



Centre of Research Excellence in Frailty & Healthy Ageing



Research Report 2017



Background



The Centre of Research Excellence of Frailty and Healthy Ageing was launched in the second half of 2016.

Our aim was to collaborate and engage with key stakeholders to develop and conduct innovative, high quality and trans-disciplinary research with one goal in mind: to prevent and better manage frailty so that people can achieve healthy ageing.

We set out to establish an Australian research network with global relevance arising from our strong partnership with major research centres internationally.

We have been fortunate to be initially supported through grant funding from the National Health and Medical Research Council of Australia, the University of Adelaide, the Hospital Research Foundation, Resthaven Inc. and Nestle Australia.

The aspirations of this centre cannot be achieved without the strong support of the various key stakeholders including consumers that have supported the centre and its activities and for this we are grateful.



Introduction

This research report is intended to showcase the emerging research strengths of our centre for the 2017 calendar year. It incorporates research outputs from the Adelaide Geriatrics Training and Research with Aged Care Centre (GTRAC), which leads the Geriatrics and Gerontology research. It also includes research lead by other investigators of the CRE not limited to geriatric pharmacoepidemiology, health geography and the built environment, general practice, health economics, fragility fracture, knowledge translation and interventions.

Our researchers have set out over a course of five years to improve our evidence base in relation to:

- defining the extent of frailty
- mapping to inform health service policies
- developing and testing a new health economics model for frailty
- testing the implementation of a screening pathway to support early risk identification in general practice
- developing and testing interventions to treat frail and older people at risk for frailty in our community

We are especially proud of the achievements of our research students and research fellows who will be our future research leaders and position Australia globally as international leaders in this research area.

CRE Frailty & Healthy Ageing Staff- 2017

| <i>Investigator Name</i> | <i>Research Stream</i> | <i>Institution</i> |
|--|---|---------------------------|
| <i><u>Chief Investigators</u></i> | | |
| Visvanathan, Renuka | Geriatric Medicine and Gerontology | University of Adelaide |
| Karnon, Jon | Health Economics | University of Adelaide |
| Kitson, Alison | Knowledge Translation | Flinders University |
| Beilby, Justin | General Practice | Torrens University |
| Cameron, Ian | Rehabilitation Medicine | University of Sydney |
| Bell, Simon | Geriatric Pharmacoepidemiology | Monash University |
| Cehade, Mellick | Orthopaedic and Trauma Surgery | University of Adelaide |
| Barrie, Helen | Geography and Demography | University of Adelaide |
| <i><u>Independent Chair</u></i> | | |
| Frewin, Derek | Emeritus Professor of the University of Adelaide and Independent Chair Management Committee | University of Adelaide |

CRE Frailty & Healthy Ageing Staff- 2017

| Investigator Name | Research Stream | Institution |
|--------------------------------|--|------------------------|
| <u>Associate Investigators</u> | | |
| Cesari, Matteo | Geriatric Medicine and Gerontology | University of Milan |
| Morley, John | Geriatric Medicine and Gerontology | St Louis University |
| Rockwood, Ken | Geriatric Medicine and Gerontology | Dalhousie University |
| Schultz, Tim | Knowledge Translation | University of Adelaide |
| Taylor, Danielle | Geography and Demography | University of Adelaide |
| Theou, Olga | Geriatric Medicine and Gerontology | Dalhousie University |
| Yu, Solomon | Geriatric Medicine and Gerontology | University of Adelaide |
| <u>Research Fellows</u> | | |
| Afzali, Hossein | Health Economics | University of Adelaide |
| Archibald, Mandy | Knowledge Translation | Flinders University |
| Dollard, Joanne | Geriatric Medicine and Gerontology | University of Adelaide |
| Hendrix, Ivanka | Clinical pharmacology | University of Adelaide |
| Hosking, Sarah | Pharmacoepidemiology | Monash University |
| Jayatilaka, Asangi | Orthopaedics | University of Adelaide |
| Korhonen, Maarit | Pharmacoepidemiology | Monash University |
| Lawless, Michael | Knowledge Translation | Flinders University |
| <u>Administrative Support</u> | | |
| Baker, Leonie | Project Manager - CRE Frailty and Healthy Ageing | University of Adelaide |
| Wiltshire, Nina | G-TRAC Administration Support Officer | University of Adelaide |



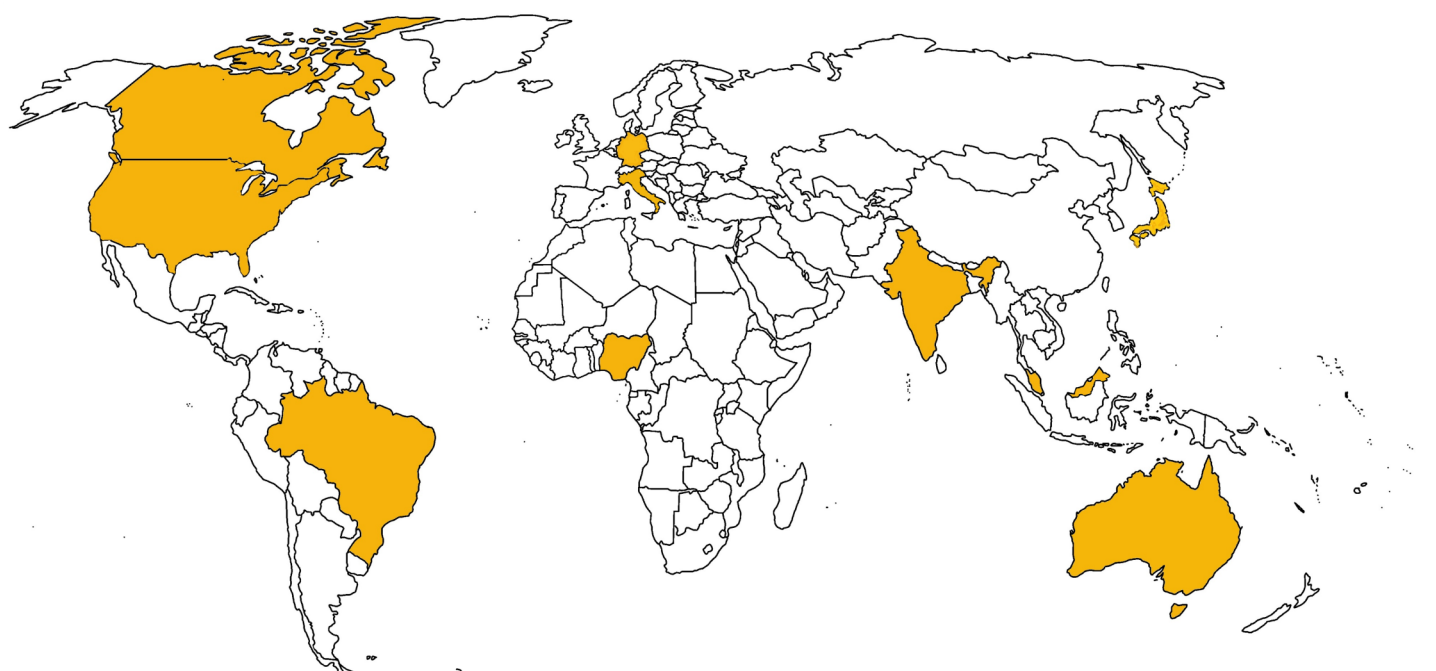
Pictured - Exercise therapy at Geriatric Medicine Unit, TQEH.

CRE Frailty & Healthy Ageing Students - 2017

| <i>Student Name</i> | <i>Research Area</i> | <i>Institution</i> |
|---------------------------|---|------------------------|
| <u>2017 Students</u> | | |
| Ambagtsheer, Rachel | Screening and General Practice | Torrens University |
| Ahip, Sally Suriani | Frailty Screening in Primary Care | University of Adelaide |
| Gupta, Anupam Datta | Improving Mobility Post Neurological Conditions | University of Adelaide |
| Jadczak, Agathe Daria | Exercise and Frailty Management | University of Adelaide |
| Khow, Kareeann | Falls, Hip Fractures and Outcomes | University of Adelaide |
| Martins, Beatriz | Built Environment, Walkability and Frailty | University of Adelaide |
| Smyth, James | Improving Care of Nursing Home Residents Presenting To The Emergency Department | University of Adelaide |
| Thompson, Mark | The Frailty Disease Burden | University of Adelaide |
| <u>2018 Students</u> | | |
| Yadav, Lalit | Orthopaedic and Trauma Surgery | University of Adelaide |
| Jasper, Unyime | Geriatric Medicine and Gerontology | University of Adelaide |
| <u>2018 PhD Conferred</u> | | |
| Jadczak, Agathe Daria | Exercise and Frailty Management | University of Adelaide |

Global Network of CRE Frailty & Healthy Ageing

The CRE brings together investigators and research students from all major inhabited continents in the world .



Research Grants

| Grant Type | Team | Grant title | Start Date | Yrs | Amount (\$) |
|--|--|---|-------------------|------------|--------------------|
| Cat 1: Australian Competitive Grants | Visvanathan, Renuka | Premiers Research and Industry Fund: Consortium. Sub Project: ROSA- Registry of Older South Australians | 2016 | 5 | \$4, 000, 000 |
| Cat 3: Industry and Other Research Income | Taylor, Danielle | Hospital Research Foundation Mid-Career Fellowship: Inequalities in Neighbourhood Accessibility: Implications for Frailty and Healthy Ageing. | 31 Jul 2017 | 3 | \$420,000.00 |
| Cat 3: Industry and Other Research Income | Barrie, Helen Visvanathan, Renuka Martins, Beatriz | University of Adelaide Interdisciplinary Research Fund: Planning & Design of Public Spaces for Ageing Well | 1 Jan 2016 | 1 | \$41, 500.00 |
| Cat 3: Industry and Other Research Income | Archibald, Mandy | GTRAC Resthaven Grant: Understanding perceptions of frailty through qualitative and arts based research. | Nov 2016 | 1 | \$10,000.00 |
| Cat 3: Industry and Other Research Income | Ambagtsheer, Rachel | GTRAC Resthaven Grant | Nov 2016 | 1 | \$10,000.00 |
| Cat 3: Industry and Other Research Income | Taylor, Danielle | GTRAC Resthaven Grant | 1 Mar 2017 | 1 | \$10,000.00 |
| Cat 2: Other Public Sector Research Income | Barrie, Helen | Green & Public Spaces for Ageing Well - Pilot Study | 5 Feb 2018 | 1 | \$15,000 |
| Cat 2: Other Public Sector Research Income | Barrie, Helen | Smart Technologies for Ageing Well - Pilot Study | 5 Feb 2018 | 1 | \$20,000 |
| Cat 2: Other Public Sector Research Income | Barrie, Helen | Aged Care Snapshot for SA | 5 Mar 2018 | 1 | \$15,000 |

Peer Reviewed Publications

1. Ambagtsheer, R.C, Visvanathan, R., Cesari, M., Yu, S., Archibald, M.M, Schultz, T.J., Karnon, J., Kitson, A., Beilby, J. *Feasibility, acceptability and diagnostic test accuracy of frailty screening instruments in community-dwelling older people within the Australian general practice setting: a study protocol for a cross-sectional study.* BMJ Open 2017; 7(8); e016663. doi: 10.1136/bmjopen-2017-016663. PMID: 28775191
2. Ambagtsheer, R. C., Thompson, M. Q., Archibald, M. M., Casey, M. G., & Schultz, T. J. *Diagnostic test accuracy of self-reported frailty screening instruments in identifying community-dwelling older people at risk of frailty and pre-frailty: a systematic review protocol.* JBI database of systematic reviews and implementation reports 2017; 15(10); 2464-2468. doi: 10.11124/JBISRIR-2017-003363. PMID: 29035957
3. Archibald, M. M., Ambagtsheer, R., Beilby, J., Chehade, M. J., Gill, T. K., Visvanathan, R., & Kitson, A. L. *Perspectives of Frailty and Frailty Screening: Protocol for a Collaborative Knowledge Translation Approach and Qualitative Study of Stakeholder Understandings and Experiences.* BMC Geriatrics; 2017; 17(1); 87. doi: 10.1186/s12877-017-0483-7. PMID: 28415977
4. Archibald M, Kitson A, Frewin D, Visvanathan R. *Transdisciplinary Research In Frailty: Knowledge Translation To Inform New Models of Care.* J Frailty Aging. 2017;6(2):62-64. doi: 10.14283/jfa.2017.6. PubMed PMID: 28555704.
5. Arendts G, Burkett E, Hullick C, Carpenter CR, Nagaraj G, Visvanathan R. *Frailty, thy name is....* Emerg Med Australas. 2017 Oct 3. doi: 10.1111/1742-6723.12869. [Epub ahead of print] PubMed PMID: 28971594.
6. De Silva T, Ahip S, Theou O, Tufanaru C, Visvanathan R, Umapathysivam K. *Frailty in nursing home residents: a scoping review protocol.* JBI Database System Rev Implement Rep. 2017 Aug;15(8):2040-2046. doi: 10.11124/JBISRIR-2016-003115. PubMed PMID: 28800053.
7. Dent E, Chapman I, Piantadosi C, Visvanathan R. *Screening for malnutrition in hospitalised older people: Comparison of the Mini Nutritional Assessment with its short-form versions.* Australas J Ageing. 2017 Mar 27. doi: 10.1111/ajag.12402. [Epub ahead of print] PubMed PMID: 28345773. IF= 0.825



Pictured - Prof Jean Woo (CUHK) at right speaking at the official launch of CRE in Frailty and Healthy Ageing, Fri 30th Sep, 2016.



Pictured: Dr Beatriz Martins speaks to consumers at 2017 Research Showcase event.



Pictured: Ms Clare McNally gives a seminar at 2017 Research Showcase event.

8. Jadczyk AD, Tam KL, Yu S, Visvanathan R. *Medical students' perceptions of the importance of exercise and their perceived competence in prescribing exercise to older people*. *Australas J Ageing*. 2017 Sep;36(3);E7-E13.

9. Jadczyk A, Luscombe-Marsh N, Taylor P, Barnard R, Makwana N, Visvanathan R. *The EXPRESS Study: Exercise and Protein Effectiveness Supplementation Study supporting autonomy in community dwelling frail older people-study protocol for a randomized controlled pilot and feasibility study*. *Pilot Feasibility Stud*. 2017 Jul 6;4:8. doi: 10.1186/s40814-017-0156-5.

10. Jayatilaka A, Ranasinghe DC, Falkner K, Visvanathan R, Wilson A. *Care workers' voices in designing assistive technologies for preventing malnutrition in older people with dementia: Innovative Practice*. *Dementia (London)*. 2017 Jan 1;1471301217722852. doi: 10.1177/1471301217722852. [Epub ahead of print] PubMed PMID: 28776410.

11. Khaw K, Shibu P, Yu S, Chehade M, Visvanathan R. *Epidemiology and postoperative outcomes of atypical femoral fractures in older adults: A systematic review*. *Journal of Nutrition, Health and Aging*. 21(1):83-91, 2017 Jan.

12. Khaw K, Visvanathan R. *Falls in the aging population*. *Clinics in Geriatric Medicine*. 2017 Aug; 33(3):357-368.

13. Khaw KS, Paterson F, Shibu P, Yu SC, Chehade MJ, Visvanathan R. *Outcomes between older adults with atypical and typical femoral fractures are comparable*. *Injury*. 2017 Feb;48(2):394-398. doi: 10.1016/j.injury.2016.10.035.

14. Morley JE, Arai H, Cao L, Dong B, Merchant RA, Vellas B, Visvanathan R, Woo J. *Integrated Care: Enhancing the Role of the Primary Health Care Professional in Preventing Functional Decline: A Systematic Review*. *J Am Med Dir Assoc*. 2017 Jun 1;18(6):489-494. doi: 10.1016/j.jamda.2017.03.015. Review. PubMed PMID: 28549703.

15. Preston D, Nguyen TNM, Visvanathan R, Wilson A. *Nutrition and the community-dwelling older person: a pilot study in general practice*. *Int J Evid Based Healthc*. 2017 Oct 27. doi: 10.1097/XEB.0000000000000124. [Epub ahead of print] PubMed PMID: 29084014.

16. Shinmoto Torres RL, Visvanathan R, Abbott D, Hill KD, Ranasinghe DC. *A battery-less and wireless wearable sensor system for identifying bed and chair exits in a pilot trial in hospitalized older people*. *PLoS One*. 2017 Oct 9;12(10):e0185670. doi: 10.1371/journal.pone.0185670. eCollection 2017. PubMed PMID: 29016696; PubMed Central PMCID: PMC5633180.

17. Trahair LG, Rajendran S, Visvanathan R, Chapman M, Stadler D, Horowitz M, Jones KL. *Comparative effects of glucose and water drinks on blood pressure and cardiac function in older subjects with and without postprandial hypotension*. *Physiol Rep*. 2017 Jul;5(13). pii: e13341. doi: 10.14814/phy2.13341. PubMed PMID: 28684639; PubMed Central PMCID: PMC5506527.
18. Taylor A, Pilkington R, Dal Grande E, Kourbelis, C., Barrie H. 2017. *Health and welfare profile of Australian baby boomers who live in rented accommodation – implications for the future*. *Ageing and Society*, 1-18. doi:10.1017/S0144686X17001088
19. Taylor A.W, Grande E.D, Fateh-Moghadam P, Montgomerie A, Battisti L, Barrie H, Kourbelis C, Campostrini S. *Comparison of Health and Risk Factors of Older, Working-age Australians, Italians and Italian-born Migrants to Australia, with Data from an Italian (PASSI), and an Australian (SAMSS) Risk Factor Surveillance System*. *J Immigrant Minority Health* (2017). <https://doi.org/10.1007/s10903-017-0654-9>
20. Visvanathan R, Ranasinghe DC, Wilson A, Lange K, Dollard J, Boyle E, Karnon J, Raygan E, Maher S, Ingram K, Pazhvoor S, Hoskins S, Hill K. *Effectiveness of an Ambient Intelligent Geriatric Management system (AmbIGeM) to prevent falls in older people in hospitals: protocol for the AmbIGeM stepped wedge pragmatic trial*. *Inj Prev*. 2017 Aug 19. pii: injuryprev-2017-042507. doi:10.1136/injuryprev-2017-042507. [Epub ahead of print] PubMed PMID: 28823995.
21. Walker R, Ratcliffe J, White A, Visvanathan R. *Dementia assessment services: What are the perceptions of older people?* *Australas J Ageing*. 2017 Oct 10. doi: 10.1111/ajag.12455. [Epub ahead of print] PubMed PMID: 29024346.
22. Wallace CL, Swagerty D, Barbagallo M, Vellas B, Cha HB, Holmerova I, Dong B, Koopmans R, Cruz-Jentoft AJ, Gutierrez Robledo LM, Moreno JC, Hajjar R, Woo J, Arai H, Okochi J, Visvanathan R, Abdul-Rahman SA, Goel A, Moser A, Rolland Y, Abbatecola AM, Russo M, Morley JE. *IAGG/IAGG GARN International Survey of End-of-Life Care in Nursing Homes*. *J Am Med Dir Assoc*. 2017 Jun 1;18(6):465-469. doi: 10.1016/j.jamda.2017.04.002. PubMed PMID: 28549702.
23. Wilsdon T, Hendrix I, Thynne T, Mangoni A. *Effectiveness of interventions to deprescribe inappropriate proton pump inhibitors in older adults*. *Drugs and Aging*. 2017 Apr;34(4):265-287.eCollection 2018.
24. Wickramasinghe A, Ranasinghe DC, Fumeaux C, Hill KD, Visvanathan R. *Sequence Learning with Passive RFID Sensors for Real-Time Bed-Egress Recognition in Older People*. *IEEE J Biomed Health Inform*. 2017 Jul;21(4):917-929. doi:10.1109/JBHI.2016.2576285. Epub 2016 Jun 2. PubMed PMID: 27295696.
25. Umapathysivam K, Tufanaru C, Visvanathan R, Yu S. *Anthropometric prediction equations for estimating body mass composition: a scoping review protocol*. *JBHI Database of Systematic Reviews and Implementation Reports*. 2017 Oct; 15(10):2427-2432.



Pictured: Mr Mark Thompson (left) at 2017 Research Showcase event.



Pictured: L-R Rachel Ambagtsheer, X, Dr Helen Barrie and Dr Joanne Dollard at the 2017 AAG conference, Perth.



Pictured - Dr Joanne Dollard with a patient at TQEH.

Non Peer Reviewed Publications and Other Media

Non peer reviewed articles Features:

| Name | | Media | Date | Audience |
|---------------------------------------|----------------------|---|--------------|-----------------|
| Ambagtsheer, Rachel Beilby, Justin | Editorial Feature | Country Times | | Community |
| Martins, Beatriz Arakawa | Interview (Radio) | Coast FM interview on research in frailty and healthy ageing. | 6 April 2017 | Community |
| Taylor, Danielle | Interview (Radio) | Coast FM interview on research in frailty, demography and geography. | 6 April 2017 | Community |

Presentations - Domestic

Keynote / Plenary Lectures

| Speaker | Event Name | Date | Audience |
|----------------|--|-------------|-----------------|
| Barrie, Helen | Migration Update Western Australia | 06 Sep 2017 | Peer |
| Barrie, Helen | Australian Association of Gerontology | Nov 2017 | Peer |
| Cesari, Matteo | ANZSF Conference: Frailty - One Word For Multiple Applications– Plenary | 25 Nov 2017 | Peer |
| Karnon, Jon | SA Australian Association of Gerontology conference. Adelaide, SA– Keynote | 23-Jun-17 | Peer |

Symposium

| Speaker | Event Name | Date | Audience |
|--------------------------|--|---------------|-----------------|
| Ambagtsheer, Rachel | AAG 50th National Conference: Re-inventing Photovoice: exploring healthy ageing concepts among retirement village residents. | 8-10 Nov 2017 | Peer |
| Barrie, Helen | AAG 50th National Conference: What it means to age well in a retirement Village. | 8-10 Nov 2017 | Peer |
| Martins, Beatriz Arakawa | AAG 50th National Conference: Planning and design of public spaces to support ageing well. | 8-10 Nov 2017 | Peer |

Seminar

| Speaker | Event Name | Date | Audience |
|---------------------|--|--------------|-----------------|
| Ahip, Sally | Frailty & Healthy Ageing Research Showcase: The Malaysian Pictorial Fit Frail Scale. | 8 Sep 2017 | Community |
| Afzali, Hossein | International Society for Phramacoeconomics and Outcomes Research: Health Economic Modelling International University of Technology Sydney, NSW. | 6-8 Dec 2017 | Peer |
| Ambagtsheer, Rachel | Frailty & Healthy Ageing Research Showcase: Discovering Hidden Frailty: Should Screening Be Available Through Your Doctor? | 8 Sep 2017 | Community |
| Beilby, Justin | Healthy Ageing. | Nov 2017 | Peer |
| Cesari, Matteo | Multicultural Aged Care South Australia- Italian language seminar: What is frailty, why it is important, and how to deal with it. | 28 Nov 2017 | Community |
| Gupta, Anupam | GTRAC Seminar Series: Post-stroke challenges and mobility. | Oct | Community |
| Jadczak, Agathe | TQEH Research Day: Educating medical students in counselling older adults about exercise: the impact of a physical activity module | 20 Oct | Peer |

| | | | |
|-----------------------------|--|--------------|-----------|
| Karnon, Jon | International Society for Pharmacoeconomics and Outcomes Research: Health Economic Modelling International University of Technology Sydney, NSW. | 6-8 Dec 2017 | Peer |
| Lawless, Michael | 2017 Knowledge Utilisation Colloquium | 17 Nov 2017 | Peer |
| Martins, Beatriz Arakawa | TQEH Research Day: Planning and design of public spaces to support ageing well: a pilot study | 20 Oct | Peer |
| Martins, Beatriz | University of the 3rd Age: “Planning and design of public spaces to support ageing well” and “Physical Activity and Frailty: Exploring Cross Cultural and Neighbourhood Influences” | 2 Nov 2017 | Community |
| Martins, Beatriz | Research Showcase Tabletop Session: Beatriz Martins Understanding the influence of neighbourhoods on older people’s health. | 8 Sep 2017 | |
| Thompson, Mark | Frailty & Healthy Ageing Research Showcase: What is Frailty, how common is it, and what to do about it. | 8 Sep 2017 | Community |
| Taylor, Danielle | Frailty & Healthy Ageing Research Showcase: Facilitating Healthy Ageing with Spatial Information. | 8 Sep 2017 | Community |
| Taylor, Danielle | TQEH Research Day: Inequalities in neighbourhood accessibility: Implications for frailty and healthy ageing | 19 Oct | Peer |
| Taylor, Danielle | IAG Health Geography Workshop | 11 Jul 2017 | Peer |
| Theou, Olga | Multicultural Aged Care South Australia- Greek language seminar: The benefits that physical activity and movement can have on preventing and reversing frailty. | 1 Dec 2017 | Community |
| Yu, Solomon | Frailty & Healthy Ageing Research Showcase: Predicting risk of Sarcopenia from Lung Function Test. | 8 Sep 2017 | Community |

Poster

| Speaker | Event Name | Date | Audience |
|------------------|---|---------------|-----------------|
| Dollard, Joanne | AAG 50th National Conference: Technological falls-prevention in hospitalised older people | 8-10 Nov 2017 | Peer |
| Lawless, Michael | 2017 International Conference for Realist Research, Evaluation, and Synthesis | 17 Nov 2017 | Peer |

Presentations - International

Invited Speaker

| <i>Speaker</i> | <i>Event Name</i> | <i>Date</i> | <i>Audience</i> |
|-----------------------|--|--------------------|------------------------|
| Visvanathan, Renuka | Chinese University of Hong Kong Jockey Club Institute of Ageing conference on Promoting Intrinsic Capacity in Ageing: "Hospitals as Healing Environment for Older People". | 4 Dec 2017 | Peer |
| Visvanathan, Renuka | Active Ageing conference (Thailand) : Healthy Ageing | 21 Sep2017 | Peer |

Seminar

| <i>Speaker</i> | <i>Event Name</i> | <i>Date</i> | <i>Audience</i> |
|-----------------------|---|--------------------|------------------------|
| Barrie, Helen | IAGG 2017 World Congress of Gerontology and Geriatrics (San Francisco USA): Australia's Frail Population— Implications of Prevalence and Spatial Distribution. | 22-27 Jul 2017 | Peer |
| Barrie, Helen | IAGG 2017 World Congress of Gerontology and Geriatrics (San Francisco USA): Health and Welfare Profile of Australian Baby Boomers Who Rent—Implications for the Future | 22-27 Jul 2017 | Peer |
| Jadczak, Agathe | IAGG 2017 World Congress of Gerontology and Geriatrics (San Francisco USA): The Perspectives of Older People at Risk of Frailty on Being Advised About Exercise. | 22-27 Jul 2017 | Peer |
| Theou, Olga | IAGG 2017 World Congress of Gerontology and Geriatrics (San Francisco USA): Frailty in Australian Residential Aged Care Facilities: Relationship With One-Year Outcomes. | 22-27 Jul 2017 | Peer |
| Thompson, Mark | IAGG 2017 World Congress of Gerontology and Geriatrics (San Francisco USA): Frailty in the North West Adelaide Health Study Using the Frailty Phenotype and Index Approaches. | 22-27 Jul 2017 | Peer |
| Yu, Solomon | IAGG 2017 World Congress of Gerontology and Geriatrics (San Francisco USA): The Impact of Sarcopenia Definitions and the Association With Lung Function in Older Australians. | 22-27 Jul 2017 | Peer |

Poster

| Speaker | Event Name | Date | Audience |
|-----------------|---|----------------|-----------------|
| Hendrix, Ivanka | IAGG 2017 World Congress of Gerontology and Geriatrics (San Francisco USA): Appropriateness of Proton Pump Inhibitor Use in a Psychogeriatric Population. | 22-27 Jul 2017 | Peer |
| Khow, Kareeann | IAGG 2017 World Congress of Gerontology and Geriatrics (San Francisco USA): Coaching to Reduce Sedentary Time in Older People With Falls: Randomized Controlled Study Protocol. | 22-27 Jul 2017 | Peer |
| Khow, Kareeann | IAGG 2017 World Congress of Gerontology and Geriatrics (San Francisco USA): A Retrospective Cohort Study of Discharge Hemoglobin in Older Patients After Hip Fracture Surgery. | 22-27 Jul 2017 | Peer |
| Yu, Solomon | IAGG 2017 World Congress of Gerontology and Geriatrics (San Francisco USA): The Association Between Sarcopenia and Lung Function in Older Australians. | 22-27 Jul 2017 | Peer |

International, national and regional links

International Guests Hosted

| Guest | Date |
|--|-------------|
| Prof Matteo Cesari – International AI CRE in Frailty and Healthy Ageing (University of Milan) | 24 Nov 2017 |
| Prof Luca Mariotti, Prof Matteo Tosato, Dr Emanuele Marzetti and project manager Mr. Luca Mariotti - Sarcopenia and Physical Frailty In Older People: Multi-Component Treatment Strategies (SPRINTT) research team | 27 Nov 2017 |
| Dr Wee Shiong Lim- Geriatrician (Singapore)- Observer with CRE in Frailty and Healthy Ageing | 13 Nov 2017 |
| Prof David Wilson- Epidemiologist (Wales, UK)- Collaborator with CRE in Frailty and Healthy Ageing | 30 Jan 2017 |
| Dr Olga Theou- International AI CRE in Frailty and Healthy Ageing (Dalhousie University) | 23 Nov 2017 |

International Meetings

| <i>Guest</i> | | <i>Date</i> |
|---------------------|--|--------------------|
| Cesari, Matteo | WHO Clinical Consortium on Healthy Ageing. – Geneva, Switzerland | 21 Nov 2017 |
| Visvanathan, Renuka | WHO Clinical Consortium on Healthy Ageing- Geneva, Switzerland | 21 Nov 2017 |
| Visvanathan, Renuka | Healthy Ageing Advisory meeting- Thailand | 21 Sep2017 |
| Visvanathan, Renuka | Chinese University of Hong Kong Jockey Club Institute of Ageing –Hong Kong | 4 Dec 2017 |

International and National Events Hosted

| Host | Event | Date |
|---|---|---------------|
| Visvanathan, Renuka | Australia and New Zealand Sarcopenia and Frailty Conference- AIMSS - AHMS Building, Adelaide, SA. | 23-24 Nov2017 |
| Visvanathan, Renuka Hendrix, Ivanka Yu, Solomon | Frailty and Healthy Ageing Research Showcase- Pavillion, Adelaide SA. | 8 Sep 2017 |

Engagement

Contributions to policy

| Name | | Level of Engagement | Date |
|---|--|-------------------------|---------------|
| Barrie, Helen | Diversity Framework Subcommittee (a sub-committee of the Aged Care Sector Committee) 2017- current | Commonwealth | 2017– present |
| Barrie, Helen | Census of SA Retirement Villages - report produced for Office for the Ageing in light of Legislative Changes to the Retirement Villages Act. This report created baseline data and involved presenting the results directly to the Minister. | State/ Commonwealth | 2017 |
| Beilby, Justin | SA Economic Development Board regarding ongoing projects: primary health care and frailty | State | 2017 |
| Ambagtsheer, Rachel Beilby, Justin Bell, Simon Cameron, Ian Jadczyk, Agathe Kitson, Alison Visvanathan, Renuka Yu, Solomon | CRE Advisory Group - workshop regarding influencing policy (State and Local attendees) | Regional / Community | 11 Aug 2017 |
| Visvanathan, Renuka | <i>Dementia Australia Round Table</i> The meeting brought together political leaders Hon Bill Shorten MP - Leader of the Opposition, and Hon Julie Collins MP -Shadow Minister, Ageing and Mental Health with leading health care professionals, geriatricians, researchers and specialists in dementia care for a robust discussion on the key issues for people with dementia and their carers. | Commonwealth | 16 Nov 2017 |

Contributions to health services

| Name | | Level of Engagement | Date |
|--|--|---------------------|-------------|
| Afzali, Hossein | Appointed as member of Registry for Older South Australians (ROSA) (Research Committee). | State | |
| Ambagtsheer, Rachel Archibald, Mandy Beilby, Justin | Undertook work with 2 participating research practices in the Frailty Screening Study: provision of information & training about frailty, reports on frailty status of patients | Community | Year long |
| Ambagtsheer, Rachel Archibald, Mandy Beilby, Justin | South Australian PHNs – communications regarding recruitment for Practice Nurse Attitudes, Perceptions and Experiences Project | Community | Year long |
| Afzali, Hossein Karnon, Jon | Meeting- Graham Harding, manager of ACH regarding cost-effectiveness analysis and aged care with a view to a potential PhD enrolment | Community | June |
| Chehade, Mellick Taylor, Danielle Theou, Olga Visvanathan, Renuka | Team met with State Government advisers, including SA Health (Cassie Mason). Discussed the CRE research program underway and potential research impact and outcomes (with Renuka and Mellick). | State | 30 Nov 2017 |
| Lawless, Michael | Meeting- Carers SA - collaboration to improve service provision for family carers of people with frailty, research into carers' perspectives on the care they provide | Community | Unknown |

Contributions by Consumer/ Regional groups

| Name | | Type |
|---|--|--------------------|
| Afzali, Hossein Karnon, Jon | <i>Title of Project: Development of a conceptual model of disease progression to inform the structure of a frailty cost-effectiveness model</i> Online surveys to engage 9 experts agreed to participate including six geriatricians, two epidemiologists and one GP (with extensive knowledge and experience in frailty). disease progression, associated costs or health outcomes (e.g. quality of life). | Project Co-Design |
| Ambagtsheer, Rachel Archibald, Mandy Kitson, Alison Lawless, Michael | <i>Title of Project: Perspectives of Frailty and Frailty Screening Study of Stakeholder Understandings and Experiences</i> A number of think groups were established including clinicians, nurses and patients. | Project Co-Design |
| Ambagtsheer, Rachel Archibald, Mandy Kitson, Alison Lawless, Michael | <i>Title of Project: Perspectives of Frailty and Frailty Screening Study of Stakeholder Understandings and Experiences</i> A number of think groups were established including clinicians, nurses and patients. | Steering Committee |

Continued...

| | | |
|---|--|-------------|
| Ambagtsheer, Rachel Archibald, Mandy Kitson, Alison Lawless, Michael | <i>Title of Project: Perspectives of Frailty and Frailty Screening Study of Stakeholder Understandings and Experiences</i> A number of think groups were established including clinicians, nurses and patients. | Think Group |
|---|--|-------------|

Awards

| <i>Recipient</i> | <i>Award Type</i> |
|---------------------|---|
| Lawless, Michael | 2017 Dean's Commendation for Doctoral Thesis Excellence |
| Martins, Beatriz | 2017 THRF Travel Award |
| Dollard, Joanne | 2017 THRF Travel Award |
| Ambagtsheer, Rachel | 2017 Torrens University Travel Award |



L-R: Dr Solomon Yu, Prof Renuka Visvanathan, Mr Mark Thompson, Dr Agathe Jadcak, Dr Olga Theou at 2017 IAGG conference, San Francisco, USA.

Mentoring and Communication

The CRE in Frailty and Healthy Ageing is committed to building the next generation of clinical specialists and research leaders in the field of geriatrics and healthy ageing. The CRE therefore holds various mentoring events each year to provide emerging clinicians and early career researchers with the opportunity to gain insight from our experienced team of experts.

Round Table Discussion

| <i>Organiser</i> | <i>Event</i> | <i>Type</i> | <i>Date</i> |
|---------------------|---|-------------|---------------|
| Beibly, Justin | Prof Justin Beilby - Research into Policy Torrens University, Adelaide, SA | Round Table | 28 April 2017 |
| Visvanathan, Renuka | Prof Matteo Cesari and Dr Olga Theou- Mentoring Fellows and HDR students. BHI, Woodville South, SA. | Round Table | 29 Nov 2017 |

One-on-One Sessions

| <i>Organiser</i> | <i>Event</i> | <i>Date</i> |
|------------------|---|-------------|
| Afzali, Hossein | Prof Matteo Cesari and Dr Olga Theou Review of Health Economics project BHI, Woodville South, SA. | 29 Nov 2017 |

Mentor Seminars

| Organiser | Event | Type | Date |
|---------------------------------------|--|-------------|--------------|
| Visvanathan, Renuka | Dr Ashleigh Smith – Cognitive Training. BHI, Woodville South, SA. | Seminar | 17 Feb 2017 |
| Visvanathan, Renuka | Dr Beatriz Martins- Ageing and Environment. BHI, Woodville South, SA. | Seminar | 17 Mar 2017 |
| Visvanathan, Renuka | Ms Jan-Louise Durand – Training on ethics in human research. BHI, Woodville South, SA. | Seminar | 17 Mar 2017 |
| Visvanathan, Renuka | Dr. Catalin Tufanaru – Training ‘Statistical Misconceptions in Evidence-Based Medicine’. BHI, Woodville South, SA. | Seminar | 21 Apr 2017 |
| Visvanathan, Renuka | Dr Sally Ahip The Malaysian Pictorial Fit Frail Scale. BHI, Woodville South, SA. | Seminar | 21 Apr 2017 |
| Visvanathan, Renuka | Dr Jo Dollard- Ambigem. BHI, Woodville South, SA. | Seminar | 19 May 2017 |
| Visvanathan, Renuka | Dr Ivanaka Hendrix – Frailty and Pharmacy. BHI, Woodville South, SA. | Seminar | 19 May 2017 |
| Visvanathan, Renuka | Assoc. Professor Zac Munn – Training Reviews: Evidence-based medicine/systematic/scoping reviews. BHI, Woodville South, SA. | Seminar | 16 Jun 2017 |
| Visvanathan, Renuka | Dr Louise Heuzenroeder - Development and pilot testing the Dignity in Care Survey for acute and subacute care settings”. BHI, Woodville South, SA. | Seminar | 16 Jun 2017 |
| Visvanathan, Renuka Beilby, Justin | Ms. Rachel Ambagtsheer – Frailty Screening in general practice. BHI, Woodville South, SA. | Seminar | 14 July 2017 |
| Visvanathan, Renuka | Ms. Agathe Jadczak- Medical Student Learning. BHI, Woodville South, SA. | Seminar | 14 July 2017 |
| Visvanathan, Renuka | Dr Anupam Gupta- Post Stroke Movement. BHI, Woodville South, SA. | Seminar | 18 Aug 2017 |
| Visvanathan, Renuka | Dr. James Smyth – ED and Frailty. BHI, Woodville South, SA. | Seminar | 18 Aug 2017 |
| Visvanathan, Renuka | Dr Sally Ahip- Scoping review of frailty in nursing homes- Progress report. BHI, Woodville South, SA. | Seminar | 15 Sep 2017 |



L-R: Dr Solomon Yu, Dr Kareeann Khaw.



L-R: Dr Asangi Jayatilaka and Dr Joanne Dollard.



L-R: Prof Renuka Visvanathan & guest Joan Hage., CRE Launch



L-R: Students Mr Mark Thompson & Dr Beatriz Martins with THRF Fellow Dr Danielle Taylor.



Post docs and students of the CRE at mentoring event hosted by Prof Justin Beilby (right).



L-R: Dr Nigel Quadros and Dr Kandiah Umapathysivam.



Contact Us

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