

# Resilience - patient, practitioner and community, and the potential for transforming health and health care delivery

Thursday, February 11<sup>th</sup>, 2016; Grey Nuns Community Hospital auditorium

Photos will be taken during the event and may be published in Covenant Health publications - including but not limited to, *Covenant Health Research*, the Covenant Health Research Centre's (CHRC) website and *Research Notes*. Kindly inform the CHRC office of any concerns.

<b>Program</b>	
<b>Overall Session Learning Goals</b>	
<p>At the end of this conference, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Identify and discuss research related to resilience and health with practitioners and researchers;</li> <li>• Describe research authored by Covenant Health, Alberta academic institutions and partner organizations with an emphasis on resilience;</li> <li>• Identify and summarize research evidence, leading practices and emerging questions to resilience; and</li> <li>• Review how current research impacts practice and health outcomes.</li> </ul>	
07:30 Registration, continental breakfast, and networking	
08:00 Introduction – <i>Scott Aylwin, Senior Director, Addiction &amp; Mental Health</i>	
08:10 Welcome address and reflection – <i>Sheli Murphy, Senior Operating Officer, Rural Services</i>	
<p><b>08:20 Plenary – <i>David Cruise Malloy, PhD, V.P. Research, University of Regina</i></b></p> <p style="text-align: center;">Too often, both the needs of patients and the input of staff tend to go unheard and unacknowledged within the vast bureaucracy of our health care institutions. Dr. David Cruise Malloy will discuss how this oversight negatively impacts outcomes for patients, and how we must work to ensure that those receiving care come before the system created to serve them.</p> <p>At the end of this presentation, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Demonstrate how this oversight negatively impacts patient outcomes;</li> <li>• Assess what must be done to ensure that the oversight is corrected; and</li> <li>• Identify what patients' needs and staff input that go unacknowledged in the healthcare system.</li> </ul>	
09:45 Refreshments and Stretch Break	
<p>10:00 to 12:00 hrs Presentations (4 x 30 minutes).</p> <p>At the end of each presentation, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Identify study methodology and results;</li> <li>• Interpret how particular research findings impact practice; and</li> <li>• Participate in a discussion evaluating study findings.</li> </ul>	<b>Presented by:</b>
<p><b>Edmonton experience with an enhanced recovery program: effect of an enhanced recovery after surgery (ERAS) program on the use of total parenteral nutrition (TPN)</b></p> <p>At the end of this presentation, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Establish what the Enhanced Recovery After Surgery Program is; and</li> <li>• Assess the program's effects on the use of total parenteral nutrition.</li> </ul>	<i>Simon Byrns, MD</i>
<p><b>Cross-modal plasticity after auditory working memory training in people with stroke</b></p> <p>At the end of this presentation, participants will be able to:</p> <ul style="list-style-type: none"> <li>• Understand the neural mechanism of auditory working memory;</li> <li>• Interpret different patterns of neuroplastic changes associated with working memory training in stroke patients, and</li> </ul>	<i>Ada Leung and Benson Ng</i>

<ul style="list-style-type: none"> <li>Examine cross-modal plasticity after auditory working memory training in stroke patients</li> </ul>	
<p><b>Resilience in dementia- perspectives of persons with dementia and their care partners</b></p> <p>At the end of this presentation, participants will be able to:</p> <ul style="list-style-type: none"> <li>Identify factors that may support and impede resilience in adults with neurological disorders and their care partners.</li> </ul>	<p><i>Teresa Paslawski PhD,CCC-SLP,R. SLP</i></p>
<p><b>Guided visualization: A complementary technique to facilitate resilience and healing in patients within a hospital setting</b></p> <p>At the end of this presentation, participants will be able to:</p> <ul style="list-style-type: none"> <li>Identify guided visualization techniques as a positive psychological tool to improve hospitalized patient' well-being on a physical, psychological and spiritual level; and</li> <li>Uncover guided visualization's potential as a means to foster patients' hidden abilities and strength.</li> </ul>	<p><i>Karin Stewart, BA,BSc,MPS,CCC</i></p>
<p><b>12:00 to 13:15 hrs Research poster presentations, program displays, lunch and networking</b></p>	
<p><b>13:15 to 15:15 hrs Presentations 4 x 30 minutes</b></p> <p>At the end of these presentations, participants will be able to:</p> <ul style="list-style-type: none"> <li>Identify study methodology and results;</li> <li>Interpret how particular research findings impact practice; and</li> <li>Participate in a discussion evaluating study findings.</li> </ul>	<p><b>Presented by:</b></p>
<p><b>A community-university approach to substance abuse prevention</b></p> <p>At the end of this presentation, participants will be able to:</p> <ul style="list-style-type: none"> <li>Understand the importance of culturally adapting existing evidence based prevention interventions for First Nations communities,</li> <li>Be aware of the principles of community based participatory research (CBPR);and</li> <li>Understand how CBPR partnerships can contribute to community development.</li> </ul>	<p><i>Lola Baydala MD, FRCP and Natasha Yellowbird</i></p>
<p><b>Alberta Caregivers Association: programs to develop resilient caregivers</b></p> <p>At the end of this presentation, participants will be able to:</p> <ul style="list-style-type: none"> <li>Identify the need to pay more attention to the well-being of the family caregivers to prevent increasing numbers of caregivers succumbing to health issues and burnout;</li> <li>Be more aware of the caregiver resources and supports that are available through the Alberta Caregivers Association.</li> </ul>	<p><i>Debra Paches BScN,RN,GNCC</i></p>
<p><b>Inter-professional Rural Education: Medical and Nursing students ready, willing and prepared together to care</b></p> <p>At the end of this presentation, participants will be able to:</p> <ul style="list-style-type: none"> <li>Establish that evidence based Interprofessional Practice with nursing and medical students and their preceptors serves as a model to connect education to collaborative practice.</li> </ul>	<p><i>Deirdre Jackman, RN, PhD and Olive Yonge, RN,PhD, R Psych</i></p>
<p><b>Resilience of Family Caregivers</b></p> <p>At the end of this presentation, participants will be able to:</p> <ul style="list-style-type: none"> <li>Gain an appreciation of the resilience of family caregivers; and</li> <li>Analyze the attitudes and intentional activities that family caregivers maintain to continue on and bounce back amidst life stressors.</li> </ul>	<p><i>Suzette Brémault-Phillips, PhD,MA,BMR,BSc</i></p>
<p><b>15:15 Refreshments and Stretch Break</b></p>	
<p><b>15:30 to 16:15 Panel Discussion w/Speakers</b></p>	

Moderator: *Kathy Classen, Executive Director*  
*Network of Excellence in Seniors Health and Wellness (NESHW)*

**Accreditation.** This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada, and approved by the University of Calgary Office of Continuing Medical Education and Professional Development. Participants can claim up to a maximum of 7.75 study credits.

## POSTERS for Presentation:

1. **Decision-Making Capacity Assessment (DMCA) Training for Physicians.** *Charles L., Parmar J., Dobbs B., Brémault-Phillips S., Babenko O., Tian, PG.*
2. **Defining priorities for the assessment of competence in Care of the Elderly by Family Physicians - the Priority Topics.** *Charles, L., Frank, C., Arcand, M, Feldman, S., Lam, R., Mehta, P., Mangal, N., Lozanovska, T., Allen, T.*
3. **Urinary Catheterization Practices in a Community Hospital: A Comparison of an Acute Medical Unit and a Geriatric Unit.** *Khaleifa, A., Dobbs, B., Charles, L., Tian, PG., Babenko, O.*
4. **The design process of a glossectomy spoon for head and neck cancer patients.** *Logan, H., Constantinescu, G., Papadopoulos, G.*
5. **Patient's perceived change with implant retained oral rehabilitation following treatment for head and neck cancer: Patient-reported and driven outcomes.** *Chuka, R., Constantinescu, G., Wolfaardt, J., Nayar, S., Osswald, M., Rieger, J.*
6. **Reviewing the Interface of Case management and Family Caregivers of Seniors' with Complex needs.** *Parmar, J.*
7. **Identification and Management of Dementia in a Primary Care Setting: Development of a Collaborative Care Model.** *Parmar, J., Dobbs, B., Marin, A.*
8. **Discovery Toolkit for Family Caregivers of Seniors: Facilitating conversations, encouraging scholarship.** *Parmar, J., Charles, L., Brémault-Phillips, S., Dobbs, B., Tian, PG., Johnson, M.*
9. **Family Integrated Care (FICare) in Level II NICUs: An Innovative Program for Alberta.** *J. Larocque<sup>1\*</sup>, K. Benzies<sup>2</sup>, K. Aziz<sup>1</sup>, J. Scotland<sup>3</sup>, V. Shah<sup>4</sup>, A. Lodha<sup>3</sup>*
10. **Managing Wound Care and a Fistula with High Output Drainage with Renasys GO Negative Pressure Wound Therapy (NPWT) using Antimicrobial Gauze** *Moosa,R., Ream, C.*
11. **Dressing Guidelines for Post Operative C-Section Patients to Prevent Surgical Site Infections (SSI) and Wound Dehiscence** *Moosa, R.*
12. **Determining functional outcome criteria for wait list assessment in head and neck cancer** *Genevieve M. Roberts, Dr. Johan Wolfaardt, Dr. Linda Woodhouse, & Dr. Jana Rieger*
13. **Atrial Fibrillation Screening of the Emergency Department Patients**  
*Janice Thronson<sup>1</sup>, Céline Tritten<sup>2</sup>, Joni Kupka<sup>2</sup>, Cheryl King<sup>3</sup>, Rebecca Purc-Stephenson<sup>4</sup>*  
<sup>1</sup> Heart and Stroke Clinic Lead, <sup>2</sup> Heart and Stroke Clinic Nurses, <sup>3</sup> Senior Practice Consultant SCN, <sup>4</sup> University of Alberta

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