



THE IALH UPDATE

In this issue:

Reinventing
Virtual Care

Resources

Congratulations

Opportunities

Upcoming Events

IALHMoves

Reinventing Virtual Care



Photo by Karolina Grabowska, Pexels.com

The term virtual care has been defined as “any interaction between patients and/or members of their circle of care, occurring remotely, using any form of communication or information technologies, with the aim of facilitating or maximizing the quality and effectiveness of patient care”. Virtual care includes but is not limited to: virtual visits with a health care provider using a personal smart phone or computer; remote monitoring of chronic conditions such as heart disease and diabetes; and the use of technologies to enable a patient to be cared for at home.

In a recent publication, IALH Research Fellows Elizabeth Borycki and Andre Kushniruk (both in Health Information Science) noted that virtual care has the potential to make health care more “accessible, equitable and economic”. However, they also describe some of the challenges associated with virtual care and argue for the importance of integrating commercially available technologies used by patients (such as smart phones and smart home technologies) with digital technologies used by governmental and health care organizations (such as hospitals). The researchers noted that “For this to happen, research is needed to understand what consumers already use, how they use these technologies, and how technology can be integrated within the formal healthcare system to provide tailored, seamless care and avoid costly duplication and inefficiencies.” For more information, go to <https://journals.sagepub.com/doi/10.1177/08404704211062575>

Resources

Long Term Care Standards

The Health Standards Organization and the CSA Group have recently released complementary, independent long-term care standards. Collectively, the two standards provide guidance for delivering safe, reliable services in long-term care homes that are centred on residents’ needs. The goals of the standards are to:

- a) foster a healthy and competent workforce;
- b) create safer physical environments; and
- c) promote a culture of quality improvement and learning across long-term care homes.

For more information on the standards go to <https://healthstandards.org/standard/long-term-care-services-can-hso21001-2023-e/> and <https://www.csagroup.org/store/product/CSA%20Z8004%3A22%20CANADA/>

(Section continued on next page)

Resources (cont'd)

The Who, What, Where, and When of Alzheimer’s Disease Biomarker Testing

Biomarker testing for Alzheimer’s disease is now available in Canada. In this [webinar](#), Dr. Mari DeMarco of St. Paul’s Hospital (in Vancouver) and the lead of the national testing program, describes what biomarkers are measured, who will benefit from the testing, and when testing is recommended. For more information, on this and other webinars hosted by the Alzheimer Society of BC, go to <https://alzheimer.ca/bc/en/help-support/programs-services/webinars/recorded-videos>

Minds on the Go

Minds on the Go is an initiative of Momentia Victoria. Individuals with memory loss and their care partners are able to enjoy arts and cultural events in Victoria in dementia friendly settings. Upcoming events include:

- Pacific Opera’s *Così fan tutte* (Mozart) on April 10
- Belfry Theatre’s *Old Stock* on April 26
- Victoria Symphony’s *The Doo Wop Project* on May 7

For more information, go to <https://www.momentia victoria.org/>

Congratulations

Congratulations to IALH Research Fellow Kelli Stajduhar on receiving the CIHR-IHSPR 2022 Barer-Flood Prize in Health Services and Policy Research!

From the CIHR website:
“The Barer-Flood Prize is named in honour of the leadership, vision and innovative contributions of the first two Scientific Directors of CIHR-IHSPR, Drs. Morris Barer and Colleen Flood. In their roles as Scientific Directors, Dr. Barer and Dr. Flood made tremendous contributions towards advancing the field of health services and policy research in Canada, building a community of world-class researchers, and designing innovative new programs that foster evidence-informed decision making and improved health and health care for Canadians.”

For more information, see <https://cihr-irsc.gc.ca/e/53386.html>



Opportunities

Office of the Seniors Advocate Recruiting Advisors

The Office of the Seniors Advocate (OSA) is recruiting new members for its Council of Advisors. The Council of Advisors is an engaged and connected group of seniors that provides the Seniors Advocate with advice and feedback on issues facing seniors in British Columbia. They offer the perspective of seniors from diverse backgrounds, ages, geographical areas and cultures. BC residents aged 55+ are invited to apply.

For more information, please visit: <https://www.seniorsadvocatebc.ca/uncategorized/now-recruiting-apply-to-be-a-member-of-the-osa-council-of-advisors/>

Supporting Individuals to Age at Home

The National Seniors Council is seeking input regarding ways to further support people wishing to age in their homes and communities for as long as possible. Older adults, caregivers, individuals who have experience or expertise working with older adults, and individuals representing diverse voices in our communities are encouraged to share their thoughts and ideas. The online consultation will close **April 14, 2023**.

For more information, and to participate, go to <https://www.canada.ca/en/national-seniors-council/consultation-aging-at-home.html>

(Section continued on next page)

Opportunities (cont'd)

Digital Information Needs and eHealth Literacy of Older Survivors of Cancer Living in British Columbia

IALH Research Fellow Lorelei Newton (Nursing) is looking for individuals 70 years of age and older who have completed cancer treatment within the past 3 to 8 years. Study participants will be asked to complete a survey regarding their experiences accessing digital health information. In recognition of their time, participants can choose to enter a draw for one of two \$50 gift cards. To participate in the survey, go to <https://www.surveymonkey.ca/r/R5SV8HW>.

For more information regarding the study, contact Dr. Newton via email at lolelei@uvic.ca or by phone at (250) 721-6462.

Exploring Psychedelic Usage in Athletes and Attitudes Towards Psilocybin Use for Concussion Recovery

Baeleigh VanderZwaag is a Masters Student in the Department of Psychology at the University of Victoria, and an IALH Student Affiliate. For her Masters thesis project, Baeleigh is looking for individuals to participate in an anonymous online survey to share their opinions on the usability of psychedelic drugs and psilocybin ('magic mushrooms') to aid concussion recovery.

To participate, you must:

- be 18 years of age or older;
- be involved in sports at any level of competition as an athlete OR staff member (i.e., coach, trainer, admin);
- currently reside in Canada or the United States.

To participate, please visit tiny.cc/sportpsilocybinsurvey

For more information, contact Baeleigh at sportpsilocybinsurvey@gmail.com. This project is being supervised by Dr. Mauricio Garcia-Barrera, Director of the [CORTEX Lab](#) at the University of Victoria and an IALH Research Fellow.

Upcoming Events

Healthier Brains: A Community Presentation

Monday, March 27, 2023 6:00 to 8:00 pm (Pacific), via Zoom

In this session, which is hosted by the Alzheimer Society of Saskatchewan, Dr. Paul Mick will discuss the link between sensory loss and dementia and how you can reduce your risk. For more information or to register, go to <https://app.etapestry.com/onlineforms/AlzheimersSaskatchewan/HBCP.html>

Social Dimensions of Health Student Conference 2023

Tuesday, April 4, 2023 9:30 am to 4:30 pm

Social Dimensions of Health (SDH) is an interdisciplinary graduate program at the University of Victoria shared between the faculties of Social Science, Humanities, Education, and Human and Social Development. SDH's programmatic focus on equity, social justice, community-based research and evidence-based modeling form the basis of the SDH Student Conference. Every two years, SDH students host a conference to share their research with one another and the community. The fourth bi-annual conference will take place on Tuesday, April 4, 2023 from 9:30 am to 4:30 pm in-person at the University of Victoria and via Zoom. The conference is being held at The Grad House boardrooms (Room 112 and Room 108).

If you would like to attend, please register at <https://forms.gle/giaX4N358BJT6Zk6>.

To view the conference program, see <https://www.uvic.ca/research/centres/aging/assets/docs/sdh-student-conference-2023-program.pdf>.

(Section continued on next page)

Upcoming Events (Cont'd)

CRC Talks: Using Digital Story-Telling to Capture Untold Stories of Medical Assistance in Dying

April 13, 2023, 11:00 am to 12:00 pm (PST) via Zoom

Kathy Kortes-Miller, MSW, PhD is an associate professor at the School of Social Work and the Director of the Centre for Education and Research on Aging and Health (CERAH) at Lakehead University. Kathy’s research provides a deeper understanding of the experiences of family and informal support networks (friends) that accompanied someone throughout their dying process involving MAiD in the province of Ontario. Using a social constructivist perspective to better understand the experiences of those who have been impacted by MAiD, digital stories were curated by research participants alongside members of the research team.

This event is presented by the Palliative Approaches to Care in Aging and Community Health team led by Dr. Kelli Stajduhar.

Join the meeting: <https://uvic.zoom.us/j/83985295050>

**This presentation will not be recorded.

Masterminds 2023

April 12, 19, & 26, 2023, 7:00 - 8:15 pm, Via Zoom

This annual series of lectures on Wednesday evenings in April showcases the spectrum of university research and performance. Masterminds is sponsored by the UVic Retirees Association and the Institute on Aging and Lifelong Health, with support from the University of Victoria. Registration is now open for this year’s Masterminds lecture series, presented via Zoom. This year’s presentation schedule is:

April 12 - You Are What You and Your Gut Bacteria Eat

Speaker: Ed Ishiguro, PhD, Professor Emeritus, Biochemistry & Microbiology

About 30 trillion bacteria live in your digestive tract. This presentation, in nontechnical language, describes how they are acquired, how they interact with your diet, and how their activities influence your overall health. This essential information is not explained in the Canada Food Guide.

April 19 - Exercise is Medicine: A Broad-Spectrum Prescription for All

Speaker: Kathy Gaul, Professor Emeritus, School of Exercise Science, Physical & Health Education

This session will explore the prescription of exercise for preventing many chronic diseases, and treating, managing and recovering from illness. Its impact is broad and the evidence strong: If a single medicine was available that could do all that plus enhance cancer treatment effectiveness, improve mental health, and had unlimited refills, would you not want to take it? This “medicine” is Exercise!

April 26 - Physical Literacy Powered by Environment

Speaker: PJ Naylor, PhD, Professor Emeritus, School of Exercise Science, Physical & Health Education

This session will introduce the concept of physical literacy, describe its components and then discuss why it is important across the lifespan from childhood to older adulthood. Dr. Naylor will highlight ideas for creating physical literacy supportive environments in our communities and discuss the implications of what we know about physical literacy for individuals.

To register for one or all of these events, see <https://TinyURL.com/Masterminds2023>

Institute on Aging and Lifelong Health
University of Victoria
PO Box 1700 STN CSC
Victoria BC V8W 2Y2

250-721-6369
IALH@uvic.ca



UVic Institute on Aging
and Lifelong Health



@UVicAging



UVic Institute on Aging
and Lifelong Health

#IALHMoves

with Elena Hagedorn - Cyclist

“I especially liked the social aspect of riding as a group. ”

Elena Hagedorn is IALH's Finance Administrator. When she is not balancing the budget or assisting with post-grant support, Elena enjoys cycling in the communities of Greater Victoria.

How did you get started in this activity?

I signed up for a group cycling clinic put on by a local club and fell in love with the sport. I especially liked the social aspect of riding as a group. When the clinic was finished, I decided to join the club's weekly rides around town.

How long have you been doing this activity and what changes have you noticed over time?

Cycling was a great way to get me started with being active. I started about 5 years ago. I was able to lose some weight and keep it off. Cycling also helps me sleep better.

What helps you to stay motivated to keep doing this activity?

Being healthy is my motivator. I have a family history of diabetes, and although I have not been diagnosed with it, I know that keeping my weight in check and exercising are the best forms of prevention.

Where is your favourite local place to do (or train for) this activity?

The Lochside and Galloping Goose trails are my favourite rides. They are beautiful and mostly traffic free. Victoria also has a great network of bike lanes.

I have also participated in a few long rides. In 2020, I completed a 100KM ride in Monterey, Mexico. In 2022, I completed Tour de Victoria and the Kootenay Rockies Gran Fondo, both 60KM rides.



What challenges do you face trying to maintain or fit this activity into your daily routine?

Winter months are a challenge. There is not enough time to go on long rides during daylight hours. Weather is another challenge.

How do you overcome this challenge?

Sometimes I ride to work. If I'm short on time, or the weather is particularly terrible, I can use a bike stand for indoor cycling. I also walk and hike to keep active.

What advice would you offer to someone who would like to try or is just starting out in this activity?

1. Just try it. Join a club — there are clubs for all ages and abilities.
2. Make sure to ride a bike that fits you properly.
3. Cycling is the best way to explore and will take you on many different adventures.

“Cycling is the best way to explore and will take you on many different adventures.”

