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Welcome to the OSA's Research Rounds. We seek to both educate and inspire in this monthly compendium of research, publications, commentary and events about seniors in British Columbia and beyond. Please feel welcome to email us feedback and items to share.

Research Rounds



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BRITISH COLUMBIA

[The Flooring for Injury Prevention \(FLIP\) Study of compliant flooring for the prevention of fall-related injuries in long-term care: A randomized trial](#)
PLoS Medicine

The objective of this Simon Fraser University study was to assess the clinical effectiveness of low-stiffness “compliant” flooring at preventing serious fall-related injuries among long-term care residents. The study concludes that compliant flooring underneath hospital-grade vinyl was not effective at preventing such injuries.

[Improving end-of-life care in heart failure](#)
BC Medical Journal

This article provides an outline of usual expected clinical changes during the course of heart failure in order to allow physicians to have a good conversation with a patient and/or their caregivers about the expected course.

[Resetting Circadian Rhythms Can Improve Sleep Quality in People at Risk for Dementia](#)
Djavad Mowafaghian Centre for Brain Health

This article discusses new research that suggests that improving circadian regulation by “resetting” an individual’s biological clock can improve sleep quality in older adults with mild cognitive impairment. The results provide evidence that a personalized behavioural medicine approach may help to improve sleep quality.

CANADA

[Interventions to prevent or reduce the level of frailty in community-dwelling older adults: a scoping review of the literature and international policies](#)
Age and Ageing

Currently, a systematic synthesis of available interventions to prevent or reduce frailty does not exist. This article contains a scoping review of interventions and international policies designed to prevent or reduce the level of frailty in community-dwelling older adults.

[Abuse and neglect in older adults: Do you know the signs?](#)
McMaster University

McMaster University has compiled a list of resources to help older adults and caregivers recognize and deal with elder abuse. These resources include articles on recognizing the signs of abuse and advice regarding financial scams.

[Cultural Understandings of Dementia in Indigenous Peoples: A Qualitative Evidence Synthesis](#)
Canadian Journal on Aging

This article reports on a qualitative evidence synthesis of available literature concerning cultural understandings of dementia in Indigenous peoples in Canada. It suggests that although exploration of this topic is increasing in Canada, research in this area remains scarce.

[Falls and vehicle collisions top causes of injury hospitalizations for seniors](#)
Canadian Institute for Health Information

The Canadian Institute for Health Information reports that 137,500 seniors were hospitalized for injuries in 2017-2018, representing more than half of all injury-related hospitalizations among Canadians. Falls accounted for a significant majority (81%) of these injuries.

[Seniors Co-Housing: Re-Thinking Traditional Housing Models for Canada's Growing Senior Population](#)
Iler Campbell LLP

This article, prepared by a Toronto-based law firm, explains the history and terminology of co-housing, lays out the case for seniors co-housing in particular, and explains the legal models through which co-housing can be achieved.

INTERNATIONAL

[Moving beyond “safety” versus “autonomy”: a qualitative exploration of the ethics of using monitoring technologies in long-term dementia care](#)
BMC Geriatrics

Use of monitoring technologies in long-term care generates extensive ethical debate. This paper explores the extent to which remote monitoring of the workforce, and equality of access to technologies, were seen to influence the implementation of monitoring technologies within long-term care facilities.

[Suicide Among Older Adults Living in or Transitioning to Residential Long-term Care, 2003 to 2015](#)

JAMA Network Open

This American study sought to determine how common suicide is in residential long-term care settings, as well as whether or not transitioning into or out of long-term care is associated with suicide among older adults. The authors conclude that suicide occurs among older adults living in or transitioning to long-term care settings, and that the mental health and well-being of older adults should be addressed in these settings.

[Comorbidity and polypharmacy in people with dementia: insights from a large, population-based cross-sectional analysis of primary care data](#)

Age and Ageing

The care of older people with dementia is often complicated by physical comorbidity and polypharmacy. This paper aims to explore the extent and patterns of these issues within a large, cross-sectional primary care data set.

[Pain and symptoms of depression: international comparative study on selected factors affecting the quality of life of elderly people residing in institutions in Europe](#)

BMC Geriatrics

The aim of this study was to perform a comparative analysis of pain and depression symptoms in elderly people living in nursing homes in France, Germany, and Poland. The research found that there are no significant differences across the three studied countries; rather, any decrease in quality of life is mainly due to various complaints and pain, and there is a close relationship between health status and quality of life.

[Assessing and managing concurrent hearing, vision and cognitive impairments in older people: an international perspective from healthcare professionals](#)

Age and Ageing

This article sought the perspective of professionals in dementia, hearing, and vision care in order to:

1. Explore the perceptions of gaps in assessment and service provision in ageing-related hearing, vision and cognitive impairment.
2. Consider potential solutions regarding this overlap.
3. Ascertain attitudes, awareness and practice, with a view to implementing change.

[Effects of neuromuscular training on swallowing dysfunction among older people in intermediate care – a cluster, randomised, controlled trial](#)

Age and Ageing

This trial investigated the effect of oral neuromuscular training among older people in intermediate care with impaired swallowing. The authors conclude that such training is a promising new swallowing rehabilitation method.

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