



THE UNIVERSITY
of ADELAIDE

Autumn 2016

G-TRAC News

Director Update



G-TRAC at Paradise campus is now into its 3rd year. Ms Rosie Bonnin (Centre Coordinator) and Dr Jeanine Teo (academic) have left us well placed to take our programs at our Paradise campus forward.

In the able hands of Dr Neha Mahajan as lead academic and Ms Nina Wiltshire as admin support, our programs have continued to evolve.

Associate Professor Solomon Yu is now a regular face on Tuesdays with Dr Kareeann Khaw, a final year advanced trainee in geriatric medicine. We hope to welcome a new academic geriatrician staff member from the United States of America to the centre in August.

We are very excited with our recent funding success. We are well into the process of establishing the National Health and Medical Research Council (NHMRC) Centre for Research Excellence (CRE): Frailty Trans-disciplinary Research to Achieve Healthy Ageing.

Our inaugural advisory group meeting was held in April, an international satellite meeting was held in Philadelphia, USA in April 2016 (see page 3 for photo) and our first planning meeting will be held at our Paradise campus at the end of May 2016. We hope to have our website up and running by the end of this year with the CRE launch planned for the 30th of September 2016.

Many new researchers will join our CRE as students and post-doctoral fellows. We are proud of our growing research collaborations here in South Australia, nationally and globally.

We continue to welcome international visitors to Adelaide. This year we have clinical and research observers from India (Professor Naresh Makwana- a public health professor) and Malaysia (Dr Sally Suriani- a family physician). We will also be welcoming back from Brazil, Dr Beatriz Arakawa Martins (geriatrician) but this time as a PhD student. Dr Olga Theo from Canada and Professor Jean Woo from Hong Kong will be visiting us this year as well.

Through 2016, we will continue to engage effectively with consumers through our academic programs with a community day planned for May 2016.

We look forward to their ongoing support. We aim to deliver seminars at our Paradise campus in the second half of 2016. Thank you for your patience with us during this period of program transition.

A Report Back From 2015 Consumer and Stakeholder Workshop

In May 2015 G-TRAC and the School of Nursing, University of Adelaide collaborated to host a consumer and stakeholder workshop to discuss the findings of a study of older people who have had multiple hospital admissions, and to discuss how to move towards a more joined up model of care for older people.

The major themes that emerged from the discussions were:

- 1- The meaning of health is more than a lack of illness. Reflecting a broader meaning of health, the goal of health care should be about helping people to be as well as they can be for as long as they can be.
- 2- The concept of empowerment is integral to individuals being active partners in their health care.
- 3- Different types of services find it hard to keep track of the changes occurring in the delivery of care in other services. No-one knows what everyone else is doing.

These themes have informed the development of a project plan called Local Innovative Solutions To Enhance care (LISTEN). This project seeks to design and test a sustainable integrated care model for older people living in the Campbelltown Council area, working across all levels of healthcare and the community. It is hoped that G-TRAC will continue its involvement with the project team and we wish the team every success with their grant application.

For more information about the project please contact Dr Jo Dollard at- joanne.dollard@adelaide.edu.au



Left to Right- Dr Elizabeth Hoon- UoA, Leah Trotta- formally CALHN, Nicola Williams- CALHN, Prof Gill Harvey- UoA with Consumers

Be Active and Be Engaged



Dr Neha Mahajan – Academic Lead

The decline that is attributable to disuse (loss of muscle and bone density, increased fat, weakness and slowing down) and disengagement from life (depression, cognitive decline) is inappropriately and frequently attributed to the process of ageing.

This assumption continues to result in appreciable loss of opportunities for many older people.

We all have the potential to live longer, healthier and happier lives if we maintain healthy levels of physical activity as well as social and emotional engagement. None of us should miss out on this opportunity!

The move 'to be active' is a move towards remaining healthy, engaged and happy. Being active and engaged can substantially reduce the impact of chronic diseases such as obesity, diabetes, heart disease, depression, falls, osteoporosis and fractures. It can prevent and/or delay frailty.

Recent studies have highlighted the importance of physical activity in maintaining health as well as happiness. However, despite the overwhelming and widely disseminated evidence that 'being inactive' is a risk factor for many chronic diseases, about 70% of adults in Australia are physically underactive. This is a worrying statistic and we must do something to change this trend.

As a part of the strategy to promote being active, and bridge the gap between research evidence (that supports the centrality of being active and engaged to disease prevention and management) and its usual integration with clinical practice, G-TRAC has embarked on a program of teaching and research activities to close this gap.

G-TRAC Nurse Practitioner, Ms Donna Preston undertook a pilot project to investigate the value of dance as therapeutic intervention to improve the balance and wellbeing of older people in residential aged care. Donna's project has already translated into routine practice. The participating residential aged care facilities now have dance as a usual weekly activity. This is supported by both staff and the volunteers.

A one-day active training module is delivered at our Paradise campus and is coupled with tutorials during our 5th year geriatric medicine program. The goal is to help produce doctors who are better equipped to advise and prescribe exercise for older people. Ms Agathe Jadczak, an exercise physiologist and a PhD student is actively contributing to the quality of our teaching through her research.

The most exciting aspect of our endeavour to close the gap between research and clinical practice is the active contribution to our efforts by our consumers and volunteers.

Without their support, our programs would not get off the ground. We look forward to presenting this work shortly at G-TRAC consumers event, "Moving against frailty".

Academic Lead
Dr Neha N Mahajan, Senior Lecturer
Clinical Psychologist & Academic Health Psychologist

Equipping Future Doctors in Prescribing Exercise for Older People

Agathe Daria Jadczak is currently pursuing a PhD with G-TRAC, School of Medicine, University of Adelaide. Her PhD focusses on medical education programs, exercise advice provided by general practitioners and the impact of exercise programs combined with protein supplements.

Agathe is going to present findings from one of her research projects at the World Congress on Active Ageing in Melbourne this year. The project focused on medical students' perception of the importance of exercise and their perceived competency in prescribing exercise to older people.

Exercise has been shown to be beneficial in the prevention and treatment of frailty and numerous other age-related conditions. Medical practitioners have the potential to increase older peoples' participation in exercise by providing advice on exercise or prescribing exercise. However, medical practitioners commonly cite a lack of undergraduate education as a barrier to them prescribing exercise.

The results of this project underline the need for further medical education programs to better equip our future doctors with the necessary skills and knowledge to advise patients about exercise that will ultimately result in greater participation in physical activity by older people.

The presentation of these findings at the World Congress on Active Ageing in Melbourne is an significant opportunity to raise the awareness of the lack of undergraduate medical education programs targeting exercise for older people and to introduce the improvements to our teaching program at G-TRAC that have been implemented this year to an international audience.



Agathe Daria Jadczak with G-TRAC simulation mannequins

G-TRAC Joins the Centre of Research Excellence: Frailty Trans-Disciplinary Research To Achieve Healthy Ageing

G-TRAC at Paradise will actively contribute to the work of the *NHMRC Centre of Research Excellence: Trans-disciplinary Frailty Research To Achieve Healthy Ageing* led by Professor Renuka Visvanathan.

Funded for 5 years, the Centre for Research Excellence (CRE) has brought together a global team of collaborators from a wide variety of the fields including geriatrics, general practice, orthopaedic surgery, rehabilitation medicine, nursing, geriatric pharmacotherapy, gero-kinesiology, health economics, knowledge translation and geography, including the research team at G-TRAC.

The CRE team is leading research to define and map the extent of frailty, develop and test a new health economics model for frailty, develop the implementation of a screening pathway for general practice and develop and pilot novel interventions to treat frailty. The Centre is building capacity through training the next generation of clinical and research experts in frailty.

The team intend to undertake research involving our community members very soon and we look forward to being able to present the results of our research to our community members at the end of the year.

The Team



Left to Right: Ms Leonie Baker (CRE manager), Dr Tim Schultz, Professor Alison Kitson, Professor Derek Frewin (Independent Chair), Professor Justin Beilby, Professor Renuka Visvanathan, Associate Professor Solomon Yu.



Satellite Meeting- Left to Right: Prof John Marley, Prof Matteo Cesari, Prof Renuka Visvanathan, Assoc Prof Mellick Chehade, Assoc Prof Solomon Yu, Dr Olga Theo, Assoc Prof Simon Bell

Not pictured- Dr Helen Feist, Dr Danielle Taylor, Professor Ian Cameron, Professor Ken Rockwood

Welcome to Leonie



Leonie Baker

We are pleased to welcome Leonie Baker as the Manager for the *Centre for Research Excellence: Frailty Trans-disciplinary Research To Achieve Healthy Ageing*.

Leonie previously worked at the BHI from 2007 to 2011 as a research assistant with the Department of Surgery - ENT. Following her role with the BHI, she transitioned from researcher into research manager and most recently she worked with South Australian Health and Medical Research Institute (SAHMRI) as research and laboratory manager for the Mind & Brain Theme.

Leonie will be providing administrative management support to Professor Visvanathan and the CRE multidisciplinary team including working closely with the team at G-TRAC to promote, support and enhance research in frailty and healthy ageing.

Centre of Research Excellence: Advisory Group Meets in 2016

The *CRE: Frailty Trans-disciplinary Research To Achieve Healthy Ageing* welcomed it's Advisory Group in April 2016. Mr Richard Hicks, a friend from GTRAC at Paradise together with Ms Lou Bainger are ensuring that the consumer voice is represented.

The advisory group is independently chaired by the Hon Mark Butler, the MP for Port Adelaide and past Federal Minister of Ageing who has a long affiliation with G-TRAC at Paradise having launched the centre in 2013.

The Frailty CRE Advisory Group consists of a diverse mix of leaders representing aged care providers, consumer organisations, university, local and state government, gerontology and general practice and will provide strategic advice to the investigator team.



Centre of Research Excellent Advisory Group Members– Left to Right– Prof Julie Owens, Lou Bainger, Hon Mark Butler (MP), Jeanette Walters, Peta Braendler, Dr Chris Bollen, Richards Hicks, Richard Hearn, Lui Di Venuto, Prof Renuka Visvanathan, Jane Mussared, Rosa Calerno

Ageing Around The World



Dr Naresh Makwana

The unprecedented increase in human longevity has resulted in the phenomenon of an ageing population all over the world. Countries with large populations such as India have a large number of people who are now aged 60 years or more.

The number of people over the age of 60 has tripled in the last 50 years in India, and will continue to increase in the near future (Guidelines NPHCE-GOI).

According to the United Nations Population Division, by 2050 the median age in India will rise from just 27 to 37. The number of elderly will increase from 100 million to 300 million which is the equivalent to the current population of the USA.

At present there is a huge shortage of staff in the geriatrics field in India. Elderly health care is a part of the general health care system. As the elderly suffer from multiple chronic and disabling diseases, it becomes difficult for them to run from pillar to post to get appropriate health care.

The undergraduate medical curriculum does not cover all aspects of geriatric care adequately. Postgraduate geriatric courses are grossly deficient in the country.

Dr Naresh Makwana, Professor of Community Medicine in India, is a research observer at the University of Adelaide and has been given an opportunity to work with highly qualified geriatricians at TQEH Aged & Extended Care Services and at G-TRAC.

This opportunity will enlighten Dr Makwana's knowledge in the field of geriatrics by participating in various research studies conducted at G-TRAC and TQEH on elderly people. This will help Dr Makwana to strengthen the activities in geriatric healthcare when he returns to India.

Feedback and Evaluation

We value your views, opinions and comments and 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. Contact details are below.

G-TRAC Specialist Geriatric Medicine Consultation and Outreach Service



Dr Solomon Yu

Adelaide G-TRAC Centre is piloting a teaching Specialist Geriatric Medicine Consultation and Outreach program with a focus on frailty, sarcopenia, falls and dementia.

Staff members in this service conduct comprehensive geriatric assessments, either in the clinic setting, home or residential facilities. These consultations occur following referrals from treating general practitioners.

The program supports the training of registrars and medical students. It's implementation is being lead by Associate Professor Solomon Yu and includes support from our clinical nurse, Ms Carla Smyth.

Currently the clinic is held each week at the G-TRAC Centre and clients referred to the outreach team are primarily located in the northeast metropolitan region of Adelaide.

It is our aspiration to be able to support the clinical teaching of medical students in ambulatory geriatric medicine through this process.

Welcome to Nina



Nina Wiltshire

At the end of January Nina Wiltshire joined the team here at G-TRAC as the administration support officer.

Nina has recently relocated to Adelaide from country Victoria where she was working as Executive Assistant to the CEO and Executive Director Primary Health at a large not for profit community health organisation.

Her background includes customer service, recruitment, quality assurance and administration. Nina works Monday to Friday, 9.00am to 5.00pm and can be contacted on 08 8313 2144 or nina.wiltshire@adelaide.edu.au

Contact Us

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