



## LONG-TERM CARE CONNECTS

### Quarterly Newsletter



## WELCOME!

by Dr. Natasha Gallant

We created Long-Term Care Connects as a platform to connect residents, unpaid caregivers, long-term care staff, researchers, policymakers, and advocacy groups associated with long-term care. Through this platform, we commit to changing care to promote equitable and inclusive long-term care systems for residents, unpaid caregivers, and long-term care staff. Want to learn more? Check out our [website](#) and follow @LTC\_Connects on [Twitter](#), [Instagram](#), and [Facebook](#)!

We also have updates to share about our Implementation Science Team: Strengthening Pandemic Preparedness in Long-Term Care. Most importantly, our project deadline has been officially extended to March 31, 2023! One of the primary reasons for this deadline extension is the delays associated with the COVID-19 pandemic. We now have ethics approval from all institutional review boards, so we are ready to begin the real work with the help of an awesome team of researchers and knowledge users.

## INSIDE THE ISSUE

### Welcome!

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### Update on...

- Intervention Development
  - Equity, Diversity, Inclusion
  - Knowledge Translation
- 

### Meet the Researchers

- Aislinn Conway, PhD
  - Logan Lawrence, PhD
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### Contact Us

## Questions?

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

Send us an email at [IST.LTC@uregina.ca](mailto:IST.LTC@uregina.ca) and we will forward it to the right person.



## UPDATE ON INTERVENTION DEVELOPMENT

### ETHICS

We received ethics approval from Research Ethics Boards at the University of Regina (March 2021), University of Waterloo (July 2021), McMaster University (January 2022), and University of New Brunswick (March 2022).

### LOCH LOMOND VILLA

#### SAINT JOHN, NB

- We have hosted seven standing committee meetings with 2 essential care partners and 2 staff members from May 2021 to the present to co-develop our intervention.
- Together with members of our standing committee, we have are co-developing an Infection Prevention & Control Virtual Training for Essential Care Partners to supplement the in-person training that is already provided at the facility. We are also working on communication within the home by developing a Question Prompt List that will provide new or returning essential care partners with a list of questions to ask of staff members as well as some general answers to those questions.

### MACASSA LODGE

#### HAMILTON, ON

- We have hosted three standing committee meetings with 11 residents, 4 essential care partners, and 7 staff members from August 2021 to October 2021 to introduce the project and discuss project ideas.
- In the coming months, we will work with members of our standing committee to identify and co-design an intervention that will support unpaid caregivers.

### REGINA LUTHERAN HOME

#### REGINA, SK

- We are planning to host our first standing committee meeting with 3 to 4 residents, 3 to 4 essential care partners, and 3 to 4 staff members in mid- to late-March.

# UPDATE ON EQUITY, DIVERSITY, AND INCLUSION

## Equity & Inclusion Considerations in Long-Term Care Research

- Build strong relationships with underrepresented groups that are rooted in trust and an understanding of that group's history.
- Engage with underrepresented groups in the broader community to establish best practices for engagement in long-term care.
- Recognize that it may be more appropriate to consult with one underrepresented group at a time before bringing all perspectives together.
- Ensure that any underrepresented group is represented by multiple voices rather than a single voice.
- Increase accessibility through financial compensation; transportation, interpretation, and translation services; childcare and caregiving supports; audio and visual aids.
- Create a safe space for difficult, emotional, traumatic stories to be shared and offer appropriate follow-up supports for sharing those stories.
- Offer many forms of participation and not a one-size-fits-all approach.



## Suggested Readings

- Interested in learning about historical influences on long-term care systems in Canada?
  - Follow this [link](#) for a detailed account of the history of LTC in Canada.
  - Follow this [link](#) for a short history of LTC in Nova Scotia.
- Interested in learning about the difference between proposals for reforming vs abolishing LTC systems?
  - Follow this [link](#) for a tool consider, assess, and understand these differences.

# UPDATE ON KNOWLEDGE TRANSLATION

## A Look Back

MAR.  
2022

### WEBSITE & SOCIAL MEDIA LAUNCH

Our [website](#) as well as [Twitter](#), [Instagram](#), and [Facebook](#) accounts were officially launched!

FEB.  
2022

### MANUSCRIPT SUBMISSION

We submitted a manuscript for a special issue of the *Societies* journal.

NOV.  
2021

### KT PLANNING COLLABORATION

We completed a planning session with support from AGE-WELL's Advancing Policies & Practices in Technology & Aging Innovation Hub to further refine our messaging, metrics, and timeline.

OCT.  
2021

### RAPID REVIEW PRESENTATION

We presented the findings of our initial rapid review at the Canadian Association on Gerontology's 50th Annual Scientific & Educational Meeting.

JUL.  
2021

### PROJECT PROTOCOL PRESENTATION

We [presented our project protocol](#) at the [4th UK Implementation Science Research Conference](#).

JUL.-  
SEPT.  
2021

### GOVERNMENT STAKEHOLDER ENGAGEMENT

We met with government stakeholders (e.g., New Brunswick Health Research Foundation; Ontario Ministry of Long-Term Care).

## A Look Forward

- We are presenting on ways to address social isolation among older adults in continuing care at the Research Institute for Aging's Walk with Me Virtual Conference.
- We are co-writing a manuscript for a special issue in the *Healthcare Quarterly* journal with other IST leads focused on family presence in long-term care with a targeted publication date of late Fall 2022.
- We are working on an umbrella review examining social isolation and loneliness among older adults in continuing care settings.
- We are currently updating our rapid review on interventions for family and other informal caregiver involvement in long-term care.



# Meet the Researcher

## Aislinn Conway

BORN Ontario



### **What is your role on this project?**

I am Co-Lead of Knowledge Translation with Dr. Logan Lawrence and we are working with the larger IST project team and Advancing Policies and Practices in Technology and Aging (APPTA) at the AGE-WELL National Innovation Hub.

### **What is the most rewarding aspect of your work?**

The most rewarding aspect of my work has been the opportunity to connect virtually and hear from older adults, essential care partners, and long-term care staff during standing committee meetings. Learning about their experiences and perspectives during these interactions has been extremely insightful, and I feel very fortunate to collaborate on this project with a team of researchers who recognize the value of active engagement with knowledge users.

### **What is the most challenging aspect of your work?**

The most challenging aspect of my work has been understanding and planning how to address the complex nature of the impact of the pandemic on long-term care.

### **How did you first become interested in contributing to this work?**

Learning about the devastating physical and mental impacts of the COVID-19 pandemic on older adults motivated me to get involved in this research. For many older adults living in long-term care during the pandemic, their fear and uncertainty has been compounded by the physical absence of their families and friends. This project led by Dr. Natasha Gallant focuses on implementing an intervention to help reintegrate essential care partners into these settings.

### **Where is your research headed in the next five years?**

I will continue to contribute to health system research in the field of integrated knowledge translation prioritizing meaningful stakeholder engagement. I hope that my research will contribute to the implementation of strategies that benefit knowledge users and improve the quality and safety of healthcare delivery.

# Meet the Researcher

## Logan Lawrence

Nova Scotia Health



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

I'm interested in how we can create better health policies through research as well as by better working with stakeholders. This interest pairs nicely with my work on this project, where I Co-Lead the Knowledge Translation with Dr. Aislinn Conway.

### **What is the most rewarding aspect of your work?**

I like making new partnerships. When we build relationships with people who haven't been a part of research or weren't aware of our project, we can influence how someone thinks about a topic, and maybe even inspire them to do something differently. It's like we created something of value that wasn't there before.

### **What is the most challenging aspect of your work?**

There's no recipe when it comes to knowledge translation or working with partners. While this can be exciting, it can also be overwhelming – sometimes I don't know which direction to take or the best way to do something. As a researcher, you often feel like you have to have a reason for every decision, so it can be uncomfortable taking action and seizing opportunities without a carefully-constructed plan.

### **How did you first become interested in contributing to this work?**

I'd previously enjoyed working with Dr. Natasha Gallant, and contributing to COVID-19 research seemed like such a good use of my skills and energy. Getting research to be used can be challenging, so seeing the efforts that others on the project go to – researchers, long-term care residents, caregivers, and our other partners – helps motivate me. By working hard I can help others benefit from everything we've learned.

### **Where is your research headed in the next five years?**

I want to keep working with researchers and policy makers, helping them understand each other and do work that has the best chance of improving our health system. I want to spend more time building those relationships and thinking strategically about where there are new opportunities to do good work. People all over the world will be studying what we learned from COVID-19 for years to come, so I think we'll be both figuring out how we can be better prepared for another event like it as well as translating what we've learned to other areas.

## 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
- Nadine Mounir, Research Assistant



## What's Next?

Sign up for our mailing list on our [website](#) and follow us on [Twitter](#), [Instagram](#), and [Facebook](#) for more updates!