

CRE in Frailty & Healthy Ageing Newsletter

Issue 7 - Dec 2021



From the Chief Investigator

We have come to the end of 2021 and it has been a year where as researchers we have had to adapt to rapidly changing environments.

The United Nation has declared 2021-2030 as the Decade of Healthy Ageing and we are active contributors to the goals of the Decade that includes a focus on integrated care, long-term care, age friendly environments and dealing with ageism.

We were proud to have been selected by the Canadian Frailty Network to be partners in the grant application to the Canadian Institute of Health Research- "Healthy Cities Implementation Science Team" grant round. Whilst a lengthy process, we are learning from our Canadian partners and at the same time sharing also with them some of the research strengths.



Above: Prof Renuka Visvanathan

Our funding term from the NHMRC comes to an end in November 2023 but with our advisory group, we have considered what we set out to do when funded in 2015 and what we accomplished by Dec 2020. In this time period, our team is now known internationally for our trans-disciplinary research strengths and we have a strong team of early career researchers to take the research sector forward for the benefit of frail older people.

Like many other research groups around Australia, we had worked hard to submit research grant applications and we thank our collaborators, consumer supporters and industry partners for helping us with our applications. There have been failures, successes and in some instances, we are waiting to hear. This is the norm within the research environment.

We look forward to 2022 and we look forward to sharing future directions as this becomes clear in 2022. As a team, we thank all members of the community for their ongoing support. Seasons greetings. See you in 2022.

Tackling Ageism Award

Higher degree student Mr Unyime Jasper of wins an award.

Dr Helen Barrie (chief investigator) and Mr Unyime Jasper (PhD Candidate) were 2 of three finalists for the "Office for Ageing Well Tackling Ageism Award". This in itself were proud achievements for our centre in the UN Healthy Ageing Decade.

We are so proud of the contribution by our team members in tackling ageism. On the night, Mr Jasper just pipped Dr Barrie at the finishing line, receiving the Office for Ageing Well Tackling Ageism Award for 2021. Jasper was nominated for the award by an anonymous community member for his research work aiming to reduce sedentariness whilst increasing physical activity among hospitalised older people.



Above: Mr Unyime Jasper (right) with Cassie Mason, Director, Office for Ageing Well

Jasper said " I am grateful to the anonymous person who nominated me. I would like to thank the Office of Ageing Well, my PhD supervisors and award sponsors for this award."

We the CRE of Frailty and Healthy Ageing congratulate Jasper for his award and Helen for being recognised as a finalist.

Conversations with Salisbury Seniors

A COTA SA Event

In support of our partners and collaborators the Council of the Ageing (COTA) SA, Professor Visvanathan was asked to talk at a COTA SA Conversations with Salisbury Seniors event. The event was designed to start conversations with older people around using social connections and interactions to build resilience, reduce loneliness and improve wellbeing.



Above: Professor Renuka Visvanathan (left)

Professor Visvanathan introduced the guests to the concepts of Healthy Ageing and frailty. She also talked about the public health AVOID Frailty strategy developed by our collaborators the Canadian Frailty Network.

- A Activity**
- V Vaccination**
- O Optimising Medication**
- I Interacting**
- D Healthy Diet**

Celebrating 60 Years of Life Changing Research

October 2021

A gala dinner was held at the National Wine Centre to celebrate 60 years of life-changing research at The Queen Elizabeth Hospital (TQEH), and the 30th anniversary of TQEH Research Expo. Professor Visvanathan, Dr Danielle Taylor, Dr Agathe Daria Jadczyk and Dr Mark Thompson attended the dinner to celebrate the occasion.

The dinner's host, Professor Guy Maddern, summarised the night saying "The 60/30 dinner and celebration was a great success, bringing together the old, the new and the future leaders in medical science. I have always been very proud of what the BHI has achieved, and after last night's event I have no doubt about its future."



Above: L-R Dr Agathe Daria Jadczyk, Dr Danielle Taylor, Professor Renuka Visvanathan & Dr Mark Thompson.

Our researchers located at the Queen Elizabeth Hospital and Basil Hetzel Institute for Translational Research are proud to continue the legacy of cutting edge research to improve the lives of South Australians.

Distinguished Member award

Dr Rachel Ambagtsheer completed her PhD under the supervision of Prof Beilby, A/Prof Yu and Dr Dent. Her work speaks for itself and it is not surprising that she has secured herself an academic role in Torrens University.



Above: Dr Rachel Ambagtsheer

We are especially proud to hear that Dr Ambagtsheer was a recipient of the Australian Association of Gerontology (AAG) Distinguished Member award. Congratulations to Dr Rachel Ambagtsheer on receiving an Australian Association of Gerontology (AAG) Distinguished Member award.

The award recognises members who have given outstanding service to AAG over many years, through serving on committees or the board and contributing to a range of activities to promote the achievement of AAG's aim: to improve the experience of ageing through connecting research, policy and practice. Dr Ambagtsheer has served as the AAG Student and Early Career Group National President since November 2019.

Dr Azmeraw Amare Grant Success

August 2021

Dr Azmeraw Amare has been working in the gerontology theme of the CRE with Professor Visvanathan. In 2021, they have been collaborating with the World Health Organisation (WHO), Prof Cesari and Prof Beard to understand the genetics of intrinsic capacity. Dr Amare was invited to present this research at the 2021 WHO Clinical Consortium in Healthy Ageing on behalf of the investigator team.

Mentorship of early career researchers is an important aspect within the CRE. We are therefore really excited to see that Dr Amare awarded not only the 2022 Discovery Early Career Researcher Award (DECRA) from the Australian Research Council but also a 2022 Investigator Grant (Emerging Leadership) from the National Health and Medical Research Council (NHMRC).

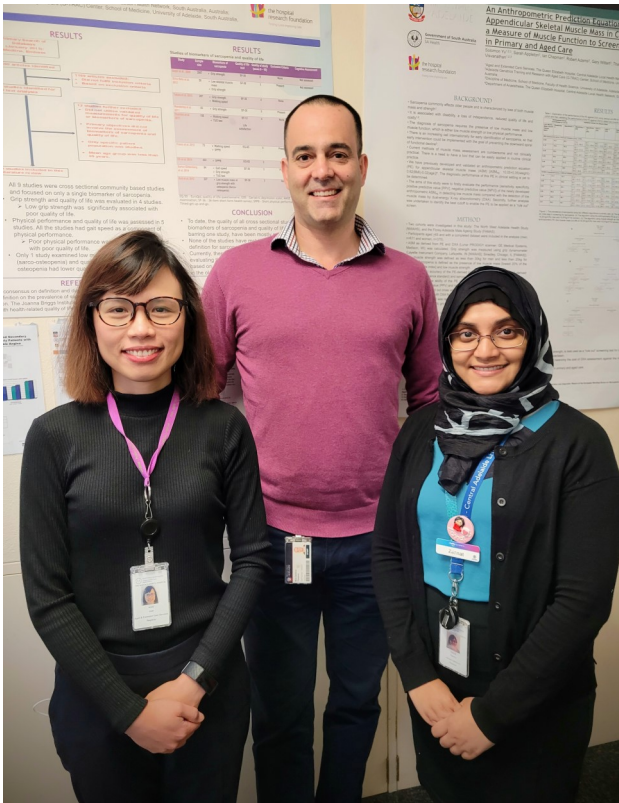
Dr Amare is a clinical and genetic epidemiologist interested precision medicine, pharmacogenomics, and translational medicine, and with particular expertise in using genetic and bioinformatic approaches to understand the biological basis of complex health conditions related to mental wellbeing, pharmacogenomics, cardiometabolic disorders and healthy ageing.



Above: Dr Azmeraw Amare

Frailty research at the Queen Elizabeth Hospital

Investigating use of the Clinical Frail Scale



Above: Left to right: Dr Anne Juan, Dr Mark Thompson and Dr Zannat Fatema

Dr Anne Juan and Dr Zannat Fatema are Geriatricians in training at the Queen Elizabeth Hospital.

They are each conducting a research project which is a required part of their training, investigating how well the Clinical Frailty Scale (CFS) predicts various outcomes, and testing how a set of instructions might improve the accuracy of CFS scoring by less experienced clinicians.

The CFS is a potentially useful tool for providing a summary of the frailty profile of patients admitted to hospital and for prioritising their care.

Dr Fatema Zannat explained “Doing this frailty research gives me a better understanding of the impact of the condition on my patients, and informs their management, likely outcomes, and discharge planning. It also, helps with understanding the impact of frailty on the hospital system”.

Dr Juan Anne and Dr Fatema’s research is supervised by Professor Renuka Visvanathan, Head of Unit Aged & Extended Care Services (Geriatric Medicine) TQEH, and Dr Mark Thompson, Research Fellow, University of Adelaide.

Digital Health and Fragility Hip Fractures

October 2021

Congratulations to Lalit Yadav on submitting his doctoral thesis titled *Co-creation of a person-centered integrated digital health model of care for fragility hip fractures: a mixed methods pragmatic research for examination*.

Lalit undertook his thesis with the Centre of Research Excellence in Frailty and Healthy Ageing under the supervision of Professor Mellick Chehade and Dr Tiffany Gill. The aim of his research was to conduct a program of research focused on establishing a person-centred and integrated model of care for older people with hip fractures assisted by digital health technology and modern educational approaches. The goal was to improve outcomes such as health literacy, access, functional rehabilitation, and quality of life for older people. The model has an emphasis on the patient, their family members, and carers as networked units to be supported through healthcare providers, ranging from specialist services, GPs, allied health, and social care services.



Above: Mr Lalit Yadav

Lalit is currently working with Professor Renuka Visvanathan and Dr Joanne Dollard on the Medical Research Future Fund (MRFF) health services research project: *Mobile X-ray services provided within residential aged care facilities: perspectives and preferences of consumers and stakeholders*. In this project Lalit is undertaking pragmatic methodology involving residents of aged care facilities in South Australia, their family members and key stakeholders influencing service design and delivery.

Broadcasting the Latest Research

September 2021

Dr Danielle Taylor joined ABC Broken Hill radio presenter Narelle Graham on “Late Afternoons” to discuss frailty in regional areas of Australia.



Above: Dr Danielle Taylor

Dr Taylor is a health geographer with the Centre of Research Excellence in Frailty and Healthy Ageing and her research has led to the development of an interactive frailty web map modelling the prevalence and changing distribution of frailty in Australia, 2011 to 2027. This map provides insight into the size, distribution and growth of Australia’s frail and pre-frail population in urban, rural and remote regions.

Dr Taylor’s map of Frail and Pre-Frail Estimates for Australia is free to use online: [Frailty Web Map](#)

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

web: health.adelaide.edu.au/cre-frailty/

