



LONG-TERM CARE CONNECTS

Quarterly Newsletter

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WELCOME!

by Dr. Natasha Gallant

Over the last few months, our team has continued to build a strong Long-Term Care Connects platform through our presence via our social medias. You can check it out and follow us [@LTC_Connects](#) on [Twitter](#), [Instagram](#), and [Facebook](#).

As well, we were successful in receiving a Social Sciences and Humanities Research Council Knowledge Synthesis Grant on the Emerging A-social Society! Our rapid scoping review is aimed at examining the role of ageism and ableism in long-term care policies, practices, and programs as well as understanding these policies, practices, and programs lead to the exclusion/marginalization of older Canadians with disabilities. We also received a small AGE-WELL grant to bring together a small group of residents and caregivers to serve on a Long-Term Care Connects Advisory Council. This Advisory Council will be able to provide guidance as we move this and other related projects forward. Over the next few months, our team will remain busy finishing up current projects and starting these new projects all with the aim of improving the Canadian long-term care sector!

Questions?

Do you have a question but don't know who to contact?

Send us an email at IST.LTC@uregina.ca and we will forward it to the right person.



UPDATE ON INTERVENTION DEVELOPMENT

LOCH LOMOND VILLA

SAINT JOHN, NB

- We are now working with the research team at Loch Lomond Villa to create video recordings for the modules of our Infection Prevention & Control Virtual Training for Essential Care Partners (ECPs) to supplement the in-person training that is already provided at the facility.
- We are continuing to collect data from our Caregiver Survey to help us better understand the role of caregivers in long-term care
- We are currently in the process of conducting 60-minute interviews with ECPs from Loch Lomond Villa. After the interviews, our research team will conduct thematic analyses to find the prevailing themes in ECPs experiences.

MACASSA LODGE

HAMILTON, ON

We have revisited our goals for our work with Macassa Lodge. Instead of focusing on the safe re-integration of caregivers, we are now looking to improve resident, caregiver, and staff engagement in long-term care. We are also working to promote equity, diversity, and inclusion in three key areas, including more diverse participation in councils and quality improvement committees, addressing barriers to completing satisfaction surveys and identifying ways of promoting well-being and community building. We have received approval from the leadership team, residents council, and family council to go ahead with this new plan!

REGINA LUTHERAN HOME

REGINA, SK

- We are working with our partners at Eden Care Communities to plan our first standing committee meeting with 3 to 4 residents, 3 to 4 essential care partners, and 3 to 4 staff members in mid-summer.

UPDATE ON KNOWLEDGE TRANSLATION

A LOOK BACK

- Dr. Natasha Gallant and Dr. Atul Jaiswal presented at the Research Institute for Aging's Walk With Me Virtual Conference at the end of May 2022 along with two of our standing committee members, David and Janice!
- Along with other Implementation Science Teams focused on Family Presence, we've submitted a manuscript to Healthcare Quarterly Manuscript. The targeted publication date of this manuscript is Fall 2022.

UPDATE ON EQUITY, DIVERSITY, AND INCLUSION

In our last newsletter, we provided a list of considerations for equity and inclusion in long-term care research. Some of these considerations (and more!) can now be found in our newest published manuscript, "Changing Care: Applying the Transtheoretical Model of Change to Embed Equity, Diversity, and Inclusion in Long-Term Care Research in Canada. you can check it out [here!](#)

A LOOK FORWARD

- For the Knowledge Synthesis Grant, we have completed the title/abstract screening stage. Next, we will be reviewing full texts. In November, SSHRC will be hosting a forum for researchers and stakeholders to discuss evidence brief resulting from this funding competition.
- We have submitted our protocol for the umbrella review on social isolation and loneliness in continuing care to an open-access journal. We have completed title/abstract screening and full-text reviews. Once our protocol is accepted, we will begin data extraction.
- We're currently recruiting long-term care residents and caregivers interested in joining our Long-Term Care Connects Advisory Council! If you or someone you know is interested, they can send us an email at arcresearch@uregina.ca.
- We are working to revamp our original review on family involvement in long-term care settings. We've done an updated search of the literature. We are currently updating our results section. If you were part of the original group who screened/reviewed articles, you'll see an email update with a request to review from us soon!

Meet the Researcher

Laura Daari-Herman

Research Assistant



What is your role on this project?

I am interested broadly in the promotion of family health and well-being across the lifespan. I want to understand how family interactions and connections can be used to ameliorate mental and behavioural health challenges that individuals and families experience through a strength-based approach. My interest in family wellness has contributed to this project since it has been a motivator for me to understand and further value the importance of family caregiver presence in long-term care facilities.

What is the most rewarding aspect of your work?

The most rewarding aspect of this work is the potential to increase knowledge about the importance of family and other unpaid caregiver presence in the lives of residents in long-term care facilities. Further, I hope that this and future research can prepare long-term care for future pandemics and other health crises.

What is the most challenging aspect of your work?

The most challenging aspect of this work (and most other research) is the time it can take to implement change and collect the necessary data to evoke change. Although a challenging and daunting process, I enjoy the pursuit of knowledge and the potential it holds to pave the way for a more equitable and inclusive future.

Where is your research headed in the next five years?

I am pursuing a career in clinical psychology at Simon Fraser University in the Adolescent Health Lab, under the supervision of Dr. Marlene Moretti. Once I begin this coming September, I will be researching the Connect intervention which is a program designed for caregivers of teens with significant mental or behavioural health struggles.

Meet the Researcher

Nadine Mounir

Research Assistant

Describe your area of research and how it contributes to the IST project.

I am primarily interested in the interventions and psychosocial factors affecting older adult well-being, and the roles Essential Care Partners (ECPs) and caregivers play within aging populations. My interest in understanding the importance of the presence of family members for older adults has contributed to this project by finding ways to enhance the living of aging populations and to help in sustaining an adequate environment for older adults and caregivers in long-term care.

What is the most rewarding aspect of your work?

I have found it personally rewarding to work with a team of researchers who are eager and committed to finding solutions to the real-world problems faced by those on the committee and residents living in long-term care facilities. Further, I enjoyed establishing connections with long-term care facilities across Canada, learning more about the challenges they encounter, and witnessing the implementation of solutions bringing change to the industry. I hope these changes will promote the inclusion of more family members in long-term care facilities to reduce loneliness and social isolation among older adults in the event of an outbreak of another pandemic.

What is the most challenging aspect of your work?

One of the most challenging aspects of my work is demonstrating an impact. Working in research requires maintaining the highest level of quality in every aspect of your work. This can be overwhelming and stressful, especially at a time when it is imperative to address long-term care impacts and work with a vulnerable population such as older adults.

Where is your research headed in the next five years?

I am currently a 4th-year Psychology (Hons.) Student at the University of Regina and a student research assistant. In addition to conducting research with Dr. Natasha Gallant for her ongoing research project, I am looking forward to starting to work on a new research project with Dr. Gallant as part of the SCPOR undergraduate trainee program for the AGE-WELL living being of older adults and caregivers. Under the Supervision of Dr. Natasha Gallant, my honours thesis will further examine the adversity and resilience among older adults living with chronic pain. Finally, my optimal goal is to apply my educational and research background to a career path within the Clinical Psychology field.



CONTACT US

SASKATCHEWAN LONG-TERM CARE TEAM

- Natasha Gallant, Lead
- Leland Sommer, Principal Knowledge User

ONTARIO LONG-TERM CARE TEAM

- Iwona Bielska, Co-Lead
- Joanna Sinn, Co-Lead
- Lismi Kallan, Principal Knowledge User

NEW BRUNSWICK LONG-TERM CARE TEAM

- Duyen Nguyen, Lead
- Danielle Kent, Principal Knowledge User

INTERVENTION DEVELOPMENT TEAM

- Ivy Cheng, Co-Lead
- Atul Jaiswal, Co-Lead

EQUITY, DIVERSITY, AND INCLUSION TEAM

- Heather Finnegan, Co-Lead
- Duyen Nguyen, Co-Lead

KNOWLEDGE TRANSLATION TEAM

- Aislinn Conway, Co-Lead
- Logan Lawrence, Co-Lead

STAKEHOLDER ENGAGEMENT TEAM

- Sara Shearkhani, Lead

MENTORS BY AREA OF EXPERTISE

- Gina Agarwal, Equity, Diversity, and Inclusion
- Adrienne Chan, Infection Prevention & Control
- Malcolm Doupe, Implementation Science & LTC Research
- Jacqueline Gahagan, Equity, Diversity, and Inclusion
- Thomas Hadjistavropoulos, Implementation Science & LTC Research
- Walter Wodchis, Implementation Science & LTC Research
- Merrick Zwarenstein, Pragmatic Randomized Controlled Trials

STAFF

- Courtney Cameron, Research Coordinator
- Laura Daari-Herman, Research Assistant
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What's Next?

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