



# Research Exchange Groups

Newfoundland & Labrador Centre for

**APPLIED  
HEALTH  
RESEARCH**

[www.nlcahr.mun.ca](http://www.nlcahr.mun.ca)

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June 14, 2013 | CUExpo 2013



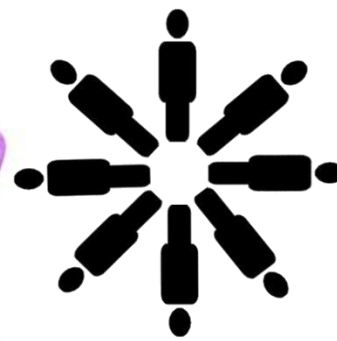
NLCAHR's mandate:

- Build capacity for quality applied health research
- Address the province's priority research needs;
- Encourage the use of research evidence in healthcare.





NLCAHR organizes a variety of activities in support of applied health researchers and research users, including our dynamic and collaborative Research Exchange Groups.



# Research

Exchange Groups

Research Exchange Groups provide an opportunity for researchers, students, healthcare decision makers, professionals and members of the general public to discuss research on a given topic. All are welcome to join.





Research Exchange Groups encourage knowledge translation, capacity-building, team development and collaboration, and identification of research priorities. Members may work together on funding proposals to develop a program of research.

# How are groups formed?

- Initiated by anyone on any applied health research topic.
- Group leader (co-leaders) are identified.
- Leaders work with NLCAHR to invite members
- Leader(s) chair the meetings.
- NLCAHR helps organize and advertise meetings.







## When do they meet?

Meeting frequency is determined by the group.

Generally, groups meet at least twice annually, at most, once a month.

Groups may disband by mutual agreement.

# What does NLCAHR offer?

*We facilitate development and operation of Research Exchange Groups but we don't 'manage' them.*

*Our support may include:*

- Helping identify topics
- Helping recruit participants
- Meetings/Communications
- Helping find funding and collaborative opportunities
- Providing meeting room and IT
- Attending meetings
- Webpages/ Presentations

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# ***What groups have been formed?***

## **Current & Active:**

- Aging
- Autism
- Eating Issues, Disordered Eating and Body Image
- Oral Health
- Rural, Northern and Aboriginal Health
- Women's Health/Gender and Health
- Mental Health
- Chronic Disease



## **Planned- Fall 2013:**

- Interprofessional Education & Collaborative Practice
- HIV & Sexual Health
- Cancer
- Thrombosis, Blood and Immune Disorders
- The Arts & Health



# About the Research Exchange Group on Aging

- Our focus is on:
  - Building collaborations and partnerships
  - Mentoring students and new researchers
  - Communicating funding and research opportunities
  - Identifying knowledge gaps and needs relevant to aging in NL
  - Members come from different disciplines and sectors including social work, education, HKR, psychology, medicine, nursing, policy, NGOs, health authorities
- Meetings held monthly; off campus to encourage partner participation





# About our group:



- Founded 2007
- Current leadership:
  - Dr. Gail Wideman, School of Social Work
  - Dr. Michelle Ploughman, Faculty of Medicine
  - Dr. Sharon Buehler, Faculty of Medicine
- Current membership:
  - 51 members from across NL representing community groups, health system organizations, university faculty and students



# Research presentations

some examples

**The Use of Acute Health Care Services by Mentally Ill Seniors of Newfoundland and Labrador: A Quantitative Investigation**

-Lisa Adams, CHSRF Fellow

**Biopsychosocial factors influencing physical activity participation among people with chronic pain**

-Jennifer Hulburt, Memorial University

**Does a Dementia Unit Reduce Polypharmacy in a Veterans Pavilion?**

-Roger Butler, Faculty of Medicine

**Sensory and perceptual contributions to memory performance**

-Aimée M. Surprenant, Department of Psychology

**The Eldercare Project: Update**

-Marshall Godwin, Director, Primary Healthcare Research Unit

**Protective Community Residences - Enhanced Assisted Living**

-Kelli O'Brien, Western Health





# Initiatives on Aging

some examples

- NL Centre on Aging
  - Dr. Leslie Cake
  - NL-HARP Research Project
- Sus-IT Symposium
  - IT use in older adults with chronic pain | Dr. Wendy Young
- HomeShare NL
  - Housing for students and seniors
  - Mr. Andrew Harvey & Dr. Gail Wideman

Newfoundland and Labrador

# SENIORS

RESOURCE CENTRE  
*opening doors*

- **Mission:**
- Supports promotes and enhances the well-being and independence of all older adults in Newfoundland and Labrador
- **Mandate :**
- Provides information and referral to support informed decision making
- Facilitates the development and implementation of programs
- Works to influence policies affecting older adults







# Background to the NL Centre on Aging Initiative

## ■ History

- 1980s ... Gerontology Unit at MUN (Psychology) leads to establishment of Seniors Resource Centre of NL
- 1999 ... NL Centre for Applied Health Research (NLCAHR) and later...the Research Affinity/Exchange Groups
- 2005 ... Office of Aging and Seniors established, Healthy Aging Framework developed
- 2007 ... Healthy Aging Research Program (HARP) and NLCAHR
- 2009 ... Research team led by Dr. Les Cake rec'd HARP funding to study Centres on Aging in Canada
- 2012 ... Research on Aging in NL Conference/Symposium
- Work in Progress ... A NL Centre on Aging (Working Group)

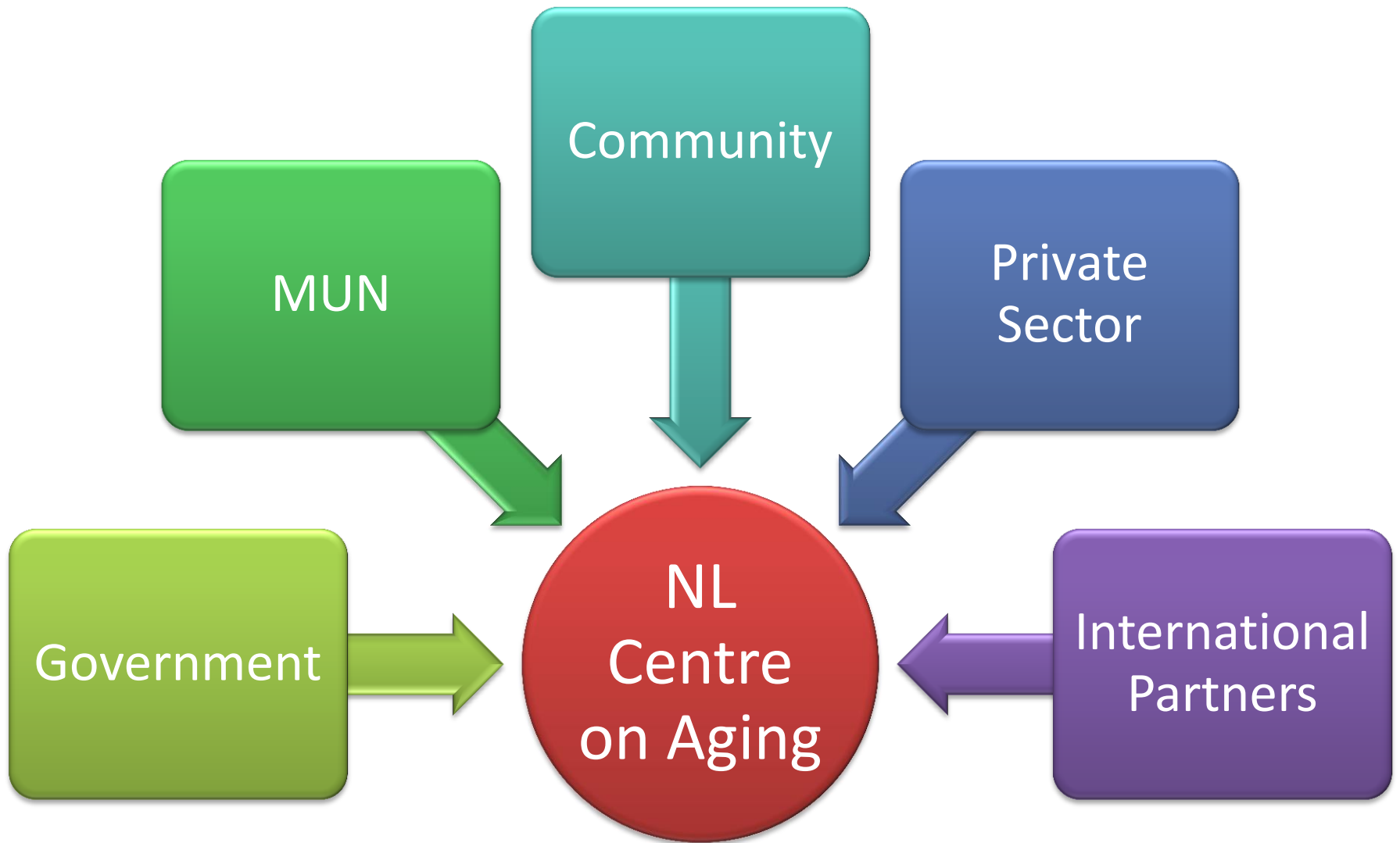


*Who is involved?*

# Centre on Aging Visioning Group

## **Established in conjunction with HARP research team:**

- To develop a vision and framework for a NL Centre on Aging, building on evidence from other centres, provincial consultations, and previous and ongoing initiatives. Unique research opportunities within NL will be identified.
- To identify steps to establish a NL Centre on Aging including funding opportunities.
- To engage and communicate effectively with key stakeholders including community, government, academia, and the private sector.
- To focus on promoting and developing research collaborations and disseminating knowledge from research results, grounded in the inclusion and involvement of seniors in the community





# Remember this principle from our vision ...

*...To focus on promoting and developing research collaborations and disseminating knowledge from research results, grounded in the inclusion and involvement of seniors in the community*



# Some challenges of community engaged research...



- Cultural differences between academe, organizations private and non-profit, government
- Management of financial resources
- Lack of incentives – promotion and tenure expectations, exploitation, research fatigue
- Operational barriers – geography, funding, time, research ethics ethics protocols
- Significant time required to prepare and process
- Community groups have vested interest in outcomes (vs. impartiality)

# Some benefits of community engaged research...



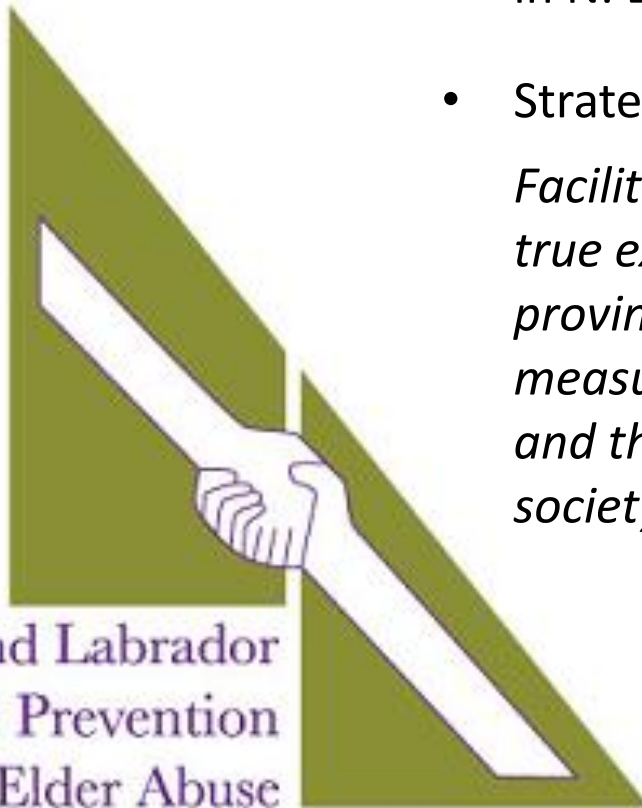
- Experiential learning for students
- Recruitment and participation
- Investigations in to real world problems
- Accountability of academic institutions
- Broad and deep analyses of causes and conditions that create and sustain social problems
- Skills re policy advocacy
- Plain language reports written for wide audience



# NLNPEA...

- A network of community and government partners working together to prevent elder abuse.
- Established 2011
- Strategic Plan to Address Elder abuse in N. L. 2010
- Strategic Direction:

*Facilitate research to determine the true extent of elder abuse in our province, the effectiveness of any measures implemented to address it and the impact of elder abuse on our society*



Newfoundland and Labrador  
Network for the Prevention  
of Elder Abuse

# Seniors as Researchers



Glanz and Neikrug (1997):

“an important consequence of [seniors as researchers] is their primary interest in well-aging, creativity, meaningful aging, enrichment, enabling and empowerment, as opposed to issues of service, disability, caregiving, institutionalization and the like.”

(p.826)

