schedule, though, as most courses are offered during the work day.

*Who can apply?*

People with a four-year undergraduate degree in kinesiology, gerontology, psychology, sociology, health studies, health sciences, biology, nursing, medicine, or physical therapy would be good candidates for this graduate program.

*How can I apply?*

Just complete a Faculty of Graduate Studies and Research application form. Your application must include official transcripts from all post-secondary institutions you've attended, two confidential letters of recommendation, a \$100 non-refundable application fee, and a letter of intent that details your background, goals, and research interests (including faculty members you would be interested as having as research supervisors).

*Where can I get more information?*

The program brochure is available online at: [www2.uregina.ca/cah/ma-msc-in-gerontology/about-the-program](http://www2.uregina.ca/cah/ma-msc-in-gerontology/about-the-program)

## IN MEMORIAM: DR. WILLIAM KLASSEN

It is with great sadness that we learned of the passing of long-time Centre on Aging and Health Professional Associate Member, Dr. William Klassen, on March 23, 2017. He was 94 years old.

Dr. Klassen was involved with the Centre on Aging and Health from the very beginning: he spoke during the Centre's public launch in 2003 and served on the CAH steering committee as a community representative. He consistently attended our public events and made valuable contributions to important discussions of clinical and scientific issues.

Dr. Klassen graduated from the University of Toronto's

Faculty of Medicine in 1954, and he practiced medicine for 43 years in Regina. In 1980, he specialized his practice in geriatrics and joined the family medicine unit at the Regina Plains Health Centre, training medical residents with an appointment in the Faculty of Medicine at the University of Saskatchewan.

Dr. Klassen became an honorary member of the Canadian Medical Association, and in 1989 he was named Saskatchewan's Family Physician of the Year.

He is survived by his wife, his five children, and his six grandchildren.

## JOIN THE CENTRE ON AGING AND HEALTH

Researchers investigating health and aging, as well as health professionals with an interest in aging, are invited to apply for Centre on Aging and Health (CAH) membership. Members will be a part of a growing network of aging and health researchers, professionals, and trainees. In addition, the CAH can facilitate dissemination of member research to the public through our newsletter, the organization of public presentations, on our website, via Twitter, and by other means.

CAH researchers are conducting world-class gerontological research related to Canada. Many of our members work with research clusters that focus on pain in old age, personhood and resilience in senior care, musculoskeletal aging and health, as well as Indigenous issues in health and aging.

Moreover, members may access the Centre on Aging

and Health Directory of Potential Research Participants: hundreds of potential participants for University of Regina Research Ethics Board-approved studies.

People who are over 65 years of age and are interested in participating in research can sign up by going to [www2.uregina.ca/cah](http://www2.uregina.ca/cah), clicking on "Participate in Research," and filling out our simple web form.

Members also receive information on relevant conferences, scholarships, grants, and a variety of other aging-and-health-specific news and events, including those hosted and sponsored by the CAH.

**Applying is quick and easy.**

**Apply on our website:** <http://www2.uregina.ca/cah/> and click on "Become a Member."

**ADVERTISE IN THE CAH NEWSLETTER: CONTACT CAH@UREGINA.CA FOR RATES**

University  
of Regina

## MA/MSc Gerontology Program

**“Seniors make up the fastest growing age group....By 2031, about one in four Canadians is expected to be 65 or over.” – Statistics Canada**

- An exciting interdisciplinary, research-oriented graduate degree program providing research training and specialized gerontological knowledge to health professionals and students.
- Emphasizes both the physiological and psychosocial aspects of aging.
- A collaboration between the Faculties of Arts, Kinesiology and Health Studies, Nursing, and Social Work, coordinated by the University of Regina’s Centre on Aging and Health.

### Admission Requirements:

4-year undergraduate degree in areas such as nursing, kinesiology, biology, psychology, social work, health studies, sociology, or a health professional degree.

**Application Deadline: March 31**

For further information, please contact:

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Download the brochure:

[www2.uregina.ca/cah/ma-msc-in-gerontology/about-the-program](http://www2.uregina.ca/cah/ma-msc-in-gerontology/about-the-program)

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