

CRE in Frailty & Healthy Ageing Newsletter



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The Science of Healthy Ageing event in Adelaide

The Centre of Research Excellence (CRE) in Frailty and Healthy Ageing and the Adelaide Geriatrics Training & Research with Aged Care (GTRAC) Centre, University of Adelaide held a public event to showcase their research.

The event took place at the Adelaide Pavilion and was designed to showcase the latest healthy ageing research being undertaken in Adelaide and across Australia by leading researchers and higher degree students of the CRE Frailty & Healthy Ageing, GTRAC and their collaborating partners. Rosa Colanero, the Chief Executive of Multicultural Aged Care South Australia (MACSA), was the host for the event and her enthusiasm and passion made the event thoroughly engaging.



Prof John Morley



Dr Mandy Archibald



Host Rosa Colanero & Dr Danielle Taylor



Dr Joanne Dollard

The morning session of the event included seminars from researchers on a wide range of topics. Dr Mandy Archibald discussed using consumer perspectives on frailty and ageing to shape future research and knowledge translation. Dr Joanne Dollard presented information on the early stages of a clinical trial she is undertaking using technology to prevent falls in hospitalized older people. Dr Kareeann Khaw discussed haemoglobin levels and outcomes following hip fracture surgery. Dr Anupam Datta Gupta explained the effects of exercise on the brain and healthy ageing. Dr Agathe Jadczyk discussed the outcomes of educating medical students on how to advise older patients on exercise.

Professor John Morley was the keynote speaker for the event. Professor Morley is a renowned geriatrician from St Louis University (SLU), Missouri, USA and author who presented an interactive and entertaining discussion on 'The Science of Staying Young'. Prof Morley leads the International Consensus Committee on Frailty and is Divisional Director of Geriatrics at SLU, which has functioned as a major Geriatrics Center over the last 25 years.



Guests at the event.



Dr Agathe Jadczyk & Mark Thompson



Prof John Morley & Prof Renuka Visvanathan

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Professor Morley also took part in the panel discussion with Dr Helen Barrie and Mr Mark Thompson on 'The Science of Healthy Ageing'. Dr Barrie is a demographer and gerontologist whose research examines population trends with a focus on older populations, ageing-in-place and the nexus between living independently, the built environment and access to services and community. Mr Thompson is a PhD Candidate and an occupational therapist with extensive experience in ageing rehabilitation and a research focus on the epidemiology of frailty. The expert panel answered many diverse and thought provoking questions from the audience.

In the afternoon there were table top discussions with researchers from a variety of areas sitting at each table describing their research and answering questions and queries from the guests. These sessions also gave the researchers valuable feedback on areas and topics that consumers see as research priorities. This is the second research showcase event held by the team and the larger attendance this year demonstrates an increasing public interest in research to improve the health and lives of our ageing population.



L-R: Dr Mandy Archibald, Dr Rachel Milte & Dr Helen Barrie



L-R: Dr Kandiah Umaphysivam & Dr Quadros



Dr Anupam Datta Gupta



L-R: Event administration Leonie Baker & Nina Wiltshire

International Observer Dr Steve Paul Manjaly visits from Kerala

The Aged and Extended Care Team hosted Dr Steve Manjaly in Adelaide.

Dr Steve Paul Manjaly (MBBS DNB Medicine, DGM Geriatric Medicine) from Kerala, India visited Adelaide recently to observe the Aged and Extended Care teams to understand ways to improve systems of care for older patients. He discussed his experiences below:

"The complexity of managing elderly patients dawned on me when I completed my training in Geriatrics, after my Masters in Medicine.

Geriatrics in India is still in its infancy so developing it has been notoriously challenging. Therefore, I needed to study the practices of a better-established system. Facilitated by Dr Shibu and under the guidance of Prof Renuka and team, I seized the opportunity to observe the Aged & Extended Care Services at the QEH.

They have pioneered training and research in Geriatric Medicine across the globe and have an excellent system for managing elder care, through its subacute ward, orthogeriatric unit and the GEM liaison team. The liaison team and their nurses do a fantastic job of meticulously selecting patients who would benefit most from this service.

I hope to revolutionize elder care at my institute by implementing these models to prevent functional decline and frailty."



L-R: Frieda Appleton, Carla Smyth, A/Prof Solomon Yu, Dr Steve Manjaly (Centre) Dr Pazhvoor Shibu, Dr Khai Tam & Dr David Yu

Planning to Treat and Prevent Frailty

Dr Danielle Taylor is a research Fellow in the field of demography and geography with the centre.

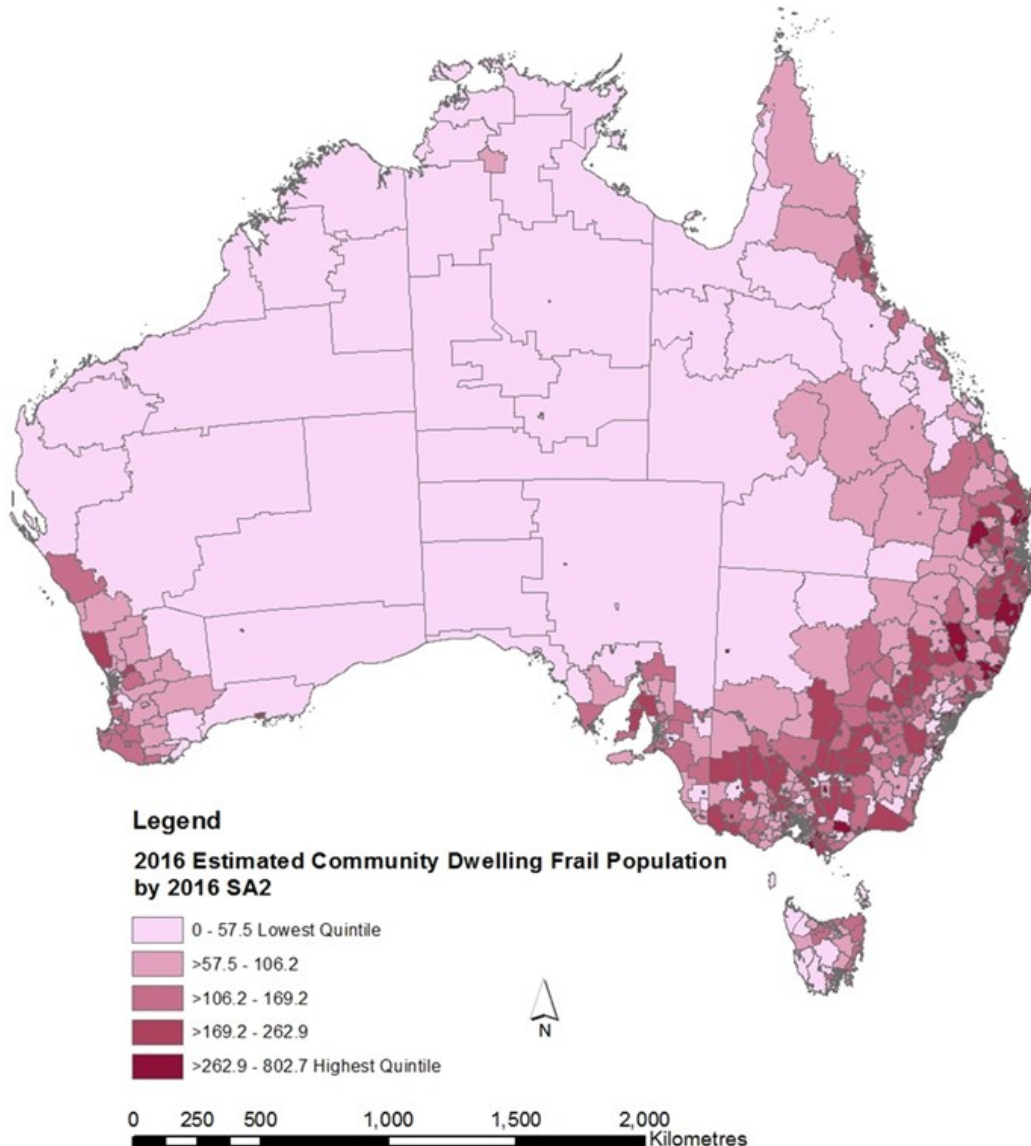
Understanding the distribution and expected growth of frailty in Australia's rapidly ageing population is important for planning and budgeting health and aged care service provision.

The CRE has produced mapped estimates of Australia's frail population and how it is likely to change in the future. It is estimated that in 2016 approximately 377,000 people living in private homes aged 65 years or more are frail and almost 1.5 million people are pre-frail.

If prevalence rates continue at current levels, these figures will increase to over 600,000 frail and over 2 million pre-frail by 2027. The size and projected growth of the number of frail and pre-frail individuals in Australia highlights the importance of healthy ageing initiatives, which aim to reverse and prevent frailty.

The mapped information regarding the location of frail and pre-frail populations can improve service planning and delivery though matching resources with populations that need them. This may make a potentially life changing improvement to the lives of older people as well as a significant financial saving in providing health and aged care services.

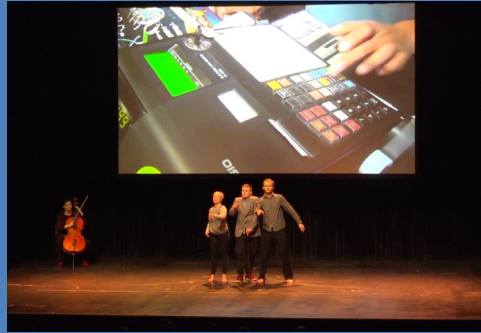
The map shows the distribution of the estimated frail population in 2016 based on national frailty prevalence rates.



Untangling Frailty at South Australia Perform Your Science

Dr Mandy Archibald led a team of artists to win first place in the competition.

As part of National Science week 2018, Dr Mandy Archibald, a CRE research fellow, led a team of artists to create a research-based interdisciplinary performance supported by an Inspiring South Australia Perform your Science grant. The work, entitled “Untangling Frailty” was awarded first place in the competition. Funds awarded through this prize will be used to continue developing engaging public works to raise awareness and challenge misconceptions about frailty and healthy ageing.



Artists performing “Untangling Frailty”



Dr Mandy Archibald (right)

“Untangling Frailty” is based upon Dr Archibald and the Knowledge Translation team’s research of older persons understandings and perceptions of frailty, and is also informed by additional CRE research projects. The story of the research is told by chronicling a young man’s journey through day-to-day life in an increasingly productivity and consumer-driven society. “Untangling frailty” explores how the complex meanings, fears, and misconceptions about frailty and ageing are intertwined with our experiences of the world, and reminds us that our environment and how we see ourselves are critical parts of how we age.

Following this success, Dr Archibald was recently awarded an Inspiring SA Regional Science-Arts Collaboration Grant to continue her work in this area.

Dr Archibald acknowledges the support of the Canadian Institutes of Health Research and a G-TRAC Resthaven research grant in making this work possible.

Ageing and Society Conference, Tokyo, Japan

CRE Research Fellow and PhD student Rachel Ambagtsheer recently presented her work in progress at the Aging & Society: Eighth Interdisciplinary Conference at Tokyo University, Tokyo, Japan, 18-19 September 2018.



Rachel Ambagtsheer

The special theme of the conference for this year was “Aging, Health, Well-being and Care in a Time of Extreme Demographic Change”.

Rachel’s presentation, delivered within the Medical Perspectives on Aging, Health, and Wellness stream, focused on preliminary findings from the joint CRE project on *GP Attitudes, Perceptions and Experiences of Frailty and Frailty Screening* based on work conducted with colleagues Dr Mandy Archibald, Dr Michael Lawless, A/Prof P. David Mills, A/Prof Solomon Yu and Prof Justin Beilby.

Despite nearly having her travel plans cancelled due to Typhoon Mangkhut, and the very wet weather in Tokyo over the days of the conference, Rachel enjoyed the opportunity to receive feedback on her research, meet many interesting people in the field of ageing and accidentally stumble across a sumo wrestling morning training session on a quiet suburban side street.

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