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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**



OFFICE OF THE  
**SENIORS ADVOCATE**

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### **BRITISH COLUMBIA**

#### **[Downsizing to an Early Death? Why Exercise is So Important as You Age](#) Providence Health Care**

This article discusses the health risks associated with low physical activity later in life. It goes on to suggest that recent activity is much more significant than past activity; even those who were largely inactive when younger saw a similar benefit to exercising as those who had exercised for decades.

#### **[The Comprehensive Assessment of Neurodegeneration and Dementia: Canadian Cohort Study](#) Canadian Journal of Neurological Sciences**

This study is a national initiative to catalyze research on dementia. The cohort includes participants from across Canada, including British Columbia, with cognitive conditions associated with or at risk of neurodegenerative diseases. The participants will undergo a wide variety of investigations and the data obtained will be used to test hypotheses developed by Canadian researchers.

#### **[FAME for Neurofitness Program at UBC Clinic Merges Physical Therapy and Research](#) Djavad Mowafaghian Centre for Brain Health**

The University of British Columbia's Physical Therapy & Research Clinic will offer people living with movement disorders, stroke, and multiple sclerosis an exercise program tailored to their specific needs. The first cohort to participate in the program will be evaluated for implementation and research purposes.

### **CANADA**

#### **[Enabling the Future Provision of Long-Term Care in Canada](#)**

## **National Institute on Aging**

This report, issued by the National Institute on Aging at Ryerson University, is the first part of a three-part policy series that will examine the current system of home and community care and of care delivered for older Canadians in designated buildings. This report explores the current provision of long-term care across Canada in comparison with other countries facing similar demographic transitions.

### **[Sex-Specific Differences in End-of-Life Burdensome Interventions and Antibiotic Therapy in Nursing Home Residents With Advanced Dementia](#)**

#### **JAMA Network Open**

This Ontario-based study sought to determine what factors are involved in receiving burdensome interventions and antibiotic therapy at the very end of life among nursing home residents with advanced dementia. It found that men were more likely than women to receive burdensome interventions and antibiotics. As well, only a minority of residents saw a palliative care physician in the year before death, but those who did were less likely to experience an end-of-life transition of care and to receive antibiotics.

### **[World Alzheimer's Month: addressing the stigma around dementia](#)**

#### **McMaster University**

For World Alzheimer's Month, McMaster University's Optimal Aging Portal has compiled a series of resources on dementia. Topics include dementia caregiving, mental and physical exercises for dementia prevention, and diagnosing dementia.

### **[Effectiveness and cost-effectiveness of vaccination against herpes zoster in Canada: a modelling study](#)**

#### **CMAJ**

This study compares the effectiveness and cost-effectiveness of the two vaccines against herpes zoster (more commonly known as "shingles") currently authorized for use in Canada. It concludes that vaccination against shingles is a cost-effective intervention in Canada, with one of the two available vaccines providing greater effectiveness at this time.

## **INTERNATIONAL**

### **[The evidence for services to avoid or delay residential aged care admission: a systematic review](#)**

#### **BMC Geriatrics**

The goal of this Australian study was to synthesise evidence for the effectiveness of community-based, aged care interventions in delaying or avoiding admission to residential aged care. The results suggest that multifactorial, individualised community programs are effective and safe.

[Patterns of emergency department attendance among older people in the last three months of life and factors associated with frequent attendance: a mortality follow-back survey](#)

**Age and Ageing**

Frequent emergency department (“ED”) attendance at the end of life disrupts continuity of care and contradicts most patients’ preference for home-based care. This study examined factors associated with frequent end of life ED attendances and concludes that assigning a key health professional to older people at risk of frequent end of life ED attendance may reduce such attendances by improving care coordination.

[When Less is More, but Still Not Enough: Why Focusing on Limiting Antipsychotics in People With Dementia Is the Wrong Policy Imperative](#)

**Journal of the American Medical Directors Association**

This article examines the widespread policy goal of reducing the use of antipsychotics in dementia care in nursing homes. The authors argue that although reductions have been achieved, there has been no corresponding increase in nonpharmacologic interventions and there may in fact have been increased use of other sedating medications. The authors conclude that lowering the use of antipsychotics alone is not sufficient and that greater attention must be paid to achieving evidence-based, person-centric treatment.

[The use of physiotherapy in nursing homes internationally: A systematic review](#)

**PLOS ONE**

This article examines the factors, methods and monitoring associated with physiotherapy services used in nursing homes. It concludes that physiotherapy services are accessed by some nursing home clients, but that those who may require more support, such as those with cognitive disorders, are actually less likely to receive services. The authors go on to say that further research should be conducted in order to develop benchmarks and standards for the use of physiotherapy by nursing home residents.

[The burden of respiratory infections among older adults in long-term care: a systematic review](#)

**BMC Geriatrics**

The authors of this articles have conducted a review of the published literature regarding the burden of respiratory infections in long-term care facilities. They conclude that little useful guidance exists for decision-making to decrease respiratory infection burden, and that large, well-designed epidemiologic studies are therefore necessary to quantify that burden.

[Effectiveness of sensor monitoring in a rehabilitation programme for older patients after hip fracture: a three-arm stepped wedge randomised trial](#)

**Age and Ageing**

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In this article, the authors test the effects of sensor monitoring-informed occupational therapy on top of a cognitive behavioural treatment-based coaching therapy on daily functioning in older patients after hip fracture. Their study found that a programme including sensor monitoring-informed occupational therapy was more effective than care as usual.

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