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

Tamilyn Bakas, PhD, RN, FAHA, FAAN
Professor and Jane E. Procter Endowed Chair,
University of Cincinnati College of Nursing

Rebecca Lee, PhD, RN, PHCNS-BC, CTN-A
Associate Professor,
University of Cincinnati College of Nursing

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
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 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.
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
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.
Results


### Unhealthy Days (N = 5); Phase I

<table>
<thead>
<tr>
<th>Question</th>
<th>Before</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>How many days during the past 30 days has your <strong>physical health</strong> not been good?</td>
<td>6.60 days</td>
<td>1.80 days</td>
</tr>
<tr>
<td>How many days during the past 30 days has your <strong>mental health</strong> not been good?</td>
<td>4.60 days</td>
<td>0.20 days</td>
</tr>
<tr>
<td><strong>Unhealthy Days Total</strong></td>
<td>11.20 days</td>
<td>2.00 days</td>
</tr>
</tbody>
</table>

### Satisfaction Ratings (N = 5); Phase I

<table>
<thead>
<tr>
<th>Question</th>
<th>Average</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>T-CHAT Coach addressed things I wanted to know.</td>
<td>4.4</td>
<td>3-5</td>
</tr>
<tr>
<td>Visits from the T-CHAT Coach were convenient.</td>
<td>4.4</td>
<td>4-5</td>
</tr>
<tr>
<td>Visits from the T-CHAT Coach helped me.</td>
<td>4.2</td>
<td>3-5</td>
</tr>
<tr>
<td>I liked getting visits from the T-CHAT coach.</td>
<td>4.6</td>
<td>4-5</td>
</tr>
<tr>
<td><strong>Total Satisfaction Ratings</strong></td>
<td>4.4</td>
<td>3-5</td>
</tr>
</tbody>
</table>

Ratings coded as 1 = Strongly Disagree to 5 = Strongly Agree
Our T-CHAT Team
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
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/
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
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.
Susan Reutman, PhD, MPH, RN

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

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