

## NOTES FROM ICCER

Well October was certainly a productive month for ICCER! We had a great response for our October Networking Events, *To prescribe or deprescribe, that is the question* (see summary on the following pages). In Edmonton we hosted a very engaged group of people at our Collaborative Practice Discussion. Although we had to cancel the event in Calgary, the notes from the Edmonton event are on the organizational members-only area of the ICCER website. The Calgarians may want to further the discussion after reading the notes.

Both Emily and I attended the Canadian Association on Gerontology Conference in Moncton on October 24-26. Emily presented *Embedding a Palliative Approach to Care in Continuing Care: The ICCER Team* and Steve Friesen (Bethany Care Society) and I had a poster, *Family/Resident Engagement in Alberta: Does increasing consultation & involvement work?*.

ICCER is excited to be offering our first webinar on November 27<sup>th</sup>! You can read more on the next page.

Emily and I are busy putting the finishing touches on our November 12<sup>th</sup> Education Event on *Intergenerational Programming* and our February 19<sup>th</sup> Responsive Behaviours Symposium VIII, *Three triggers of responsive behaviours & how to manage them: Sleep, pain & incontinence*. We look forward to seeing many of you at our upcoming events!

Sandra Woodhead Lyons, PHEC  
Executive Director, ICCER

---

### **Individuals not associated with an ICCER organizational or associate membership can join the ICCER network for \$150/year.**

If you are employed by one of ICCER's member organizations or associate members, you are already considered a member and are eligible for the related benefits! Individual memberships run April 1<sup>st</sup> to March 31<sup>st</sup> of each year. Please note that refunds will not be provided under any circumstance. All payments will be through our [automated payment system](#).

[Click here for more details on what's included in an individual membership!](#)

## REGISTER NOW!

### Education Event—Intergenerational Programming

We are holding our annual education event on **November 12, 2019**. This year, our knowledgeable speakers will share toolkits and resources as well as their experiences with intergenerational programming. We will cover a range of perspectives, including those from policy, the community, and continuing care providers in intergenerational programming. Our speakers include:

- Diana O'Donoghue & Kim Turcotte, City of Edmonton
- Salima Suleman, Age Friendly Edmonton
- Jan Hrasko, CapitalCare
- Ruby Lecot, LINKages Society of Alberta
- Harley Hempel, Sherwood Care

*Continued on next page...*

## REGISTER NOW! CONT'D

**Speakers will be presenting from both Edmonton** (ECHA 2-150) **and Calgary** (Faculty of Rehab Med, U of A Calgary Campus room 320) sites. **There is no cost to attend at either host site!**

**Registration is also available to attend via Zoom webinar!** We encourage those participating via webinar to watch with a group to promote discussion. **There is a cost of \$75/site for non-members to attend via webinar.** There is no cost for ICCER organizational, associate or individual members.

[Click here for more information and to register!](#)

## SAVE THE DATE!

### Webinar

ICCER is excited to offer its first webinar, *Sexual Expression in Continuing Care Homes: Perspectives of Managers, Leaders, Family Members & Residents*, on **November 27, 2019 @ 10:00—11:00 AM**.

In this webinar participants will hear about the results from Phases 1 and 2 of an Alberta-wide study on sexual expression in supportive living and long-term care homes. Lisa Howard and Julia Brassoletto (Faculty of Health Sciences, University of Lethbridge) conducted this research. In Phase 1, managers and those with whom they consult were interviewed about how they navigate resident sexual expression. Phase 2 involved interviews with family members and residents about their experiences of sexual expression in the care home. The results highlight three dynamic tensions: 1) the tension between how sexual expression should be supported and how it is addressed in care homes; 2) the tension between private and public space in the care home; and 3) the tension between a medical model of care and a conceptualization of sexual expression as an activity of daily living. The webinar will include time for participants to discuss the research findings as well as the recommendations from the research for a coordinated, multi-level response that includes care homes and the broader continuing care sector.

Lisa Howard (PhD, RN), has been an Assistant Professor with the Faculty of Health Sciences, University of Lethbridge since July 2014. She has taught a variety of undergraduate and graduate courses in nursing. Lisa's research interests include chronic disease, self-management, health communication and sexual expression. Lisa is a Registered Nurse with experience in intensive care, community health, primary care, quality improvement, and staff development.

### Responsive Behaviours Symposium 2020

Our 8<sup>th</sup> annual Responsive Behaviours Symposium will be held on **February 19, 2020** with a focus on a few issues that often lead to behaviours in continuing care. Our topics will include sleep, pain and incontinence with presentations by Dr. Cary Brown (Professor, Faculty of Rehabilitation—Occupational Therapy, University of Alberta), Verdeen Bueckert (Practice Lead, Seniors Health Strategic Clinical Network), Kathleen Hunter (Professor, Faculty of Nursing, University of Alberta) and Eve Baird (Founder of The Sleep Kit).

### April Networking Events

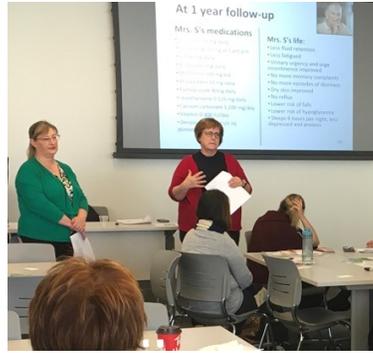
We've already begun planning for our April 2020 events! The topic for the Networking Events will be *Caregiver-Centred Care* with speakers Dr. Jasneet Parmar (Medical Director, Network of Excellence in Seniors' Health & Wellness) and Sharon Anderson (Research Coordinator, Network of Excellence in Seniors' Health & Wellness).

- **April 16, 2020—Edmonton**
- **April 20, 2020—Calgary**

## OUT & ABOUT WITH ICCER

### Networking Events

We held Networking Events in Calgary on October 7 and Edmonton on October 15. The focus of the sessions was appropriate deprescribing in continuing care and our speakers, Drs. Jim Silvius, Cheryl Sadowski and Kathleen Hunter, shared perspectives and experiences from each of their professions.



Attendees had a chance to apply their knowledge with case studies, learn about tools and resources available for deprescribing, and network with one another. Thank you to Bow Valley College and NorQuest College for hosting!

[Click here to see the presentation slides on ICCER's website!](#)

### SIGN-UP FOR FUTURE EVENT INVITATIONS!

If you would like to receive future email invitations to ICCER events, [click on the link](#) to be added to our distribution list!

[Click here to subscribe!](#)

## BECOME AN ASSOCIATE MEMBER OF ICCER

**Who is eligible for Associate Membership?** Organizations with an interest in supporting and improving continuing care in Alberta, but who are not continuing care provider organizations, post-secondary institutions, or regulatory bodies.

**What are the benefits of Associate Membership?** Benefits are similar to, but not as extensive as those for Organizational Members. Associate Members will not participate in the governance of ICCER but will receive...

- The opportunity to network and collaborate with like-minded organizations in both formal and informal ways;
- The ability for researchers and providers to discuss continuing care research needs;
- The opportunity for staff to join meaningful Communities of Practice (CoPs) in order to learn and collaborate;
- Limited free attendance to all ICCER events (no more than 5 registrations in-person or webinar link/event), unless a charge is required, in which case members pay a reduced fee;
- Pre-registration for major education events;
- Resources and information sent weekly;
- Associate Members-only website that includes knowledge synthesis documents (to help inform best practice), CoP information, ICCER event summaries, and publications that most organizations would not otherwise be able to access; and
- The monthly e-Newsletter

## JOIN OUR COMMUNITIES OF PRACTICE

ICCER started a Music Care Community of Practice (CoP) in fall 2016 and recently added a CoP for Educators and Best Practice Leads in continuing care, as well as a collaborative working group for various continuing care policies. All ICCER organizational and associate members are welcome to participate!

- **Music Care CoP**—To help members become more aware of the music care options and resources available to them, as well as discuss issues related to implementing music in care.
- **Continuing Care Educators CoP**—An opportunity for members to share resources, discuss strategies for integrating knowledge to practice, and explore the connection between curriculum and clinical education/practice. **The next CoP meeting will be held via teleconference in December.**
- **Policy Working Group**—ICCER has started a collaborative working group for organizational members to work together on policies, procedures and forms in hopes of making the audit process easier and more consistent. The group will be starting with Continuing Care Health Service Standard #16. **The next meeting will be held via teleconference on November 6, 2019.**



If you are from an ICCER member organization or associate member and are interested and willing to participate in one of these groups, please contact ICCER's Program Coordinator, Emily Dymchuk ([emily@iccer.ca](mailto:emily@iccer.ca)).

---

## RESOURCES

- November is Incontinence Awareness Month—Great timing for ICCER members because one of our speakers on February 19<sup>th</sup> will be talking about incontinence and behaviours. Resources are available on the [Canadian Continence Foundation](#) website.
- Canadian Patient Safety Week runs October 28 to November 1, 2019. "The [Canadian Patient Safety Institute](#) invites all Canadians—the public, providers and leaders— to become involved in making patient safety a priority."
- [National Seniors' Safety Week](#) is November 6-12, 2019.

### SUBSCRIBE TO THE ICCER NEWSLETTER!

Click on the link to receive future issues of our monthly Newsletter!

Click here to subscribe!

---

## RESEARCH RECRUITMENT

Graduate student at the University of Lethbridge, Czarina Bonifacio, is conducting a research study under the supervision of Dr. Monique Sedgwick. The study will explore the experiences of chronic physical pain among Health Care Aides in the workplace. She is hoping to recruit Health Care Aides who work in residential care homes to participate in this research project. *See the poster on the next page for more information!*

**ATTENTION:**  
**HEALTH CARE AIDES**

Do you work in **HOME CARE?**  
(e.g., private residences or retirement homes)

Are you experiencing **CHRONIC PHYSICAL PAIN?**  
(e.g., back pain, arthritis, neck pain, headache,  
endometriosis, fibromyalgia, nerve pain, pelvic pain...)

Would you be willing to talk about your experiences?

I am looking for participants to take part in a research study that explores experiences related to chronic physical pain. The study requires an in-person or telephone interview that will last 45 to 60 minutes. Participation in the study is voluntary and confidential. You will receive a \$5.00 Tim Hortons gift card as a token of my appreciation for your time and participation in the study.

*Sharing your experiences has the potential to inform policymakers, employers, and other health care providers on how to best support and accommodate those experiencing chronic physical pain in the work setting. If you are interested in participating, please don't hesitate to contact me.*

Czarina Bonifacio BN, RN  
Phone: (403)-615-7242  
Email: [czarina.bonifacio@uleth.ca](mailto:czarina.bonifacio@uleth.ca)

This study has been reviewed and approved by the Health Research Ethics Board at the University of Alberta (Pro00092371).



Institute for Continuing Care Education and Research  
4-023 Edmonton Clinic Health Academy  
11405 87 Ave, Edmonton, Alberta T6G 1C9  
Canada

If you no longer wish to receive the ICcer Newsletter, please email [emily@iccer.ca](mailto:emily@iccer.ca) to unsubscribe.