

## SeniorCare revived through Nursing-Nutrition student collaboration

What happens when you put two bright, energetic women with similar interests together in one research area? That answer is obvious: an interdisciplinary partnership that delivers benefits to those who need them most.

Kim Tworek and Charice Chan met when both began working with Susan Slaughter, Associate Professor, Faculty of Nursing. Dr. Slaughter's work focusses on improving or maintaining functional abilities in frail older adults. Kim and Charice are working in different areas; Kim is exploring the effect of interventions on sit-to-stand activity, while Charice is studying interventions for improved nutrition.

Kim, who is about to enter the 4<sup>th</sup> year of her BScN degree, received a studentship from the Seniors Health Strategic Clinical Network to complete a research project with Dr. Slaughter. The project examines the effect of informal conversations and formal documentation sessions, as knowledge translation interventions aimed at increasing health care aides' implementation of a sit-to-stand activity for elderly patients. Her project aims to help improve uptake of evidence-based practice by health care aides in long-term care and assisted living.

Charice is entering her 4<sup>th</sup> year of a nutrition degree; she received a studentship from Alberta Innovates Health Solutions to work on a nutrition project with Dr. Slaughter. Her project is part of the pan-Canadian [Making the Most of Mealtimes](#) (M3) study that measured the prevalence of poor food intake and the causes of poor food intake in long-term care residents. Charice is disseminating research findings of the M3 study with research participants and conducting focus groups to identify intervention priorities for improving mealtimes in long-term care. Her project aims to advance the development of patient-engagement methods with older adults and advance the M3 research program.

A few weeks ago Kim and Charice collaborated to revive the **SeniorCare Club** at University of Alberta. The SeniorCare Club is a student group that aims to enhance the quality of life of seniors by providing opportunities for volunteerism, advocacy, education, and fundraising within the campus community. Being the only student group at the UofA with such a broad mandate, SeniorCare can address a variety of aspects of seniors care. Currently the club is promoting two projects: *Hand to Hand*, which recruits volunteers to give hand massages to residents of the Edmonton General Hospital; and *Speaking Through Generations*, which pairs students and seniors to teach seniors new languages.

SeniorCare is excited to be seeking out new opportunities to promote undergraduate student involvement with seniors in new ways. Want to get involved? Contact Kim and Charice:

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