

University  
Research



Aged  
Care

## University Research



Training

- Medicine
- PhD – Cancer Screening
- Clinical Epidemiology Research
- Peer reviewed publications in “high impact” journals
- Nationally competitive grants

## The lure of ageing research



### • Preventive Care Trial

1569 veterans and war widows  
Medical Journal Australia 2004

### • Australian Longitudinal Study on Women's Health

12900 women 70-75  
AJA 1999



THE UNIVERSITY OF  
NEWCASTLE  
AUSTRALIA

## Priority Research Centre Gender, Health and Ageing

Julie Byles  
Director



Formerly Centre for Research and Education in Ageing

Supported by Baptist Community Services

## Centre Members

- 17 members of leadership committee – population, health, social and biological sciences
- 24 associate researchers
- 18 adjuncts and external researchers
- Other members from HNEAHS, Aged Care, Community
- Central unit located in DMB (ALSWH and core team)
- Older persons research program – Professor Tina Koch
- General Practice – Dimity Pond, Dementia CRC
- Pharmacology – David Henry, Jane Robertson
- Basic Science and Health Science – Derek Laver, Liz Milward
- Clinical – eg. Chris Levi, Kichu Nair, John Ward, Isabel Higgins
- Other – architecture, sociology

## Research Themes and Scope

- Individual, health care and societal factors that differentially affect men and women's health and well being as they age, and the ways in which communities and organisations respond to an ageing population.
- Focus on biological, psychological, social and environmental factors associated with gender, health and ageing
- Broad trans-disciplinary base
- Clinical, health services, population, context



## Partnering with Aged Care

- **Training** – best practice and research
- **Care Leaders Network and Meetings**
- **Research partnerships**



Theme Leaders

## Research Topics in Residential Care (Delphi Process)

- Needs, gaps, insider views
- Pain
- Nutrition, oral health
- Medications
- Mobility and occupation
- Falls and injury
- Continence and nocturia
- Environment and Behaviour
- Novel therapies for confusion
- Medical care, involving GPs
- Ethical and legal dilemmas
- Specific groups: eg young disabled

## Understanding Aged Care

- Needs of Aged Care Residents
  - With Dr Lynne Parkinson
- Functional status of residents and people on waiting lists
  - With Dr Anar Dilara
- Workforce Study
  - With Business and Law
- Educational Needs of Aged Care Workers
- Best practice workshops
- Pilot projects and surveys
- Protocol Development
- Participatory Action Research (Tina Koch)

## An example of an Aged Care Research Partnership

### Falls in residential aged care

- 88 residential care facilities
- randomised controlled trial
- 2 years of prospective data on falls and injury
- development of best practice approach
- assessment of impact and outcome

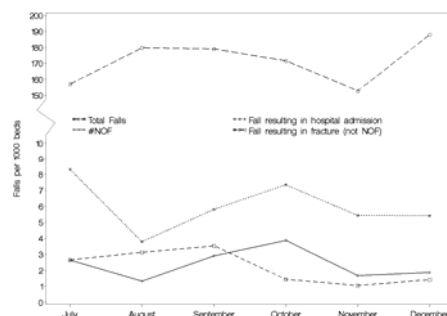
## Characteristics of facilities and residents

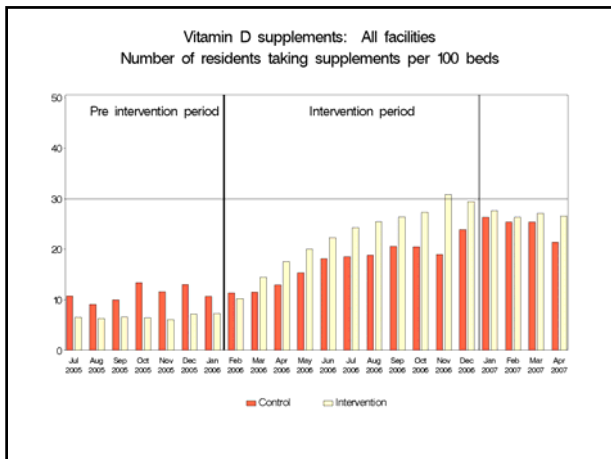
Type of Care	Number of facilities in category	Median No. all beds* (range)	Median RCS** (range)
Low Care	42	40 (25 – 132)	5 (1 – 8)
High Care	24	65 (28 – 216)	2 (1 – 7)
Mixed (Low and High)	22	81 (44 – 160)	3 (1 – 8)

\* Data obtained June 2005  
 \*\* Data obtained from monthly reports from facilities  
 \*\*\* Data obtained from a census of residents in January 2006

N = 5,354  
 Age: Median 85 (range) (27 – 107)  
 Sex: % female 73  
 Ambulant\*: % Yes 70  
 Dementia specific care: % Yes 21

### Falls per 1000 beds among residents of aged care facilities in the Lower Hunter region for the final six months of 2005





*Mars @ Venus*

DOES GENDER MATTER IN AGEING?

JULY 9 & 10, 2007  
DAVID MADDISON BUILDING  
CNR KING AND WATT STREETS, NEWCASTLE NSW