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BDHP Ageing Theme Conference
Improving the Health of Older People
Friday 3 August 2018
Translational Research Institute (TRI), Woolloongabba, Brisbane, Queensland

REGISTER TO ATTEND THIS FREE EVENT
Australia’s older generation continues to grow in both number and proportion of the population.

An ageing population creates pressures on healthcare in Australia. Older Australians are a diverse group, with different ages, socioeconomic backgrounds, life experiences and lifestyles that impacts on our ability to effectively cope with the burden of disease.

Older Australians are living longer and more healthily than ever before. Some population groups, however, continue to face disadvantage that affects their mental and physical health and their opportunities for social and economic engagement within their healthy communities.

Changes amongst older Australians also means the use of health care organisations is changing, in particular with increases in the prevalence of frailty, multi-morbidity and chronic disease. Health services and systems must respond to this challenge in ways that ensure high quality, efficient and equitable care for our ageing populations.

The Ageing Theme involves a unique collaboration of senior administrators, clinicians, educators, researchers and consumers which is evolving a platform for innovation, knowledge generation and knowledge translation. With a focus on the application of known best practice principles, this expert group is developing new strategies that are evidence-based and designed to ensure continuous improvements in care quality and efficiency for older persons and those who care for them. As the work is grounded in a strong research and evaluation culture, the outcomes have both local and international application.

In support of the Ageing theme, the Improving the Health of Older People conference will include an exciting line-up of Australian and international geriatric experts, who will be speaking on a range of topics including:

- sleep and dementia
- stepped care for anxiety and depression in later life
- use of social connections to promote health in older adults.

The conference will be an excellent opportunity for researchers and clinicians to come together and develop new collaborations. There will be innovative presentations throughout the day, and we also will be hosting a Poster Symposium during the lunch break.

The conference is free to attend and refreshments will be provided throughout the day.

We look forward to seeing you in August.

Ageing Theme Co-Chairs
Nancy Pachana and Len Gray
Sherry A. Beaudreau, PhD, ABPP (gero)
VA Palo Alto Health Care System / Stanford University School of Medicine
Palo Alto, CA, USA
Dr. Beaudreau is board certified in geropsychology, with clinical and research expertise in late-life psychiatric and neurocognitive disorders. She is a Clinical Professor (Affiliate) in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine, and an Honorary Associate Professor in the School of Psychology at the University of Queensland in Brisbane, Australia. She conducts research in the Sierra Pacific Mental Illness Research, Education, and Clinical Center (MIRECC), a translational research center devoted to older Veterans with cognitive impairment. The overarching goal of Dr Beaudreau’s research program focuses on the interface between psychiatric symptoms and neurocognitive processing in older adults to inform the development of psychiatric behavioral interventions.

Illuminating the intersection of late-life psychiatric and cognitive impairment with genetics, affective neuroscience, and multi-morbidity measures

Abstract
Neurocognitive functioning is widely recognized as a critical aspect of late-life mental health, as both a risk factor and an outcome of mental health problems. First, this presentation will cover current scientific evidence on the intersection of these neurocognitive processes including cognitive dysfunction with mental health symptoms and disorders in older adults. Second, it describes the state-of-the-art of research dissecting other critical factors including moderators and mediators of this cognitive-mental health association, including genetic markers, brain neuroimaging, experimental paradigms of emotional cognitive control, sleep markers, personality traits, and even dissociable affective symptoms. Lastly, it will integrate this evidence base to clarify the possible pathways leading to or from cognition to mental health functioning in late life and its clinical and research implications.

Dr Tegan Cruwys
Australian National University
Dr Tegan Cruwys from the Australian National University is a clinical psychologist and Australian Research Council DECRA Fellow. Her research investigates the role of social relationships in mental and physical health, with a particular focus on depression, health risk behavior, and healthy ageing. Dr Cruwys is concerned both with advancing theoretical understanding of the social determinants of health, and with translational impact that improves outcomes for vulnerable communities.

Groups 4 Health: Targeting social isolation to improve health in vulnerable populations

Abstract
Social isolation is a primary risk factor for mental and physical health, but to date there has been little evidence for how to manage this in clinical practice. Tegan will present the evidence that social isolation is an important aetiological factor in a variety of health issues. Furthermore, she will demonstrate that reducing social isolation is a highly effective means to improving the health of vulnerable populations, including psychiatric outpatients and older adults in residential care. The presentation will conclude with a discussion of how these findings have been applied to develop Groups 4 Health, a community-based, affordable social intervention to produce clinically significant improvement in these challenging cases.

Professor Jürgen Göetz
University of Queensland, Australia
Jürgen Göetz is the Foundation Chair of Dementia Research and Director of the Centre for Ageing Dementia Research (CADR) at the Queensland Brain Institute (QBI), The University of Queensland. Götz studied biochemistry at the University of Basel, and earned his PhD in Immunology in the laboratory of Nobel Laureate Georges Köhler at the Max-Planck-Institute in Freiburg, Germany (1989). After postdoctoral work at UCSF and the Preclinical Research Division at Novartis Ltd in Basel, he established his reputation in the Alzheimer’s field as a research group leader at the University of Zürich (1994–2005). From 2005 - 2012, before accepting his new position at the University of Queensland, he has been Chair of Molecular Biology and Director of the Alzheimer’s and Parkinson’s Laboratory at the Brain and Mind Research Institute of the University of Sydney. Götz uses transgenic animal models to contribute to a better understanding of the role of tau and amyloid-beta in Alzheimer’s disease and related dementias.

Tau and amyloid in Alzheimer’s disease - therapeutic interventions and clinical considerations

Abstract
Neurological diseases such as Alzheimer’s disease are characterized by the deposition of protein aggregates. The defining hallmark of Alzheimer’s disease is the deposition of the protein Tau as neurofibrillary tangles and the peptide amyloid-β as amyloid plaques. Treatment strategies for neurological diseases such as Alzheimer’s disease are hampered by the fact that the blood-brain barrier (BBB) establishes an efficient barrier for therapeutic agents. We have established an ultrasound-based strategy that uses microbubbles to transiently open the BBB in mice. This allows us to clear both pathological Tau and amyloid-β from brains of transgenic mouse models and improve impaired memory and motor functions. I will discuss steps into understanding the underlying mechanisms and in developing the technology for the application in human patients.
Professor Inger Hilde Nordhus
University of Bergen, Norway

Inger Hilde Nordhus is a Professor in Clinical Psychology and Behavioural Medicine at the University of Bergen, Norway and the University of Oslo, Norway, respectively. She is currently an Adjunct Honorary Professor at the University of Queensland, AU, and has until recently served as a research Dean at the Faculty of Psychology, University of Bergen. She is also a licenced Clinical and Community psychologist. Nordhus has her main research focus on late-life anxiety and insomnia in older adults. She has taken a strong position in establishing a sleep lab at her faculty and had been PI for various randomized controlled trials on insomnia and anxiety in late life.

Therapy light rooms for patients with dementia – designing diurnal conditions for sleep, mood and behavioural problems

Abstract

Behavioural and psychological symptoms of dementia (BPSD) and sleep problems are common, affecting 90% of the patients during the course of the disease. BPSD include behaviours such as aggression, screaming, restlessness, and agitation, and psychological symptoms include anxiety and depression, as well as hallucinations and delusions. Noticeably, both sleep problems and BPSD are related to a disturbed circadian rhythm. Brain areas involved in sleep-wakefulness and biological rhythm regulation are sensitive to light and temperature. Hypofunctionality of these areas is involved in nocturnal restlessness in demented elderly – a primary factor for transfer to a nursing home. Disturbing emotional and behavioural symptoms and sleep problems are often treated with psychotropic medication. Fortunately, there is an increasing evidence for bright light therapy as a promising alternative to treatment, but in the latest Cochrane review it is emphasized that we need high-quality research to expand the knowledge-base on the effects of light in this vulnerable patient group. This presentation will present a recent research approach developed to investigate bright light as a novel ceiling-mounted treatment solution for patients with dementia.

Associate Professor Viviana Wuthrich
Macquarie University, NSW, Australia

Viviana Wuthrich is a clinical psychologist and Associate Professor in the Department of Psychology, Macquarie University. Her research interests are related to understanding the nature of, maintaining factors, and treatment of anxiety and depression in older adults. Her research has focused on improving treatment outcomes and as such she has developed several psychological programs and demonstrated their efficacy in randomised controlled trials. Her current research relates to translating evidence-based treatment into routine care for older adult populations.

Stepped care using psychological interventions in older adult anxiety and depression

Abstract

A universal challenge for evidence-based treatment is to integrate validated programs into routine health service delivery. Stepped care delivery is increasingly promoted as an innovative system by which to optimise the balance between outcomes and costs. Stepped delivery of evidence-based psychological interventions offers the potential to increase the effectiveness and efficiency of mental health delivery by providing low intensity (lower cost) evidence-based services first, followed by higher intensity (higher cost) evidence-based services to those who need additional assistance after the low intensity service. The feasibility of utilising stepped care models of mental health treatment in older adults with depression and anxiety are yet to be examined in Australia. It is also unclear what benefits to efficiency might be achieved using this model, including whether this model is acceptable to practitioners and older adults themselves. This presentation will discuss the potential for stepped care models for mental health care in older adult populations.
PROGRAM OF EVENTS

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<td>8.00am – 8.30am</td>
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| 8.30am – 8.45am | Welcome and Housekeeping  
Professor Nancy Pachana and Professor Len Gray |
| 8.45am – 9.30am | Therapy light rooms for patients with dementia – designing diurnal conditions for sleep, mood and behavioural problems  
Professor Inger Hilde Nordhus |
| 9.30am – 10.00am | Stepped care using psychological interventions in older adult anxiety and depression  
Associate Professor Viviana Wuthrich |
| 10.00am – 10.30am | Morning tea  
Launch of Car Free Me |
| 10.30am – 11.30am | Paper Session 1: Functional Improvement  
Chair: Associate Professor Ruth Hubbard  
GOMERSALL Enhancing behavioural outcomes with clinical exercise rehabilitation for cancer survivors  
LOWRY Proactively tackling falls with engaging exercise tools  
LIDDLE Lifespace of people living with neurological conditions |
| 11.30am – 12.45pm | Rapid Communication: Dementia  
Chair: Professor Elizabeth Beattie  
ANGWIN Computational analysis of communication difficulties in dementia  
HSEIH Autism in old age: a review for the old age psychiatry team  
BOTT Managing hearing loss for adults with dementia  
DISSANAYAKA An Integrated Approach to Management of Behavioural and Psychological Symptoms in Dementia  
LIDDLE Challenges and strategies for managing communication changes related to dementia: How does technology fit in? |
| 12.45pm – 1.30pm | Lunch  
Poster symposium |
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| 1.30pm – 2.00pm    | **Tau and amyloid in Alzheimer’s disease – therapeutic interventions and clinical considerations**  
                     Professor Jürgen Göetz                                                  |
| 2.00pm – 2.30pm    | **Illuminating the intersection of late-life psychiatric and cognitive impairment with genetics, affective neuroscience, and multi-morbidity measures**  
                     Professor Sherry A. Beaudreau                                           |
| 2.30pm – 3.00pm    | **Groups 4 Health: Targeting social isolation to improve health in vulnerable populations**  
                     Dr Tegan Cruwys                                                                 |
| 3.00pm – 4.00pm    | **Paper Session 2: Cognitive Improvement**  
                     Chair: Professor Gerard Byrne  
                     DINGLE Live Wires program aids social connectedness and cognitive performance of older adults  
                     SCHAUMBERG Optimising exercise for cognitive health in older adults  
                     GRANLAND Pilot Study: A Group Cognitive Intervention Program for Asian MCI Patients |
| 4.00pm – 4.15pm    | **Afternoon tea**  
                     Sign up for BDHP Ageing Group                                           |
| 4.15pm – 5.15pm    | **Paper Session 3: Health Improvement**  
                     Chair: Professor Louise Hickson  
                     YOUNG Toward the older person friendly hospital  
                     GANE Is the discharge planning of older persons in Brisbane evidence based?  
                     PEEL Meeting the standards for comprehensive care                       |
| 5.15pm             | **Awards & Closing Remarks**  
                     Professor Nancy Pachana and Professor Len Gray  
                     • Best Student Poster  
                     • Best Paper                                                               |
POSTER SYMPOSIUM
(on display during the breaks throughout the day)

ATKINSON
The value of exercise in the fitness, fatness and cognition of Older Adults

BENNETT
Implementing the Tailored Activity Program across Queensland (i-TAP)

CONWAY
Nutritional support in malnourished COPD outpatients: a randomised trial

CORSER
Work Stress and Employee Well-Being in Aged Care Facilities

DISSANAYAKA
Improving Diagnosis and Treatment of Anxiety in Parkinson’s Disease (IDATA-PD)

GARCIA
Exploring How Older Filipino Migrants in Australia Perceive Depression and Anxiety Disorders and Treatments

GARDNER
Health expectancy in older women

HORNBY-TURNER
A review of social factors associated with frailty in community dwelling older adults

MATHESON
The Health Alliance: Collaborating to improve the health of older people

McSWEEN
Enhancing language learning in ageing with exercise.

NGO
Improving memory in dementia and healthy older people with rVCS: A study protocol

NYCYK
Older people and computers

PADMASSIMIA
A Randomised Controlled Trial of a Manualised Cognitive Behavioural Therapy for Anxiety in Parkinson’s disease

REID
Association of sedentary time with physical function: a systematic review

SIETTE
Understanding social participation amongst community aged care clients

SOLTAU
Nurse Practitioner’s reach out to enhance the life of people with dementia

STATHIS
The use of music for emotion regulation across the adult lifespan

TUCKER
A brief intervention for carer stress

XU
Effect of depressive symptoms on the progression of physical multimorbidity

YOUNG
Improving nutritional intake and care for older inpatients: A ten-year journey of quality improvement and research in practice