

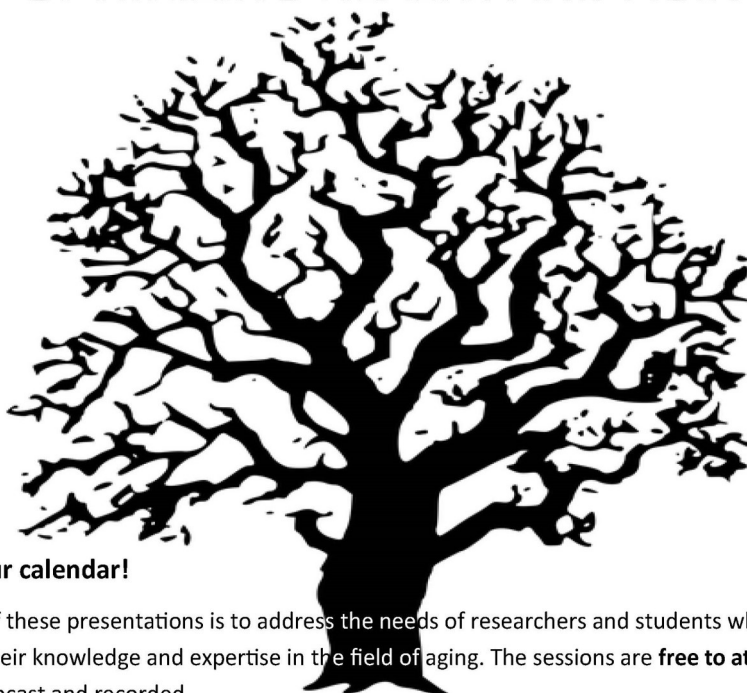
SPECIAL POINTS OF INTEREST:

- 2015-2016 Colloquium Series
- Director's Perspective
- Valued Elder Recognition Award (VERA)
- Alzheimer's Drug Therapy (ADTI) Research Report

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COAG COLLOQUIUM SERIES 2015 "OPTIMIZING HEALTH AND AGING"



Mark your calendar!

The goal of these presentations is to address the needs of researchers and students who wish to increase their knowledge and expertise in the field of aging. The sessions are **free to attend**, and will be live-webcast and recorded.

WHEN

Tuesday mornings,
starting October 13th
10:30AM—12:00PM

WHERE

Medical Sciences
Building—Lecture Hall
160

REGISTER

Email Leah Potter at:
Impotter@uvic.ca

Please go to uvic.ca/research/centres/aging/education/colloquium/index.php for more information.



News at the Centre

Welcome Chris Dance!

I'm Chris. I am currently in my fourth year at UVic studying for my Bachelor of Science in Nursing. As part of our schooling we, the students, are placed in differing community health positions across Victoria and it just so happens that I have been gifted a spot at the Centre on Aging. As a nursing student I have previously practiced in such areas as pediatrics, neuro sciences, and cardiology but never in research. I am therefore very excited by the possibility of experiencing research at all differing stages while here at the Centre on Aging. I look forward to working with all the staff at the centre in the coming months and hope I can do my bit to help!

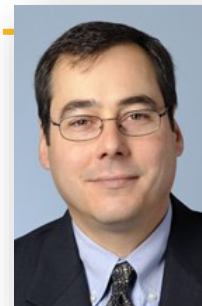


Recent publications from the BC Trajectories in Care project

The BC Trajectories in Care research project (2011-2015), headed by co-principal investigators Margaret Penning (Sociology) and Denise Cloutier (Geography) brings together an interdisciplinary team of academics and knowledge users. With their diverse backgrounds and experiences, the research will inform understanding and policy on transitions and trajectories in long-term service use over time and the predictors of these changes.

They are pleased to announce their contribution to the newest release in the Routledge Studies of Human Geography Series: *Ageing Resource Communities: New frontiers of rural population change, community development and voluntarism*. Emerging from an international symposium in Tumbler Ridge, BC in 2014, their chapter, *Long-term care service delivery challenges for ageing in place in rural communities: a health region case study of home and residential care* (Chapter 7 by Cloutier, Penning, Funk, Nuernberger, Hainstock, Taylor and Kelly), considers the interplay between the attributes of older populations and the service delivery context in urban and rural communities. Using results from an empirical case study set in the Fraser Health region, the research examined entry points into the long-term care system. In other words, what services represent the starting point for long-term care (e.g. home care or residential care) and what are the characteristics (e.g. health and socio-demographic variables) of users of these services across different geographic areas? The findings suggest meaningful distinctions across Fraser Health in terms of the place-based service context and the characteristics of service users. Specifically, home care and residential care services are relied upon and used differently depending on whether a client lives in an urban or rural location. Thus, places and local service environments influence the trajectory of care for seniors as their needs change. These findings have practical relevance in terms of the way that services are managed, organized, delivered, and used, most especially by shedding light on the importance of spatial context and the urban–rural continuum. See <https://www.routledge.com/products/9781138845268> for more information!

Director's Perspective



Health research changes and evolves to meet the needs of our diverse population. The tools we have available also evolve, and, along with existing research, provide us new and exciting opportunities. Currently, the Centre on Aging is looking at new ways to advance innovative interdisciplinary research through new and existing research alliances.

High on my priorities this next year is the development of an island-wide open enrollment dynamic cohort study, a Unified Vancouver Island Cohort, that will provide a basis for improving individual health and health care and basic research on lifespan determinants and processes leading to changes in functioning, health, and dementia. The design of this study differs from most other longitudinal cohorts by having the primary aim of improving health and wellness of everyone on the island, and central to the idea of a learning health care system. This research cohort initiative will bring together the collective UVic-based research capacity, clinical researchers and care providers at Island Health, community members and patient groups, and, with appropriate consent from participants, linkage with longitudinal clinical/treatment data at Island Health, across a full-service health region. This dynamic cohort (i.e., individuals recruited and measured at different times) will be the nexus of innovation for the development of novel diagnostic tools and deployment of 'omics technologies, activating behavioral interventions, enabling intensive within-person study designs, permitting selection into clinical trials, and applying advanced and emerging analytics to improve individual health and health care through effective regional, national, and international partnerships. A population-based cohort study on Vancouver Island would provide the necessary foundation for innovative epidemiological research and precision healthcare. The foundation for these aims is quickly and effectively achievable with current resources and collaborations with other major ongoing projects and I am eager to begin this broad collaborative initiative.

A necessary development for a very large scale population study is a set of assessment tools that provide precise and reliable measurement of individualized within-person outcomes. Centre on Aging researchers are working towards new neurocognitive assessments that can be used repeatedly to sensitively capture within-person change from prior levels of functioning, for early detection of dementia and also for traumatic brain injury. In addition, patient-reported outcome measures (i.e., PROMs) feature prominently in research and treatment evaluation in regards to home care, maintaining independence, stroke, dementia, brain injury, treatment evaluations, and caregiver well-being. Accompanying these standard tools is the incorporation of new diagnostic technologies and associated predictive analytics, providing clinical decision support tools to clinicians. The deployment of an assessment platform is another major priority of the Centre on Aging, providing flexible, repeatable, and individualized assessment opportunities that are necessary for research, evaluation, and for incorporation into routine clinical care.

We have identified a number of other research clusters, representing Centre on Aging researchers and Island Health clinician researchers with already active area of research within and across institutions. A focus on Electronic Health Record Data Analytics and Linkage will support methods of analysis for Island Health data holdings and linkage with other types of data. An emphasis on seniors care and technology provides

Valued Elder Recognition Award

Each year we are amazed at the diversity of caring individuals who volunteer in the Capital Regional District (CRD). Finding what is important to them, they build relationships with their agencies as well as the people that work for, and are assisted by, them. They learn and share – all while making commitments to their agencies. They don't see themselves as volunteers who help others, they see themselves sharing and gaining as much (if not more) than those they wish to assist.

All of our nominees this year exemplify what it means to be a valued elder. They are:

BETH POTTER

2004 – present	Kiwanis Pavilion
2002 – present	Cathedral Church of Saint John the Evangelist

Nominated and Supported By:

Lynne Thompson, Kiwanis Pavilion
Jackie Hiebert, Jimmy Thistle Britches Gardening and Design
Margaret Bates, For the Love of Africa Society
Reverend Shane Janzen, Cathedral Church of Saint John the Evangelist
Dave Cockle, Kiwanis Health Care Society

Beth has made volunteering a part of her life, from her time in Calgary and Kooteney Lake to our community. Beth's volunteering in Greater Victoria falls into two categories – her faith-based work and sharing her musical talents at the Kiwanis Pavilion supporting their work with dementia and Alzheimer's residents. And while she's doing that, she still finds time to sing in the Victoria Gaelic Choir.

Beth enjoys gardening and uses that skill along with flower arranging at the Cathedral Church of Saint John the Evangelist – something she included in her volunteer description. What Reverend Janzen added is she also sings in the choir and shares her musical knowledge and talents with him and the congregation. One can only imagine what else she does to help others that she doesn't consider volunteering.

“Beth brings joy, respect, and great compassion to her work with our residents.”

IDA MARIE FOSTER

2002 – present	Kiwanis Pavilion
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Nominated and Supported By:

Lynne Thompson, Kiwanis Pavilion
Kerike McLeod, personal reference
Alana Shenkenfelder, personal reference
Dave Cockle, Kiwanis Health Care Society

Ida Marie's volunteering is truly inspirational, especially since she doesn't **just** volunteer but teaches volunteering to her family, currently her grandchildren. Why did we find her so inspirational...here is her description of why she volunteers:

Valued Elder Recognition Award

“I think that music opens up a world of memories for those struggling with Alzheimer’s or dementia. When words are not readily available, aging seniors can still connect and respond to music. I believe that music and memories are closely connected....I like to think we are together celebrating the good times.”

Something else to note, Ida Marie only notes her volunteering since retirement. What she leaves out, and thankfully her nominators bring up, when she was teaching kindergarten she would bring her students to Kiwanis Pavilion and invite the Kiwanis staff and residents into the school and her classroom. A rewarding experience for everyone.

“Ida Marie is a valued volunteer who over the years has given of herself to bring joy, laughter, music, and a sense of belonging to those who are in our care.”

JOAN SMITH

1999 – present Craigdarroch Castle

Nominated and Supported By:

Kate Humble, Craigdarroch Castle

Montanna Mills, Craigdarroch Castle

Courtney Malek, Craigdarroch Castle

Adriana Ayers, Craigdarroch Castle

Joan began volunteering after her retirement and chose to dedicate her time to the past. Joan’s fascination with our local history and heritage buildings also translates into her personal life where she continues to research her own family history. But in her volunteering her commitment to the past is tied to the present. She has spent 16 years learning and sharing Craigdarroch Castle.

Twice a week, Joan is the first face people see when they come to tour. She says it is meaningful to share the castle's history with visitors. The people she works with say she is someone who has taken on a less than glamorous job where she is very much needed, performed the many, many tasks necessary in a stellar way, and is someone who brings joy to work.

“In addition to being reliable and proficient, Joan is quite possibly one of the kindest, sweetest, most thoughtful people I have ever met.”

PAT WILLIAMSON

2005 – present Dawson Heights

1980s – present British Columbia Registered Music Teachers’ Association (BCRMTA)

1967 – present Kiwanis Pavilion and Villa

1967 – present Maplewood Gospel Hall

Nominated and Supported By:

Lynne Thompson, Kiwanis Pavilion

Jan Arend Bergink, personal reference

Karen Hope, Dawson Heights Housing Ltd.

Stella Barbon, BCRMATA – Victoria Branch

Dave Cockle, Kiwanis Health Care Society

Valued Elder Recognition Award

Pat’s volunteering in our community started in 1967 and has grown over the years. As an elementary school teacher and as a music teacher (something she continues to do) she has had the opportunity to share her love of music professionally and in her volunteer life while focusing on helping others. And while a lot of time has been spent sharing her musical abilities with our community, she has also taken on a lot of administrative work and labour-intensive tasks to support music in general and people in particular. Her commitment to improving the standard of music education, keeping a spiritual connection and sharing with others – some of whom are experiencing life altering situations – is amazing, as is her under-estimation of the hours she puts in each week.

The best part – Pat started volunteering back in 1967 because of a friend’s suggestion and she has never stopped since they began as a young group in their church. Pat is thankful for her friend’s suggestion.

“We are truly blessed that someone so gifted is also so generous in her willingness to share that gift to enhance the lives of so many.”

RICHARD (DICK) CAVAYE

2011 – present	Pacific Opera Victoria Foundation
2004 – 2009	District of Oak Bay
1999 – 2000	BC Summer Games
1999 – 2000	Victoria Golf Club
1986 – present	United Way Greater Victoria

Nominated and Supported By:

Patricia Jelinski, United Way Greater Victoria
Patrick Corrigan, Pacific Opera Victoria Foundation
Heather Skydt, Oak Bay News
Hazel Braithwaite, District of Oak Bay

Dick’s volunteer activities are varied – as you can see from his nominee highlights – but his commitment to the United Way is unbeatable. Dick says that “support is needed in all the areas of society” and “the United Way is the only charitable agency, in my opinion, that can define where the money is needed and can GUARANTEE the funds are spent as required.” The United Way recognizes Dick’s efforts both in fund raising and recruiting new volunteers. In 2011 he became an honorary lifetime member and in 2014 he became a red feather friend – the red feather signifies 25 years of continuous support to the agency.

Pacific Opera Victoria and the District of Oak Bay support Dick’s nomination too. Dick and his family moved to Oak Bay over 40 years ago and he has helped to maintain the community in a variety of ways including being on the Parks and Recreation Commission.

Pacific Opera Victoria has found a multi-tasking volunteer who came to them through his love of the performances they offer. His “enduring youthful spirit that energizes and inspires” has him attending events and performances, as well as mentoring others while he works on fundraising development and strategies.

“Dick has been a true mentor and role model.”

Valued Elder Recognition Award

ROBERT (BOB) FERGUSON

2009 – 2010	Saanich Peninsula Hospital
1998 – present	Belfry Theatre
1998 – present	Craigdarroch Castle
1986 – 1994	Saanich Police

Nominated and Supported By:

Kate Humble, Craigdarroch Castle
 Montana Mills, Craigdarroch Castle
 Courtney Malek, Craigdarroch Castle
 Adriana Ayers, Craigdarroch Castle

Bob is a retired BC Parks employee who started many of his volunteer activities before he retired. When asked why he volunteers, Bob doesn't tell you that he enjoys helping people but that is exactly why he does it. His sense of humour and adaptability make his communication skills extraordinary which is especially important in venues like Craigdarroch Castle and the Belfry Theatre where working with guests is such a large part of the work he does. Bob's experience, work ethic and willingness to share knowledge has made him an asset in training staff and volunteers. Bob's love of history and willingness to go above and beyond is remarked on by all at Craigdarroch Castle.

"He is clearly dedicated to giving back to his community and he does it with a youthful sense of joy."

WYNNE ARDEN

2004 – present	Belfry Theatre
1991 – present	Craigdarroch Castle

Nominated and Supported By:

Kate Humble, Craigdarroch Castle
 Montana Mills, Craigdarroch Castle
 Courtney Malek, Craigdarroch Castle
 Adriana Ayers, Craigdarroch Castle

Wynne enjoys history and theatre as well as contributing to our community. So it's no surprise that her current volunteering is with the Belfry Theatre and Craigdarroch Castle. What aren't listed are the agencies she's helped in the past, including the Thrifty Foods Sendial program and the Land Conservancy of BC.

Wynne is seen as "enormously engaging and enthusiastic." She also trains volunteers at Craigdarroch Castle – using a shadow training process – and she does it so well that some of them actually end up with paid positions! Sharing knowledge is the important part of her job at Craigdarroch Castle – and while she is one of the longest serving docents, she is always will to learn...making her very valuable indeed.

At the Belfry, Wynne works the concession, takes tickets and greets patrons. Quite a different skill set but the clear message is how much she likes people and wants to help them.

"I have always been struck by her openness to learn new information and to adapt with the organization."

Valued Elder Recognition Award

The VERA recipients of 2015 are:

MAUREEN WALKDEN

1990 – present Society of Saint Vincent de Paul

Nominated and Supported By:

Margaret MacIntyre, Society of Saint Vincent de Paul

Pat Mochrie, Society of Saint Vincent de Paul

Carmen Gillevet, Society of Saint Vincent de Paul



Maureen enjoys people, especially talking to them. Helping them is just part of her life. And she believes that volunteering to help others makes our community a compassionate, helpful place. She is seen as a mentor and valuable colleague by her fellow volunteers. They see Maureen helping people to feel better about themselves and their daily struggles. It doesn't matter if she is in the office, at the food bank, or in the community – Maureen is someone St. Vincent de Paul's and their clients can count on.

Compassion alone is not enough – reliability, being a team player, and then add the sparkle in her eye and you have the perfect combination for a perfect volunteer.

And then there are always the “little extras”. Because Maureen pays attention to those she wants to help, when that help falls outside the guidelines, Maureen just takes care of it herself. And because her volunteering is faith-based, so many things she does, like supporting her church go unmentioned.

“Maureen has a real twinkle in her eye, which adds warmth to her commitment and caring.”

ARTHUR KRATZMANN

2000 – 2015	Dawson Heights, CRD
2000 – 2009	BC Council of Educational Leadership
1969 – 2015	CRD, as a travelogue enthusiast
1970s – 1980s	BC Knowledge Network
1960s – 1969	Alberta Early Childhood Education Council

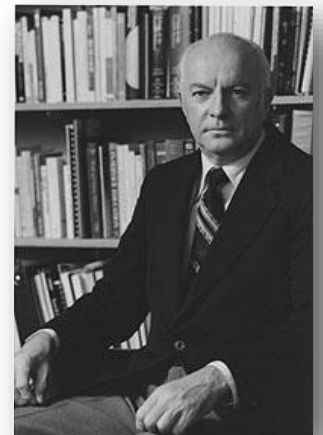
Nominated and Supported By:

Anita Angelozzi, Dawson Heights Housing Ltd.

Kathleen Warwaruk, personal reference

Anne Nelson, Saanich Silver Threads

Karen Hope, Dawson Heights Housing Ltd.



Arthur has recently passed away. But I would like to tell you a bit about him because he has been committed to every community he has lived in – including the CRD. When he made the move to Victoria and joined UVic's Faculty of Education in 1969, Arthur took on leadership roles. In particular, he was the Dean of Education from 1980-1982. For those of you unfamiliar with the academic environment there are two things you should know: 1) taking on administrative jobs are a lot of work with little to no financial gain, and 2) faculty never really retire they just become emeriti. The diction-

Valued Elder Recognition Award

ary says that emeriti is “holding after retirement an honorary title corresponding to that held last during active service”. My experience is it is anything but honorary – and Arthur is an example of someone who continued to serve.

While his working life continued Arthur was committed to making knowledge accessible, not just for children but for everyone. That’s why he helped found the BC Council of Educational Leadership and the BC Knowledge Network. It’s also why the one consistent volunteer activity that Arthur has done since 1969 (45 years) is presenting his travelogues – although travelogue hardly does his lectures justice because he didn’t just share pictures and stories of where he’s been, he shared the history, culture and the local trivia we all crave.

“Arthur embodies all the very best aspects of a volunteer: he is generous with his time, giving of himself, kind, supportive, helpful, selfless, mindful of everyone, a true community builder.”



VERA nominees from left to right: Wynne Arden, Joan Smith, Pat Williamson, Ida Marie Foster, Dick Cavaye, Beth Potter, and Maureen Walkden

Missing: Bob Ferguson, Arthur Kratzmann

Ladner News

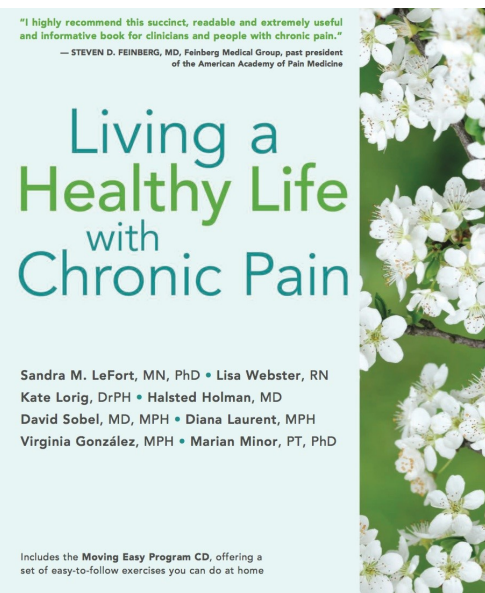
Ladner Office receives visitors from Kazakhstan

The Canadian Society for International Health (CSIH) is an Ottawa-based NGO that works both domestically and internationally to reduce global health inequities and strengthen health systems. CSIH

is currently working on a Health Sector Technology Transfer and Institutional Reform Project in Kazakhstan, financed by the Republic of Kazakhstan and the World Bank. One component of this project has CSIH supporting the Ministry of Health and Social Development, Centre for Healthcare Standardization, and local health authorities in Disease Management Programs (DMP) development and implementation. Victoria and Vancouver were selected as the locations to visit and learn about DMPs from organizations and experts championing these programs, and observe how primary care, community care clinics, and facilities operate and approach disease management, including working with complex patients with co-morbidities.

Two visits took place (August 26th and September 21st) with approximately 15 participants in each study tour consisting of physicians, other health polyclinic staff, and Ministry of Health and Centre for Healthcare Standardization personnel. The CSIH requested meetings with our Self-management team because they indicated that we understood how policy could influence self-management support; could expose them to new ideas about how to support self-management through evidence based programs; were using peer volunteers in substantial and important ways; and that we were champions for change.

Chronic Pain Self-Management Program



"I highly recommend this succinct, readable and extremely useful and informative book for clinicians and people with chronic pain."
— STEVEN D. FEINBERG, MD, Feinberg Medical Group, past president of the American Academy of Pain Medicine

Living a Healthy Life with Chronic Pain

Sandra M. LeFort, MN, PhD • Lisa Webster, RN
Kate Lorig, DrPH • Halsted Holman, MD
David Sobel, MD, MPH • Diana Laurent, MPH
Virginia González, MPH • Marian Minor, PT, PhD

Includes the Moving Easy Program CD, offering a set of easy-to-follow exercises you can do at home



In the past three months, the Ladner Office has been involved in update training for the revised Chronic Pain Self-Management Program. The program has a new book and content reflecting the latest information on the management of chronic pain. In total, 36 Master Trainers will have taken an update webinar from Stanford University. Once trained, the Master Trainers will go on to conduct one-day in-person update trainings for the existing provincial pool of Chronic Pain Self-Management Program Leaders. Currently, half of the self-management programs offered by UVic are for persons living with chronic pain. To attend this program please visit www.selfmanagementbc.ca or call Self-Management BC at toll free 1-866-902-3767.

Ladner News

Diabetes Coach Study

The Diabetes Coach study, funded by the Lawson Foundation, continues to recruit both participants and coaches. To date, 67 coaches have completed the three-day training and 42 participants have been paired with a coach. A total of 209 persons have inquired about participation in the study. At this time, 36 participants are waiting to be matched with a coach, the majority being men. Participants are recruited from the Fraser Health Diabetes Health Centres and through newspaper ads to the general public. Coaches from the initial training are completing their six-month relationship with the participants. Qualitative data is being collected with coach check-ins every two weeks. The next coach training will be held in October in Chilliwack.



Staff achievements



Gemma Fletcher, Program Coordinator for the Online Chronic Disease Self-Management Program recently completed a Master of Public Health (MPH) degree from the University of British Columbia. Gemma studied many topics as part of her degree including: Statistics for Health Research, Epidemiological Methods, Health Care Priority Setting, Leadership in Public Health, Public Health Ethics and Surveillance and Monitoring in Public Health among others. Gemma also took part in a practicum at the Ladner office. During this practicum she assisted Dr. McGowan, the principal investigator for “The Role and Effectiveness of Diabetes Coaches in British Columbia” project in quantitative and qualitative research activities.

Jagdev Bains has been accepted as a doctoral student in the Department of Physical Education at Visva-Bharati University in India. He has been considering this educational goal and has a tentative focus for his research. With Dr. McGowan as a research co-guide Jagdev hopes to do a comparative study of well-being and self-management skills with South Asians in Canada and India. This will be a good collaborative opportunity between Visva-Bharati University and the University of Victoria.





Optimizing Aging & Health: Methods and Applications Centre on Aging Colloquium Series, Fall 2015

The Centre on Aging (COAG) is a research intensive centre at the University of Victoria (UVic) with a key emphasis on advances in the health, cognitive vitality, and well-being of an aging community. This colloquium series has been developed to highlight both substantive and methodological innovations and applications in aging research. This fall, our colloquium series emphasizes aging-related research in patient-reported outcomes, biomarkers of aging, research methods, and technology and aging.

Location: University of Victoria, Medical Sciences Building, Lecture Hall - Room 160

Note: Sessions will also be available via live web streaming and posted to our YouTube channel

Registration: Impotter@uvic.ca

Time for all sessions: Tuesdays, 10:30AM to 12:00PM. **Come early! Enjoy coffee and snacks with other attendees from 9:45 to 10:25AM in the lobby outside the lecture hall.**

Schedule of Tuesday Sessions

October 13, 2015 10:30AM to 12:00PM	Speakers: Andrey Koval and Cassandra Brown with William Beasley Topic: Visual tools for big analyses: cross-study replication of bivariate growth models
October 20, 2015 10:30AM to 12:00PM	Speaker: Andrew Moore Topic: Flourishing Not Languishing: Aging Well in Community
October 27, 2015	<i>No Colloquium today</i>
November 3, 2015 10:30AM to 12:00PM	Speaker: Rick Sawatsky (Trinity Western University) Topic: Patient-Reported Outcome Measures (PROMs)
November 10, 2015	<i>Reading Break - no Colloquium today</i>
November 17, 2015 10:30AM to 12:00PM	Speaker: Eli Puterman (University of British Columbia) Topic: The Psychological and Biological Benefits of Physical Activity to Individuals with High Stress in Their Lives.

Next term's sessions will begin on January 26, 2016


Candrive
Driving research for older adults.
Au volant de la recherche sur les aînés.

Candrive, driving research for older adults, a large, international study has just been named the AUTO21- NCE Video Contest winner. The video looks at Innovations that enhance the safety of older drivers (also the title). It is available on YouTube and you can access it [here](#).

Centre on Aging Scholarships 2015

Congratulations to our 2015 recipients! They are:

- Alice Lou-Poy Scholarship: **Chantel Mayo**, Clinical Neuropsychology
Masters of Science
Supervisor: Dr. Jodie Gawryluk
- Centre on Aging Scholarship: **Taylor Hainstock**, Social Dimensions of Health
Masters of Arts
Supervisor: Dr. Denise Cloutier
- David Chuenyan Lai Scholarship: **Erin Donald**, School of Nursing
Doctorate of Philosophy
Supervisor: Dr. Kelli Stajduhar
- Neena Chappell Scholarship: **Linda Outcalt**, Interdisciplinary in Sociology and Theatre
Doctorate of Philosophy
Supervisor: Dr. Neena Chappell

Congratulations to Scott Hofer!



Dr. Hofer was presented with the 2015 Tanaka Award for the Most Outstanding Article by the Society of Multivariate Experimental Psychology. The award is for “*Fighting for Intelligence: A Brief Overview of the Academic Work of John Horn*” published in *Multivariate Behavioral Research*, *Volume 49*, pp. 1-16 with co-author John

McArdle. John L. Horn (1928–2006) was a pioneer in multivariate thinking and the application of multivariate methods to research on intelligence and personality. His key works on individual differences in the methodological areas of factor analysis and the substantive areas of cognition are reviewed in [the article](#). Check [here](#) for more information about the Tanaka Award.

Alzheimer's Drug Therapy Initiative (ADTI): Research Report Summary

The Alzheimer's Drug Therapy Initiative (ADTI) was announced in October 2007, consisting of three concurrent programs: drug coverage, education, and research. The PharmaCare program covered cholinesterase inhibitors (ChEIs) with approval of a Special Authority (SA) form submitted by physicians. A dementia education strategy for physicians offered professional development between November 2007 through June 2012. The research program consisted of four studies conducted from the University of Victoria (UVic) and one from the University of British Columbia (UBC). The report contains the results from the four UVic studies and concludes with comments to inform policy in British Columbia (BC). The drug coverage and research components of the ADTI constitute a program of 'Coverage with Evidence Development'.

Dementia is a clinical diagnosis based on a constellation of symptoms showing deterioration in previous mental capacities. As a result, reliable and valid measurement of dementia is difficult and complex with wide variation from person to person.

KEY POINTS

Seniors' Medication Study (SMS)

The SMS was a prospective longitudinal observational study. It sought to understand outcomes of ChEI use in patients with an initial indeterminate response and to assess the adequacy of the Standardized Mini-Mental State Examination (SMMSE) on the SA form.

The study showed SMMSE scores submitted by physicians on the SAs correlated quite well (~ 0.65) with the Clock-Drawing Test (CDT) and Telephone Interview for Cognitive Status (TICS), similar to correlations for the reliability of blood pressure measurements.

Clinical Epidemiological Project (Clin Epi)

This observational study drew on data from SA forms and provincial administrative datasets in order to examine response to ChEIs among those covered under the ADTI.

The **Clin Epi** showed SMMSE scores and other cognitive function measures fluctuated considerably between enrolment and first SA renewal, even among 'non-naïve' patients. After various adjustments, the average change in SMMSE score among naïve patients (new to a cholinesterase aChEI), by 6 months was +1.6 points, consistent with observations in randomized clinical trials (e.g., +0.8 in the AD2000 trial). This average change is small compared to the natural fluctuation between first and second SMMSE in individual patients (standard deviation of +3.5 points; 95% of fluctuations falling within +7 points). SMMSE response could not be predicted from available data nor were there differences in outcomes for different types of ChEIs. There was indirect evidence that a drop in SA-measured cognitive function was associated with early stopping of ChEIs. These findings are limited by lack of a valid comparison group and large loss to follow-up (approximately 40%).

Utilization and Cost Project (U & C)

This series of studies drew on provincial administrative data to examine use of and costs of other health care services prior to and after the ADTI was launched and the effect of ChEI use on clinical outcomes and

costs of health services. It applied rigorous methodology to account for limitations of the data and to minimize bias, including confounding.

The **U & C** revealed no change in trends of utilization or costs of health services after ADTI introduction, except for a shift in drug costs to PharmaCare from other payers, and a small increase in costs of services by general practitioners (\$3.70/patient). Direct comparisons of ChEI users with non-users, among patients with Alzheimer's disease and related dementias (ADRD) demonstrated increased costs of health services in patients with low-moderate costs (up to \$1.50/day) but decreased costs in those with heavy costs (up to \$10/day). ChEI users had longer survival in the first two years, then similar survival, dropping to shorter survival in patients alive at the beginning of the fifth year since diagnosis. When examining monthly trends, ChEI use was associated with a growth in mortality rates from month to month during the seven years following diagnosis compared with a slow decline in non-users. ChEI use was associated with increased long-term care entrance compared to non-use. Due to the nature of the data and the observational study design, the results are inconclusive; causation cannot be imputed. They are suggestive only, and additional research is warranted.

Caregiver Appraisal Study (CAS)

This study included face-to-face interviews, province-wide, with just over 900 family caregivers to persons prescribed ChEIs and covered for the medications under PharmaCare.

The **CAS** revealed differential findings depending on the measure used. The benefit perceived was small and inconsistent. Caregivers thought patients were calmer and disease progression slowed but saw little improvement in abilities or behaviour. Caregivers were unblinded, and a placebo effect could not be calculated. Caregivers' appraisals of patients' improvement or deterioration did not correlate well with clinicians' assessments on SA forms.

Summary

There is insufficient evidence to support coverage of ChEIs based on the findings from these four studies. The indication of possible increased mortality among ChEI users is uncertain and warrants further research. If coverage of ChEIs continues, the SA process should be maintained to ensure standardized clinical assessments over time, allowing clinicians to recommend stopping the medications in patients who are deteriorating. If coverage of ChEIs is stopped or restricted, the impact should be measured by delaying the policy change in some areas and comparing patients' rates of entry into long-term care between comparable areas.

UNIVERSITY OF VICTORIA

Co-Principal Investigators

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Director's Perspective continued

linkage with UVic CanAssist and two Canadian networks on technology, aging, and frailty and various research groups at UVic and Island Health. UVic researchers are engaged in impactful research and policy on end of life and palliative care. Another recently formed research alliance provides a broad forum for stakeholders in the issues and care of frail seniors.

This is a very exciting time for all of us engaged in aging and dementia research and health care on Vancouver Island. These are complex challenges and will require all of us to bring our best efforts and expertise to advance our knowledge of the underlying processes, to optimize preventative interventions, and to provide the best care we can. There are many issues that we need to discuss openly with all stakeholders, and particularly with our communities, in terms of our research focus, privacy and use of data, and how we make use of study results that might indicate increased risk of a particular health condition or early detection of dementia related change. I am certain that we have much to gain by collaborating on a regular basis on these important issues. Join us!

Self Management BC

Persons with chronic health conditions and family members can participate in self-management programs offered in communities throughout BC at no cost. These are evidence-based programs which provide information, teach practical skills and give people the confidence to manage their health condition(s).

For more information you can visit the [website](http://www.selfmanagementbc.ca/) at <http://www.selfmanagementbc.ca/> or you can call toll-free at 1-866-902-3767.

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Articles and submissions provided by: Chris Dance, Taylor Hainstock, Scott Hofer, Lois Holizki, Patrick McGowan, Nina Perisic, Leah Potter provided VERA photos

We invite your submissions, comments and contributions. Forward all correspondence to the editor, Lois Holizki.

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Research Throughout the Life Course

