

# CRE in Frailty & Healthy Ageing Knowledge Translation Special Edition

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## From the Knowledge Translation Lead

A significant part of any Centre for Research Excellence is to ensure that the new knowledge generated from the work makes its way to the people who need to use it, whether that is ordinary people, professionals, policy makers or politicians. This is what Knowledge Translation or KT is all about. It's understanding how new knowledge is generated; how potential users will and do react to it; and how they might need to change what they do.

Our collaborative journey with the wider CRE investigators has been very fruitful over these past years. We have explored many new approaches to understanding older peoples' views on frailty as well as developing and testing novel ways of communicating such information. Our KT team, working closely with other CRE investigators and older people themselves, has been developing and testing contemporary ways to communicate the new knowledge, both through culturally appropriate videos, interactive talks and using art as a method to stimulate and engage people.

Dr. Mandy Archibald, our first Post Doc on the team has returned to Canada but is still working with the team to complete a number of projects as well as developing new partnerships. Dr Michael Lawless, our second Post Doc on the team, has really flourished in the KT space. Bringing his interest in communication, care and innovative ways to generate and refine theoretical understandings how older people manage their frailty and care, Michael is starting to define his own research interests and build on the work of the CRE. Dr Maria Alejandra Pinero de Plaza, our most recent recruit has brought her advocacy and marketing skills with her and is helping the whole team look to wider disciplines, discourses and networks to finesse our work in the CRE. The team has been highly innovative and productive and there's lots more in the pipeline!

And one very special project is that we have actually undertaken a study of how we as a wider transdisciplinary international CRE team actually learned about and understood what KT was. This will be an important story to share with other teams.



Professor Alison Kitson

## Consumer Oriented and Arts-based Research



Dr. Mandy Archibald

Understanding how older adults and health care provider groups perceive frailty and frailty screening was the first essential step towards developing engaging knowledge translation approaches for and with the public. To achieve this, Dr. Archibald led a large qualitative and arts-based research study with well, frail and very frail older adults and various healthcare provider groups. Numerous academic publications in leading journals followed from this research.

This collaborative research culminated in a series of co-produced animated and documentary videos in partnership with COTA South Australia. These videos are among the first of their kind internationally. The first animated video, *Every Step you Take Matters!* (<https://www.youtube.com/watch?v=41cMkvsaoOM&t=2s>) was recently translated into Mandarin with the support of an AAG Gibson Grant. A short film on *Frailty and Forgotten Australians* is also in production. The full video series are available at [Dr Mandy Archibald's You Tube Channel](#).

Following her 3 years in South Australia, Dr. Archibald was successful in securing a research-intensive tenure track academic position at the University of Manitoba, Canada. Dr. Archibald continues her involvement as a KT researcher and mentor to KT postdoctoral research fellows, collaborating to push forward an arts-based and consumer focused research agenda.

## ART and KT Challenging Conventional Approaches

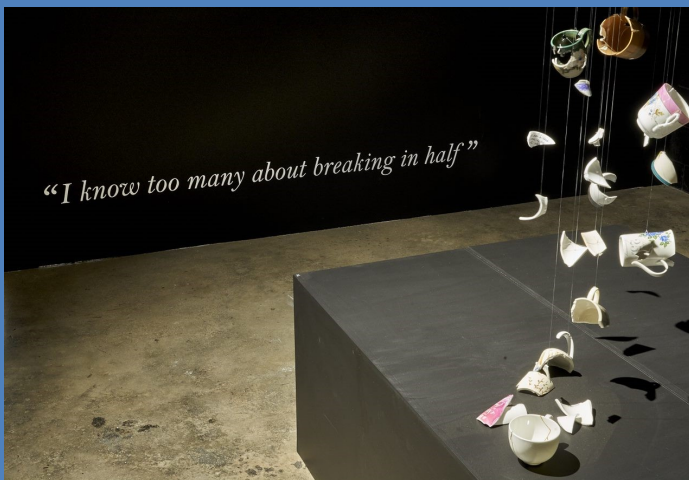
In order to challenge conventional approaches to sharing research findings that often fall short of engaging communities and reflecting the complexities of research, Dr. Archibald developed and performed a series of artistic works in response to research on consumer perspectives of frailty and frailty screening.

This work is understood as arts-based knowledge translation – an emerging area of research that Dr. Archibald has been advancing in order to raise awareness of conditions like frailty, and challenge common held misconceptions.

The performance “*Untangling Frailty*” (Aug 2018; May 2019) and the successful contemporary art exhibition “*Beyond Measure*” (April 2019), were strong examples of the power of the arts to engage communities to consider research findings in new ways. In “*Untangling Frailty*”, Dr. Archibald led a team of artists to create a research-based interdisciplinary performance supported by Inspiring South Australia Perform your Science grant. “*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. *Untangling Frailty* won first place in the Perform your Science competition, South Australia.



From Left: Dr Mandy Archibald, John Blines (artist), Petra Szabo (choreographer and dancer, *A Perfect Simple*). Amber Cronin (artist - not pictured) & Justin Broughton (videographer)



(Dis)Repair - by Dr Mandy Archibald & artist John Blines



Not Me - by Dr Mandy Archibald & artist John Blines

Dr. Archibald was then awarded an Inspiring SA Regional Science-Arts Collaboration Grant to develop the “*Beyond Measure*” exhibition and conduct a regional performance and workshop of *Untangling Frailty* in Yankalilla, SA.

The “*Beyond Measure*” exhibition incorporated collaborative work with SA artists John Blines and Amber Cronin, as well as a [video work called A Perfect Simple](#) developed with dancer/choreographer Petra Szabo and filmmaker Justin Broughton. The exhibition largely responded to a common misconception of frailty as an inevitable result of aging, expressed through a metaphor of a breaking cup. The broken cup motif was explored in various ways, including the laborious breaking and reconstruction of multiple cups and corresponding suspension of the pieces in a large installation, entitled (Dis)Repair. (Dis)Repair (Archibald & Blines) and a large rope installation exploring the contingencies and complexities of aging entitled *Conditional State*, are now installed at the Flinders University, College of Nursing and Health Sciences, Sturt Campus, in permanent collection.

## Australian Association of Gerontology Grant Success



*Dr Michael Lawless.*

Dr Michael Lawless was the 2020 recipient of a RM Gibson Grant titled “*A Way With Words: Using Co-design to Support Goal Setting in Care Planning for Older Australians With Multimorbidity*”.

The grant is awarded by the Australian Association of Gerontology (AAG) Research Trust and recognises the contribution of early career researchers to the field of ageing in Australia and the translation of evidence into policy and practice.

This research project will involve inviting older adults and their carers to participate in a series of interactive workshops to co-develop creative and user-friendly communication resources to support patients living long-term health conditions and frailty to set realistic and meaningful health goals during care planning.

Dr Lawless commenced a postdoctoral position as part of the knowledge translation research team within the NMHRC CRE in Frailty and Healthy Ageing in mid-2017 under the supervision of Professor Alison Kitson and Dr Mandy Archibald after completing his PhD in the School of Psychology, University of Adelaide.

## New Postdoctoral Research Fellow

Our new postdoctoral research fellow, Dr Maria Alejandra Pinero de Plaza, has been developing projects which explore ways to support older adults’ participation according to their wishes and capacities concerning their caring needs.

In conjunction with the KT team, she has been looking at interventions at individual, community, and healthcare levels.

These are the core projects she has been developing for the CRE since July 2019:

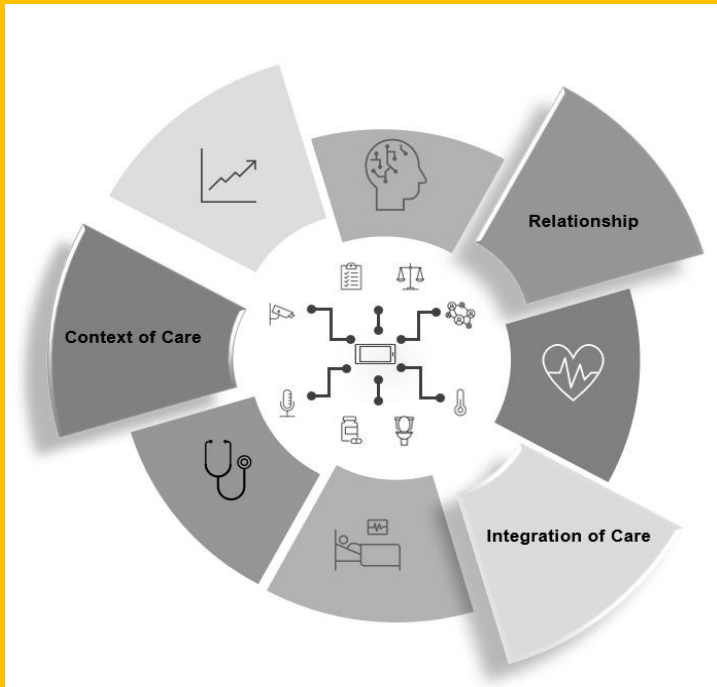
- Evaluating the effects of involving seniors in research processes to inform and optimise the dissemination of preventive messages about frailty and healthy aging.
- Exploring methods and technologies to continuously optimise the quality of the aged care system from a person-centered perspective, considering our fundamentals of care knowledge.
- Investigating the use of digital technologies in the inpatient setting for nurturing care, trust, and connections (Awarded with a Caring Futures Institute Collaborative Grant) .
- Investigating and developing ways to prevent exclusion and marginalisation of frail and housebound and bedridden people (Awarded with a Caring Futures Institute Accelerator Grant).



*Dr. Maria Alejandra Pinero de Plaza*

# Current Use and Perceptions of Digital Technologies in the Inpatient Setting

The Caring Futures Institute (CFI) of Flinders University awarded three members of our CRE with a Collaborative Grant to investigate digital literacy and digital engagement of patients, consumers and health professionals within the inpatient hospital setting.



The KT project will identify opportunities and barriers to employing digital technologies to face current and future care challenges. It will facilitate a co-designed solution that involves recommendations for developing KT resources and training connected to The Fundamentals of Care Framework. The study is led by Associate Professor Belinda Lange and involves other researchers from Flinders University. Post-doctoral fellows from our CRE involved in this research include:

Dr Maria Alejandra Pinero de Plaza from Flinders University as Co-Chief Investigator.

Dr Rachel Ambagtsheer from Torrens University as an Associate Investigator.

Dr Mark Thompson from Adelaide University as an Association Investigator.

## Eat Walk Engage – Reducing Delirium with Fundamental Care

Researchers within the Caring Futures Institute, Flinders University implemented Eat Walk Engage, a novel delirium-prevention quality improvement program on medical wards at Flinders Medical Centre. Eat Walk Engage is a comprehensive program that has been found to improve care for older people in hospital, prevent delirium, and promotes recovery.

Eat Walk Engage is enabling hospitals to be older-person friendly by supporting meaningful patient and carer engagement, education and training, and environmental re-design. The program uses a well-known implementation framework developed by Professor Kitson and colleagues to support improvements to care practices and outcomes for older patients.

This study will provide important insights into the feasibility of implementing Eat Walk Engage into acute care in South Australia while also improving length of stay and discharge destination. This is an exciting new collaboration with clinicians and implementation scientists at the Royal Women and Brisbane Hospital where Eat Walk Engage was initially developed.



### Contact Us

For further information on the CRE in Frailty & Healthy Ageing connect with us online at:

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