Virtual Meeting on Aging

Aging Research Collaborators from the College of Nursing and Maple Knoll Communities

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Jim Hoeh
Maple Knoll Community Marketing Manager

UC College of Nursing

- **Mission**
  Develop nurse leaders who are empowered to generate, explore and apply nursing knowledge for evolving health care environments.
- **Vision**
  Through the **creative leveraging of technology and inclusive excellence, we will lead the transformation of health care** in partnership informed by the people we serve.
- **Values**
  ICARE: Integrity, **Collaboration,** Accountability, Respect and Excellence

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What is Maple Knoll Communities?

Maple Knoll Communities, Inc.

Mission Statement

Maple Knoll Communities, Inc. is recognized as a growing **provider of outstanding senior communities and services** that allow those we serve to thrive in a **stimulating and dignified environment**. This will be accomplished through creativity and responsible fiscal stewardship.

Formal Affiliation

- Formal Affiliation signed on April 2015 and renewed May 2018

Affiliation Vision Statement: We will shape the future of healthcare and promote the best lifestyle possible for older adults.

Affiliation Mission Statement: Create a nationally recognized **interdisciplinary learning partnership for students, faculty, practitioners, employees, and researchers that strives to enhance the quality of care and services for older adults.** We will further the missions of the University of Cincinnati and Maple Knoll Communities by fostering a sustainable program of innovation, research, and practice.

Care Delivery Innovation Competition

The T-CHAT Project: Using Telehealth to Optimize Healthy Independent Living in Older Adults

Tamilyn Bakas, PhD, RN, FAHA, FAAN

Professor and Jane E. Procter Endowed Chair

T-CHAT Co-PI

Debi Sampsel, DNP, MSN, RN

Director of Telehealth and Innovation Smart House

T-CHAT PI

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Care Delivery Innovation Competition

Telehealth Community Holistic Assistance Team (T-CHAT)

- A program where healthcare providers combine the use of a **telehealth remote presence robot** with **health coaching** to improve healthy independent living in older adults.
- Our Nurse Practitioner students are using the t-robot to deliver **3 weekly T-CHAT sessions** to older adults.
- Older adults are coached on how to manage their chronic conditions and to improve their overall health.

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Care Delivery Innovation Competition

Results

Unhealthy Days (N = 5); Phase I	Before	After
1. How many days during the past 30 days has your **physical health** not been good?	6.60 days	1.80 days
2. How many days during the past 30 days has your **mental health** not been good?	4.60 days	0.20 days
Unhealthy Days Total	11.20 days	2.00 days

Satisfaction Ratings (N = 5); Phase I	Average	Range
1. T-CHAT Coach addressed things I wanted to know.	4.4	3-5
2. Visits from the T-CHAT Coach were convenient.	4.4	4-5
3. Visits from the T-CHAT Coach helped me.	4.2	3-5
4. I liked getting visits from the T-CHAT coach.	4.6	4-5
Total Satisfaction Ratings	4.4	3-5

Ratings coded as 1 = Strongly Disagree to 5 = Strongly Agree

- Bakas, T., Sampsel, D., Israel, J., Chamnikar, A., Bodnarik, B., Clark, J.G., Ulrich, M.G., Vanderelst, D. (2018). Using telehealth to optimize healthy independent living for older adults: A feasibility study. ***Geriatric Nursing, 39*(5), 566-573.**
- Bakas, T., Sampsel, D., Israel, J., Chamnikar, A., Ellard, A., Clark, J.G., Ulrich, M.G., & Vanderelst, D. (2018). Satisfaction and technology evaluation of a telehealth robotic program to optimize healthy independent living for older adults. ***Journal of Nursing Scholarship, 50*(6), 666-675.**

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Care Delivery Innovation Competition

Our T-CHAT Team

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Telehealth Remote Presence Robot Research Project

The University of Cincinnati and Meadows Affordable Housing Collaboration

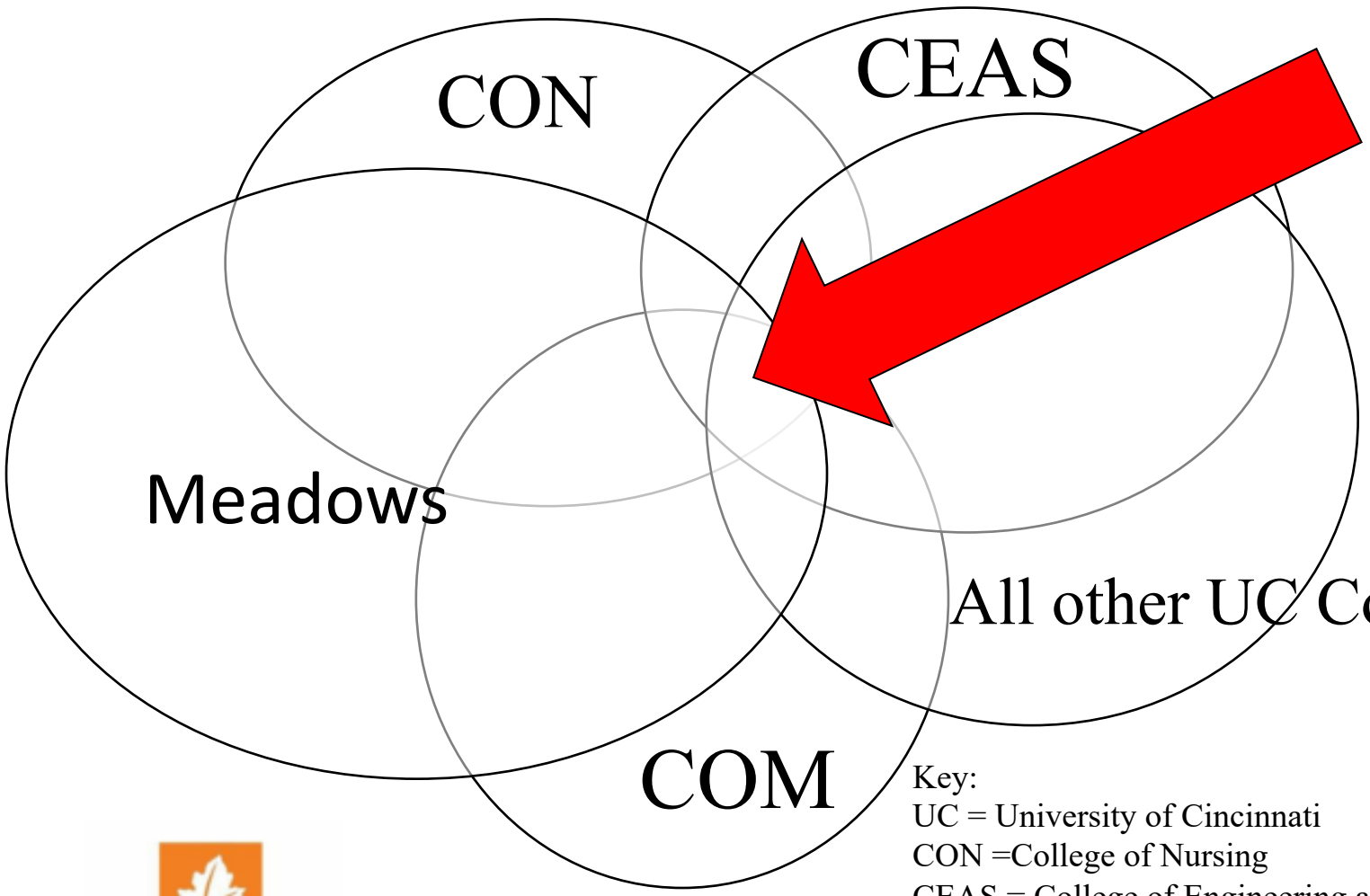
T-CHAT Health Promotion

Dr. Debi Sampsel, DNP, RN

Dr. Tamilyn Bakas, PhD, RN, FAHA, FAAN

College of Nursing

Shared Goal to Positively Impact the Health of Older Adults living at poverty levels



UC – Meadows Common Goals to improve the health of older adults

Key:
UC = University of Cincinnati
CON =College of Nursing
CEAS = College of Engineering and Applied Science
COM = College of Medicine
Housing = Meadows

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Interprofessional Remote Presence Telehealth Research Project

- Testing and developing technology aimed at creating environments that promote self-care and independence
- Promoting aging in place innovations and discoveries
- Serving as a bridge from classroom to real world through experiential learning: students, faculty, and volunteers in health care, engineering and other related areas work together to complete service learning
- Developing a national service model that leverage use of new technologies for health monitoring, environmental scans and injury prevention

Caregiver Self-Management Needs Through Skill-Building (R21NR016992)

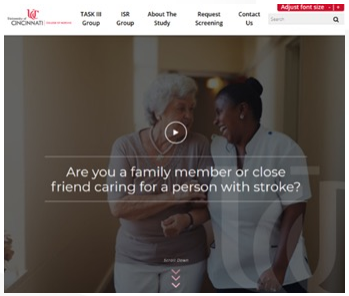
ClinicalTrials.gov: https://clinicaltrials.gov/ct2/show/NCT03635151?term=Tamilyn+Bakas&rank=1 ;
TASK III Website: https://www.task3web.com/

PI: Tamilyn Bakas, PhD, RN, FAHA, FAAN
Co-Is: Bonnie Brehm, Kari Dunning, Brett Kissella, Michael McCarthy, Elaine Miller, Matt Rota, Heidi Sucharew **(From Colleges of Nursing, Medicine, Allied Health Sciences, Cincinnati Children's)**

Determine feasibility of the Telephone Assessment and Skill-Building Kit (TASK III) in 74 family caregivers of stroke survivors randomized to TASK III or to an Information, Support, and Referral (ISR) group:

- TASK III caregivers get a choice each week as to use the TASK III Resource Guide hard copy mailed to them, TASK III Website, TASK III eBook, or TASK III USB Drive.
- ISR caregivers get an American Stroke Association brochure, and are guided to resources on the American Stroke Association website.
- Both groups receive 8 weekly calls from a registered nurse, with a booster call at 12 weeks. Caregivers choose whether to use the telephone or videoconferencing for their calls.

Visit our TASK III Website:
https://www.task3web.com/



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Have You Had A Stroke?

Are you interested in research studies about stroke recovery?

The **UC Stroke Recovery Research Team** works to better understand how stroke survivors and families recover from stroke and how to maximize stroke recovery. Study topics include:

- **Walking Recovery**
- **Arm and Hand Function**
- **Language and Speech Recovery**
- **Mood and Depression**
- **Hemineglect**
- **Family Caregiver Support** *…and more!*

Many of our studies provide cutting-edge therapies at no cost for eligible participants. Some studies are also able to provide transportation assistance and compensation.

TO LEARN MORE, call or email us today:

- **strokerecovery@uc.edu**
- **513-558-0550**

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Elaine Miller, PhD, RN, FAAN

Preparing healthcare workers to safely and effectively evacuate older adults in disaster situations.

Project title: Effect of virtual reality simulation on improving the performance of healthcare workers when evacuating older adults. Building upon on prior AHRQ study involving educating healthcare workers using VRS to improve evacuation outcomes of neonates performed at CCHMC.

Project considering : Testing the efficacy of disaster evaluation app for healthcare workers caring for older adults.

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Susan Reutman, PhD, MPH, RN

Demonstration Project: Motivating physical activity to promote healthy aging of the workforce: Small Move-A-Thon proof of concept.

Submitted Proposals: Pilot Move-A-Thon methods development (American Association Sports Psychology), workforce (NIH R21/33), and community (ONA & Ohio Parks and Recreation).

Discussion

- Jean Anthony, PhD, RN – Depression, Suicide, Disparities
- Myrna Little, M. Ed - Community Health Nursing
- Additional Nurse Researchers: CON Website:

https://nursing.uc.edu/research/researchers.html

- How can we be a partner to others?
- Who are partners that would be useful to us?
- Further discussion

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