

# BAYCREST BULLETIN

*A snapshot of Baycrest news and events - September 2021*

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## Leading the Way in At-Home Cognitive Testing

The Baycrest-developed, at-home Cogniciti Brain Health Assessment (BHA) performs as well as the widely used, clinician-led Montreal Cognitive Assessment (MoCA) at identifying problems with memory and attention, reports a new study.

"Typically, patients must complete cognitive assessments in-person at a clinic. Because the BHA can be taken at home, it can save time for both patients and clinicians," says Dr. Angela Troyer, Program Director of Neuropsychology and Cognitive Health, and Professional Practice Chief of Psychology at Baycrest.

The Sam and Ida Ross Memory Clinic at Baycrest is the first clinic in the world to use the BHA to assess mild cognitive impairment, a preclinical stage of dementia.

"Based on the BHA combined with other information we obtain in the Memory Clinic, I can more confidently and directly refer patients to a special program to learn strategies to improve their memory," says Dr. Morris Freedman, Medical Director of Cognition and Behaviour Services and Head of the Division of Neurology at Baycrest.

The BHA, developed by a team of Baycrest clinicians and scientists, takes around 20 minutes to complete and consists



of a background questionnaire and four cognitive tasks assessing memory and attention.

This study examined the use of this tool by clinicians as part of a broader assessment of patients' cognition. Ninety-one older adults who were referred to Baycrest for assessment of mild cognitive impairment undertook a gold-standard, diagnostic, three- to four-hour neuropsychological assessment with a trained examiner. All participants also completed both the at-home BHA and the clinician-led MoCA.

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They found that overall, the BHA detected mild cognitive impairment as accurately as the clinician-led MoCA did, but the BHA was superior in detecting normal cognitive function, with 23 per cent of the sample correctly identified as normal, versus 8 per cent for the MoCA.

“When combined with additional clinical information, the BHA was more effective at providing a reassuring normal result in these cases, reducing the need for further testing,” says Dr. Brian Levine, Senior Scientist at the RRI.

Accessible and accurate cognitive assessments like the BHA allow clinicians to detect changes in cognition early and to prescribe interventions for patients and their families to help manage their brain health.

This study was supported by funding from the Centre for Aging + Brain Health Innovation (CABHI), powered by Baycrest, as well as the Saul A. Silverman Family Foundation and the Morris Kerzner Memorial Fund.

## Relaunch of Performance and Idea Board Huddles

Congratulations to the Baycrest Hospital inpatient unit staff members who are in the process of relaunching their performance and idea board huddles. This relaunch supports Baycrest’s focus on continuous quality improvement across all programs by performance reporting at the point of service to provide an exceptional healthcare experience to our clients and families.



Members of the Hospital 6 West Inter-professional Team

At the huddles, teams have the opportunity to make a connection between unit initiatives, as well as priorities outlined on Baycrest’s Quality Improvement Plan and Baycrest’s Strategic Plan.

The huddles involve reviewing performance and idea boards. At the performance board, staff members review measures that they select for their unit. Examples include client falls, pressure injury prevention, medication management and client experience survey results. The performance boards present a visual tool to help staff understand unit performance over time.

“By relaunching the performance board on our unit, we are able to monitor and improve the quality of work on our unit as well as across the organization,” says Peter Masih, a Registered Nurse at Baycrest.

Team

At the idea board, staff openly share, prioritize and implement ideas in the form of “tickets.” Through both boards, staff can identify improvement opportunities regarding the quality of care being delivered.

Haniah Ahmed, a Clinical Extern at Baycrest, says the huddles “bridge the world of nursing and hospital management” by allowing an “interdisciplinary team to work together to make decisions to improve the unit.”

Registered Nurse Oxana Bratseiko says, “As nurses who are very busy with many great ideas, the huddle is a great opportunity for us to share and discuss the many ideas we have and put them in action.”

Huddles are inter-professional and last 15 minutes. Staff who are physically not on the unit can join the huddle remotely by connecting to a telemedicine cart (tCart) device via Zoom. The huddles are co-facilitated by leaders on the unit, such as the Clinical Manager, APN and Team Leaders. All huddles end with an opportunity to recognize peers on the team and celebrate ongoing events.

“As a team, it’s so important to have protected time to discuss what we want to improve,” says Pooja Arora, a Physiotherapist at Baycrest. “We can take charge and own the processes we suggest. It feels good to see all of us engaged in leading improvement initiatives and supporting each other in designing and implementing solutions.”



Members of the Hospital 7 West Team

## Vaccine Champion: Maria Nelson



When Maria Nelson, Interim Manager and Professional Practice Chief of Nursing Practice and Social Work, first contemplated getting the COVID-19 vaccine, she had concerns about potential side effects. Maria says "Don't get me wrong, I know vaccines work. I can't think of a vaccine I have not had." Thinking about all the possible benefits, she knew what she had to do.

"My dad, my friends in healthcare, my work here at Baycrest with vulnerable seniors, as well as my work external to Baycrest as an ER crisis nurse, made me want to get vaccinated," Maria says. "For elderly patients, especially those with cognitive impairments, it would be so hard to contain the virus should there be an outbreak."

Maria says that her father was one of the prime motivating factors in her decision. As soon as a vaccine was announced, he asked Maria when they were getting theirs.

"My dad didn't like his odds of catching the virus and was the first non-hesitant person I knew. I asked him if he was the least bit concerned about what the side effects would be. He told me, 'I am more concerned about catching the 'Rona','"

Maria says. Unfortunately, due to delays in getting the vaccine out to her father's demographic, he ended up contracting the virus and being hospitalized - a situation Maria will not soon forget.

"My dad and his care team had to work hard to fight it as he was unvaccinated when he caught it so he experienced much harsher symptoms," she says.

Getting the shot itself was less anxiety provoking than she thought it would be.

"It was much like getting my annual flu shot. I think people tend to psych themselves out more than anything because the COVID vaccine is the new kid on the block," she notes. To those still feeling hesitant about getting the vaccine, Maria has these words of encouragement:

"If you can get the vaccine... do it for your family. Do it for your friends and the people you want to see again. Do it for your patients if you work in healthcare. Do it so you can get back to work, so your kids can get back to school. If anything, do it for yourself."

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## Congratulations to Dr. Galit Kleiner



Dr. Galit Kleiner recently published a first-authored research article in Movement Disorders, which can be found on The International Parkinson and Movement Disorder Society's website.

Dr. Kleiner's article, based on her research, summarizes the development and validation of a novel measure of the non-motor features of Parkinson's disease. This measure is now being used internationally.

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## Baycrest's Newest Fundraising Campaign

Baycrest is proud to be launching our newest fundraising campaign this week, centered on the tagline of "Fear No Age." This campaign will support our critical work to defeat dementia and create a world where older adults are empowered to age fearlessly. It is thanks to our staff members' collective work and dedication throughout our 103-year-legacy of compassionate care that we are in a position to establish Baycrest as a place worthy of investment. It is our promise to those we serve - on our campus and far beyond.

Growing older can provide an expanse of opportunities to find new purpose, inspiration and fulfilment. However, as we age, dementia may negatively impact our well-being. Baycrest is here to support through our innovative new care approaches and our leading research in dementia prevention, as well as next generation therapies. Almost 80 per cent of our long-term care residents are living with dementia.

As Baycrest is home to the world-renowned Rotman Research Institute (RRI), the scientific headquarters for the Canadian Consortium on the Neurodegeneration in Aging (CCNA) and the Centre for Aging + Brain Health Innovation (CABHI), we are placing our research expertise at the forefront of the campaign and asking Canadians to join us in our fight to defeat dementia.

In the weeks ahead, the "Fear No Age" campaign will be unveiled across campus. This new campaign reflects Baycrest as a place of solutions for older adults through our research, innovation, care and education. The visuals are bright and optimistic. Together, we will defeat dementia and empower everyone to Fear No Age.



# Innovation Updates - Upcoming Webinars



## Upcoming Discover Dance Event - Thursday, September 30

The next installment of Baycrest@Home's Discover Dance series will feature Brian Solomon. Brian Solomon is an award-winning dancer of Anishinaabe and Irish heritage. During this event, participants will learn how to reclaim their ancient bodies, and take back the space those bodies occupy. The Discover Dance event series is a partnership with TO Live and Nova Dance, and is for all older adults, people living with memory loss and their loved ones. This event will be held on Thursday, September 30 from 3 to 4 p.m.

To register, visit <https://bit.ly/DiscoverDanceSept2021>



## Upcoming Baycrest@Home Caregiver Webinar - Wednesday, September 29

This webinar will cover what you need to know when supporting a move to long-term care for a person living with dementia. Led by Laura Petta, attendees will explore the process of the weeks and days leading up to the move, as well as how to manage and cope with moving day. The presentation will also touch on the following components: where one fits in this new environment, an overview of responsive behaviours and why they might happen, the importance of Family Councils and the significance of self-care for caregivers. This webinar will be held on Wednesday, September 29 from noon to 1 p.m.

To register, visit <https://bit.ly/LTCandDementia>

## A Walk for the Ages



Bring your family out on Sunday, September 19 for a day of fun at Canada's Wonderland during Baycrest's *A Walk for the Ages*, a new fundraising event that brings everyone together to raise money for Baycrest's most urgent needs. Baycrest staff are invited to register for FREE. (Details can be found on the employee intranet.) All participants will be expected to fundraise a minimum amount prior to the walk.

All registrants will receive:

- An exclusive walk around Canada's Wonderland before the park opens to the public
- Access to Canada's Wonderland once the walk is complete

- Complimentary parking
- Access to an exclusive area\* to enjoy your lunch and rest your feet (\*Kingswood will be available as a resting spot for our event participants until 3 p.m.)
- Access to great event swag - the more you raise, the more gear you can get!



We're also thrilled to announce that Marvin Gord, WWII veteran and Baycrest supporter, will be walking with us. Come walk with Marvin, make memories and join us in the fight to defeat dementia.

Visit [www.baycrestfoundation.org](http://www.baycrestfoundation.org) for more information and to register.

**Baycrest**



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