



THE UNIVERSITY
of ADELAIDE

AUTUMN 2014

G-TRAC News

CELEBRATING
140 YEARS
1874 + 2014



G-TRAC Director Update



We have had a good start to 2014 welcoming our new students to G-TRAC and launching our 2014 seminar series. We have now celebrated a

year since the official opening in February 2013. We are pleased to announce our G-TRAC Consumer Advisory Group has now been formed and will meet regularly to advise us on our centre's programs and community engagement.

University Celebrates 140 years

The 140th Anniversary celebration will be a year-long program of events and activities designed to highlight the University's excellence and innovation, and to show how it plans to meet the challenges it has identified in the Beacon of Enlightenment Strategic Plan and the theme 'Seeking the Light of New Knowledge'. It has been announced that in this special year the tradition of inaugural lecture has been revived. The lectures are given by newly appointed or promoted academic leaders. The lectures are free, open to the public and showcase the diversity of research and teaching occurring at Adelaide.

G-TRAC Director Professor Visvanathan will give the lecture on "Achieving Healthy Ageing by Addressing Nutritional Frailty." on 20 May at 5.30pm at University of Adelaide, Napier North Tce. We encourage everyone to attend. Please book online via the University of Adelaide, G-TRAC website or contact G-TRAC on 8313 2144.

Adelaide G-TRAC Centre turns 1

G-TRAC welcomed partners, community members and students to the birthday event on the inaugural Australian Change day on 6 March 2014.

G-TRAC Director, Professor Visvanathan welcomed partners, community members and students to the first birthday celebrations and acknowl-

edged the dedication and commitment that has led to the success of the Centre. The celebration coincided with the inaugural

Change Day in Australia,

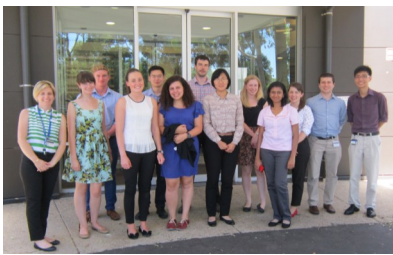
a global quality improvement event. Ms Mary Freer, Founder of Change Day Australia spoke about the 15,300 pledges that had been received across Australia to improve the quality and safety of health and aged care services. She reminded us that we are all responsible for creating a new way of thinking and talking about ageing that is positive and active. All those present made a pledge to be



'cheerleaders for change' and continue to challenge the negative and unhelpful myths and stereotypes about ageing.

Jo Baylan, Professor Ian Maddock Senior Australian of the year 2013 and partners cheering at the G-TRAC Birthday celebrations

G-TRAC Teaching and Training Program



Dr Jeanine Teo Orientation rotation 1

We have welcomed new students to their 1st semester rotations at G-TRAC. All Geriatrics and General Practice 5th year students are now based at G-TRAC.

We also welcomed 4th and 5th year students to our elective MSA's in Chronic Disease and Community Care as well as Clinical Audit and Research.

The Audit and Research MSA is an exciting and innovative teaching program for medical students which focuses on developing crucial research skills. We have had the students researching different topics including falls, cognitive impairment and depression. This semester we have been focusing on the condition of **frailty**. Students have researched about why the condition of frailty is important and looked at various ways to be able to identify frail individuals using specific measurement tools.

Armed with this knowledge, they have then been able to translate their learnings into practice. Through our collaboration with Jo Boylan at Highercombe Residential Facility, the students have been able to measure the frailty status of the residents.

The results are then presented to a panel with a focus on recommendations for improving the health of the residents. It is this mutually beneficial collaboration of students being able to combine learning with seeing actual benefits of their work in real life people, that the students value so much. We are continuing our evaluation of the student training program and we will be doing pre and post rotation questionnaires. We not only seek feedback on the programs but also students attitudes toward ageing and aged care. Our programs have been updated and improved as a result of student feedback and evaluations conducted during 2013.

There has been a trend of students having more positive attitudes toward ageing and aged care by the end of their placement and an increase in the number of students who would consider aged care as a future career pathway. The students learn from and are exposed to the full range of health and aged care services.

We particularly focus on community activities. Local community members and aged care consumers are involved in our student training program. Their input has been very much appreciated as the students value having real life patients to interview and also do health assessments with.

G-TRAC Centre Consumer Advisory Group



Mr Richard Hicks at G-TRAC

Health and Aged Care consumers are central to G-TRAC's activities. We are very grateful to the many consumers who are part of our teaching and research programs.

A G-TRAC Consumer Advisory Group has now been established meeting regularly at the centre. Mr Richard Hicks has agreed to be the Consumer representative on our G-TRAC Centre Advisory Group for 2014. Richard has a long history of being active in promoting health and wellbeing in the community.

G-TRAC Seminar Series 2014



Ms Sue McKechnie, Executive Manager, Resthaven Community Services

The 2014 G-TRAC Seminar Series **Challenges of Care in an Ageing Population** was launched on 26 February.

Ms Sue McKechnie Executive Manager of Community Services at Resthaven presented the first seminar on Consumer Directed Care Issues.

Leading experts in health and aged care are presenting at the seminars which are aimed at increasing skills and knowledge in aged care and translating evidence into everyday practice.

The seminars will continue to cover key Aged Care topics. Seminar sessions have included Dementia, Delirium and Depression, Healthy Ageing, Nutrition, Physical Activity, Pain Management, Consumer Directed Care, Oral Health, Medications, Spirituality and Continence. The seminars have received very positive support and feedback.

Information and bookings for the seminars and workshops can found on the G-TRAC website: health.adelaide.edu.au/medicine/g-trac

Our Centre Mission

The Adelaide G-TRAC Centre mission is to contribute to the healthy ageing of older Australians through excellence and innovation in training, research and clinical services.

G-TRAC Research

Associate Professor Simon Bell in collaboration with Professor Renuka Visvanathan presented a training session at G-TRAC to outline the research project that will be conducted with residential facilities.

The “**Optimising use of Medicines in Aged Care Facilities**” research project has been funded by a grant from Alzheimer's Australia and Resthaven Inc.

The research will assess the risks and benefits of prescribing medicines with analgesic and sedative properties to people with and without dementia in aged care facilities. Often clinicians have difficulties balancing the need to achieve adequate pain relief with the need to avoid the adverse drug events, which may include daytime sedation or falls. It is anticipated that the current research will produce evidence to assist clinicians achieve this balance. The research is a good example of collaborative research with aged care providers. The collaborative researchers involved are Associate Professor Simon Bell (Monash University, UniSA), Professor Renuka Visvanathan (University of Adelaide, G-TRAC), Associate Professor Sarah Hilmer (University of Sydney) and Dr Agnes Vitry (UniSA). The recruitment of 300 residents with and without dementia commences in April 2014.



Simon Sheldrick, Edwin Tan, Leonie Robson, A/Prof Bell, Prof Visvanathan, Terry Shortt and Sunny Lee at the research project training session.

Research Grant

The G-TRAC—Resthaven Research Grant for 2015 has been announced. The grant is for \$50,000 and information and application forms will be available on the G-TRAC website soon.

The research undertaken must benefit aged care consumers who are older people receiving residential or community aged care services.

Understanding Frailty



We have been having a focus this year on frailty in our teaching and training programs.

But what do we understand about the term frailty?

Frailty is one of those conditions that is hard to define, but instantly recognizable. It isn't a disease, but the collected culmination of a life-

time of assaults on the body by medical problems or lifestyle choices.

It is marked by lessened resilience and negative changes in physiology, making the frail individual weak, slow and vulnerable to stressor events, such as illness, falls or any circumstance that compromises their physical and/or mental equilibrium.

It is estimated that by 2050, **four million** Australians aged 70 years and older will either be frail or at-risk of frailty.

There is a need to raise awareness of the condition of frailty and have more early identification and intervention. It is very important that we find ways to prevent individuals becoming frail as well as find ways to potentially reverse this condition.

What is Healthy Ageing?

Healthy ageing is a term often used interchangeably with terms such as active, successful, positive or productive ageing. The WHO defines active ageing as 'the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age' allowing people to 'realize their potential for physical, social and mental well-being throughout the life course'

National Aged Care Open Day 20 June



The first Australian National Open Day for aged care will be held on **20 June 2014**. G-TRAC in collaboration with the Rest haven Aged Care Campus will hold an open day event between 2-5pm.

We will be joining the UK and many other countries, as part of an International Open Day. The aim is to engage the broader community and encourage them to visit their local aged care services.

The initiative aims to promote positive images and relationships between the community and aged care. The **Open Day** will improve public awareness of the healthy and inspiring lives our older Australians lead.

It is also hoped that the Open Day will help stimulate interest in volunteering and employment in the sector. The open day will remind everyone of the positives and help dispel some of negative stereotypes that have sometimes been portrayed over and above all the wonderful and amazing stories of everyday service provision. Further details will be available from the G-TRAC centre and website.

Get Involved

We would like to hear from community members who would like to hear more about the centre or be involved in our activities. You may wish to consider being an **“expert by experience”** sharing your health and life stories with our Medical student teaching program. Students report that this is a highlight of their placement. They enjoy visiting consumers at home, being able to spend time with older people in interviews, examinations and in community activities.

Partnerships



Mr Grant Edwards, Manager, Community Services

We have developed new partnerships this year for our teaching program. Students are now visiting Seaside's ECH Day Care Centre and new links are being forged with Southern Cross Care in research and training.

In recognition of the significant contribution of our key student teaching partners. Four aged care clinicians have been awarded Clinical Titles with the University of Adelaide.

- Mr Grant Edwards** – Resthaven Inc.
- Ms Jo Boylan** – Southern Cross Care
- Ms Anne McGing** – ACH Group
- Ms Donna Preston** – Helping Hand

G-TRAC Video



Partners, students and consumers have enjoyed scripting and making a video highlighting the G-TRAC centre programs.

Luc Hansen, Carlisle Productions video maker extraordinaire has been working with us at the centre and other locations. We are keenly awaiting the “red carpet” launch. The G-TRAC video will be used in teaching and promotion activities.

Feedback and Evaluation

We value your views, opinions and comments and we welcome your feedback at any time you engage with us for any purpose.

Our consumers and partners are a central part of the centre's programs and we thank you for your participation and interest. Please fill in a feedback form available on the website or at the centre.

Contact Us

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