



THE UNIVERSITY
of ADELAIDE

Spring 2014

G-TRAC News



G-TRAC Director Update



Professor Justin Beilby, Professor Renuka Visvanathan and Professor Alastair Burt.

G-TRAC has had another exciting year in 2014, celebrating success in many areas.

I would like to thank the great team at G-TRAC and TQEH Aged

and Extended Care Services for the plaque commemorating my professorial promotion as well the surprise celebration. I was also honoured to give the May Inaugural 140 year University of Adelaide lecture on “Achieving Healthy Ageing by Better Addressing Nutritional Frailty” which was attended by over 300 people. We launched the G-TRAC Centre video at this lecture which is now available on our website.

We continue to build on collaborations. We participated in the Inaugural National Aged Care Open Day event with the whole Resthaven Aged Care Campus. We are now busily preparing for the ‘Engaging with Ageing—Health and Wellbeing Expo’ to be held in partnership with the Campbelltown Council on Tuesday 14 October. Our Seminar Series continues to be well attended.

We have welcomed local, national and international visitors throughout the year and will welcome more during the Australian Association of Gerontology Conference when we will host a seminar on frailty, prevention and exercise.

In August we were pleased to meet with Japanese delegates from Tenjinkai Social Welfare Corporation, Social Welfare Services, Tejinkaisou Special Aged Nursing Home and Tenjin Aged Health Care Facility (pictured above).

We are now considering our strategies and activities for 2015 and welcome your ideas or feedback.

National Aged Care Open Day



Displays and students doing health checks at the National Aged Care Open Day

In collaboration with the Resthaven Paradise Aged Care Campus, we held our first Australian National Open Day event on 20 June 2014.

The event was opened by Professor Ian Madocks, Senior Australian of the Year 2013. He applauded the campus for its innovative work in aged care, being a hub of activity and engaging with the wider community.

He encouraged us to think about challenging the stereotypes of ageing and raising awareness of the healthy and inspiring lives our older Australians lead. The day was a huge success and full of fun with hundreds of people coming to participate in healthy ageing activities, learn about local services and join in the fabulous performance by the over 65’s rock group ‘The Silverbeats’.



Silverbeats members at the performance

G-TRAC Teaching Program



Students presenting audit findings to Aged Care Team at Highercombe ACH, with Jo Boylan clinical lecturer G-TRAC and Prof Ian Maddocks

The 2014 student teaching program continues to build on its success with the students providing excellent feedback about their time at G-TRAC.

The University of Adelaide 'Beacon of Enlightenment' strategy has a strong focus on small group learning and linking this with research. One particular program that we run at the Adelaide G-TRAC centre embodies this small group learning experience and is aimed at teaching the students crucial research skills. The placement is called 'Clinical Audit/Research in Aged Care' and is of three week's duration.

The students are given important public health and aged care topics such as falls and fracture risk, frailty, cognitive impairment, depression or sleep quality. They spend the first week searching literature for information about their topic. They need to find the best evidence from previous research that they can then use to develop their own study.



ACH Resident Joan with student Kirsten Banham

In the second week, the students refine their research project and then put what they have learned into action. The students undertake their research on a small population of older people, whether it be clients of a residential facility, clients of a transitional care program or consumers living independently within the community. Data is collected from these populations and the students analyse it. For example, if the students are doing a falls and fracture risk study they would look at what percentage of people have a low falls risk, a medium falls risk or a high falls risk. They would try to work out why a person might be in a medium or high falls risk category and in doing so, develop a deep understanding of the factors that contribute to increasing someone's falls risk. They also come to appreciate and understand how falls risk might be improved in that particular population.

In the third week, the students prepare a final written report and an oral presentation to a multi-disciplinary team. Part of the focus of the study is to make recommendations as to how the health of the population studied could be improved.



Dr Jeanine Teo with students at an inter-professional session.

Using the falls risk example again, the students might come up with recommendations such as education about the importance

of physical activity, attending balance classes or even educating the community about the importance of good, safe, sturdy footwear to prevent falls.

The students feel that they learn a lot from this placement at G-TRAC as evidenced by some of their comments in our feedback survey. One student commented that "this MSA provided me with the opportunity to design a clinical audit, conduct an audit and analyse the results, something that I have never done before". Another student said "I was able to gain a good insight into different research methodologies, how to develop the research as well as how to write a formal article".

This small group learning innovation at the Adelaide G-TRAC Centre exposes students to multi-disciplinary teams and provides students with new skills to investigate the literature as well as develop audits that contribute to quality improvement. They also get to interact with



Students and consumers demonstrating new tricycles at Highercombe ACH

consumers and clinicians when collecting data and present their findings and recommendations both verbally and in writing.

In completing this elective, students gain a better understanding of important public health and aged care issues affecting older consumers.

G-TRAC Research

Professor John Morley is a world renowned expert on ageing and is the Divisional Director of Geriatrics at St Louis University which focuses on frailty, nutrition, sarcopenia, Alzheimer's Disease and delirium.

He visited the Adelaide G-TRAC Centre in August to address the G-TRAC Research Workshop. He joined the G-TRAC team for lunch and a tour of the



Resthaven Knit & Knat group: Joy, Jean, Heather and Jeanne (L-R)

Resthaven Aged Care Campus. He delighted the Knit and Knat group by joining in the knatter with a story about Grandma Moses (1860-1961) who, be-

cause of arthritis in her late 70's, declared she needed a new interest as she was no longer able to embroider; she took up miniature painting which made her famous. Professor Morley commented that it is never too late to develop new talents.

Dr Ruth Teh (Masters candidate), Ms Asangi Jayatilaka (PhD candidate), Dr Shailaja Nair (Masters candidate) and Dr Damith Ranasinghe (Director, Auto ID Lab) in the photograph below with Professors Morley and Visvanathan, presented their research. Professor Morley addressed the workshop participants, provided feedback and shared latest research ideas from USA and Europe. The workshop was well attended.



Professor Renuka Visvanathan, G-TRAC Director, has recently been invited to become an Editorial Board member of the Frailty.net initiative for which our research collaborator Professor Matteo Cesari from Le Gérontopôle in Toulouse (France) is the Editor in Chief. Frailty.net is an international educational resource that aims to help health care professionals translate latest frailty evidence into clinical practice for the benefit of older people.

Falls Prevention

The G-TRAC Seminar on 17 September will be on Falls prevention.

What do we understand about the importance of falls prevention? Each year, falls occur in over a third of people over the age of 65, and in over half of people aged 75 and over. Within Australia, falls and fall-related injuries are among the leading causes of hospitalisation and death in older people. As the population of Australia is ageing, the cost of falls and falls-related injuries is predicted to increase significantly. That is why action needs to be taken now to manage this growing problem.

What are the factors that increase a person's falls risk? It may be environmental factors such as unsupportive shoes, poor lighting, uneven ground, inappropriate glasses, home hazards or distractions. It may be a person's medical or physical conditions that lead to an increased falls risk. This would include things such as balance impairments, arthritis, osteoporosis, Parkinson's disease, stroke, being overweight or underweight, foot problems, medications, incontinence, visual problems, dizziness and muscle weakness. An increased falls risk may also relate to an individual's personal factors such as a history of previous falls, rushing and not concentrating, talking while walking, fear of falling, depression, increased age, problems with memory or problem solving.

What can a person do to improve their falls risk? There is strong evidence that exercise can prevent falls in the general population as well as in those at increased risk of falls. Group based Tai Chi is one example of exercise that has been found to be effective for falls prevention in several studies. Modifiable factors should be addressed by a person and their healthcare provider. This would include making sure appropriate footwear is worn, ensuring adequate glasses are being worn, looking at medications and assessing whether these could be contributing to falls risk, education for the general community on falls risk, ensuring a safe environment at home and addressing foot problems.

Falls Prevention Matters

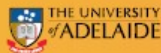
The 'Falls Prevention in SA' website is a useful resource. On the site (www.fallssa.com.au) you can get more information about falls and even assess your own risk of falls by performing their self screening falls tool. If you feel that you may be at an increased falls risk please speak to your doctor.

Engaging with Ageing Health and Wellbeing Expo

Tuesday 14 October 2014, 10.30am – 2.30pm

Campbelltown Function Centre

For bookings contact Council on 8366 9222



Proudly presented by G-TRAC Centre (The University of Adelaide) and Campbelltown City Council's HACC Program.

G-TRAC Seminar Series

The G-TRAC Seminar Series [Challenges of Care in an Ageing Population](#) brings leading experts in health and aged care to present seminars and workshops aimed at increasing skills and knowledge 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.

Our upcoming seminars are on Falls Prevention, Healthy Ageing and Frailty Prevention. The seminars have received very positive support and feedback from health and aged care practitioners.

Information and bookings for the seminars and workshops can found on the G-TRAC website.

G-TRAC Video



See the new **G-TRAC video** on our website health.adelaide.edu.au/medicine/g-trac

Engaging with Ageing 14 October

The Engaging with Ageing—Positive and Healthy Ageing Expo will be held on 14 October at the Campbelltown Council Function Centre.

The expo is being organised by G-TRAC in partnership with the Campbelltown Council. The expo has an active theme and there will be lots of activities happening. Sprout will be doing cooking demonstrations and there will be lunch and refreshments provided. G-TRAC will be there in force with our students joining in the action, promoting health and wellbeing and Judy McKenzie and the fabulous Campbelltown Keep Fit group will be demonstrating their Chi Ball routines. The new park equipment for all ages will also be on display with demonstrations on how to use them. Professor Maddocks will close the day and draw a special door raffle. Come and join the fun.

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.



Students, teachers and consumers providing G-TRAC feedback

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 contact the centre for information.

Contact Us

Adelaide G-TRAC Centre
The University of Adelaide
61 Silkes Rd
PARADISE SA 5069 Australia



Telephone: +61 8 8313 2144
Fax: +61 8313 2155
email: gtrac@adelaide.edu.au
web: health.adelaide.edu.au/medicine/g-trac