

# Lessons Learned in Research Mentorship in Aging: Perspectives of a Mentor and Trainee

**Dr. Jenny Ploeg, RN, PhD**

Professor and Scientific Director, Aging, Community and Health Research Unit  
School of Nursing, McMaster University

**Dr. Esther Coker, RN, PhD**

Clinical Nurse Specialist, St. Peter's Hospital site, Hamilton Health Sciences  
Assistant Clinical Professor, School of Nursing, McMaster University

# Agenda



- ✓ Provide an overview of the Aging, Community and Health Research Unit (ACHRU) (Jenny)
- ✓ Describe strategies used to develop capacity in aging and health services research (Jenny)
- ✓ Highlight work completed by ACHRU trainees (Jenny)
- ✓ Describe mentorship strategies that promoted success (Esther)
- ✓ Highlight work completed as trainee (Esther)
- ✓ Identify lessons learned re research mentorship (Esther and Jenny)



<https://achru.mcmaster.ca/>



## Education AND MENTORING

## Studies AND RESEARCH

## Knowledge Transfer AND PUBLICATIONS

## Resources AND LINKS

## News

### AND EVENTS

## Partners AND COLLABORATORS

**Contact**  
ACHRU



# ACHRU Scientific Directors



Maureen Markle-Reid  
RN, PhD



Jenny Ploeg  
RN, PhD



Ruta Valaitis  
RN, PhD

# Aging, Community and Health Research Unit

## Funding Sources

- \$5.8 million for ACHRU
  - \$2.5 million over five years from the Canadian Institutes of Health Research, Community-Based Primary Health Care Signature Initiative
  - \$3.3 million over three years from the Ontario Ministry of Health and Long-Term Care, Health System Research Fund Program Award



*Funding Disclaimer: CIHR, MOHLTC: "This work is part of a program of research (Aging, Community and Health Research Unit) supported by the Canadian Institutes of Health Research Signature Initiative in Community-Based Primary Healthcare (<http://www.cihr-irsc.gc.ca/e/43626.html>) (Funding Reference Number: TTF 128261) and the Ontario Ministry of Health and Long-Term Care Health System Research Fund Program (Grant #06669)". CIHR only: "This work is part of a program of research (Aging, Community and Health Research Unit) supported by the Canadian Institutes of Health Research Signature Initiative in Community-Based Primary Healthcare (<http://www.cihr-irsc.gc.ca/e/43626.html>) (Funding Reference Number: TTF 128261)". MOHLTC only: "This work is part of a program of research (Aging, Community and Health Research Unit) supported by the Ontario Ministry of Health and Long-Term Care Health System Research Fund Program (Grant #06669)".*



**Aging, Community and Health**  
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# Goals of the Aging, Community and Health Research Unit



- ❖ To promote optimal aging at home for older adults with multiple chronic conditions (MCC) and to support their family and friend caregivers
- ❖ To co-design, implement and evaluate interventions to achieve Quadruple Aim Outcomes (health outcomes, patient experience, provider experience, cost)
- ❖ To scale-up effective interventions
- ❖ To build research capacity



# Aging, Community and Health Research Unit

## Goals of Strategic Patient-Oriented Research

- Meaningfully engage patients in research
- Better address patients' needs by increasing relevance and translation of health research
- Improve health outcomes and health care system

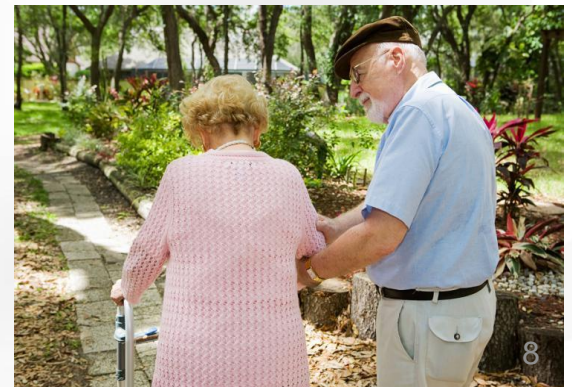
*“Right treatment at the right time”*



# Key Principles Guiding the Aging, Community and Health Research Program

Website: <https://achru.mcmaster.ca/>

- ❖ Use a collective impact approach: Meaningful engagement of knowledge users
- ❖ Co-design complex, integrated and person-centred interventions for older adults with MCC and their caregivers
- ❖ Use innovative research designs and methods to evaluate the *implementation* and *effects* of the interventions in 'real world settings'





# ACHRU: 14 Funded Studies



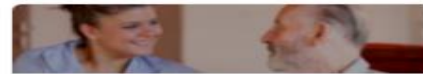
CORE STUDY 1  
**Managing Multiple Chronic Conditions (MCC)**

Funded by MOHLTC & CIHR



CORE STUDY 2  
**Correlates, Health Outcomes and Costs Associated with MCC**

Funded by MOHLTC & CIHR



CORE STUDY 3  
**Gender-Based Analysis of Caregivers of Older Adults with MCC**

Funded by MOHLTC & CIHR



CORE STUDY 4  
**Supporting Mobile Health Technologies for Stroke Survivors with MCC**

Funded by MOHLTC



CORE STUDY 5  
**Transition Intervention for Caregivers of those with Alzheimer's and MCC**

Funded by CIHR



CORE STUDY 6  
**Self-Management among Adults with Type 2 Diabetes Mellitus and MCC**

Funded by MOHLTC & CIHR



CORE STUDY 7  
**Intervention for Stroke Survivors with MCC**

Funded by MOHLTC & CIHR



CORE STUDY 8  
**My Stroke Team (MyST): a Mobile Health Solution**

Funded by CIHR



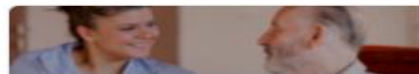
CORE STUDY 9  
**Community Assets Supporting Transitions (CAST)**

Funded by OSSU



CORE STUDY 10  
**Health Links Caregiver Evaluation Study**

Funded by MOHLTC



CORE STUDY 11  
**Online Interventions for Family Caregivers**

Funded by MOHLTC

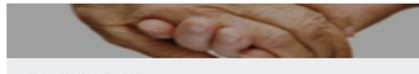


CORE STUDY 12  
**Successful Knowledge Translation from the Perspective of Diverse Knowledge Users**



LEVERAGED STUDY 1  
**Spreading Best Practices in Home Care Organizations**

Funded by MOHLTC



STUDY 13  
**Community Partnership Program for Diabetes**

Funded by CIHR



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# Strategies

Over 60 trainees participated in ACHRU since 2013:

- undergraduate, graduate, postgraduate, new investigators
- diverse disciplines (health sciences, economics, business, engineering)
- various universities across Canada



# Strategies

Trainees integrated into all aspects of research program:

- protocol development
- implementation including training of intervention personnel
- data collection and analysis
- report writing, presenting results, publications



# Training Opportunities

- Designing, implementing, evaluating and translating new health interventions
- Health services research: older adults with MCC and family caregivers; qualitative, quantitative, mixed methods research; pragmatic randomized controlled trials; analysis of administrative data bases; sex and gender-based analyses; integrated knowledge translation
- Patient and public research partner engagement
- Working with multidisciplinary teams and decision-makers



# Strategies

Provide formal and informal mentorship

Involve trainees in stakeholder meetings with patients/caregivers, decision makers, researchers

Facilitate attendance at annual meetings of CIHR CBPHC

Signature Initiative 12 teams meetings and network with other trainees/researchers across Canada

Provide training on patient research engagement

Provide opportunities for lead/co-lead authorship of papers, reports, research briefs, presentations





# Strategies

Profile trainees on ACHRU website, media

Include trainees on grant applications

Build funding for trainees into all grant budgets

Provide trainee funding: working in ACHRU, attending conferences, technology support (software)

Identify possible sources of funding, encourage students to apply, review grant applications and write letters of support, include in-kind supports from ACHRU

Focus on trainee career development



# ACHRU Capacity Building & Canada Research Chair Seminar Series

- To support and facilitate training of ACHRU members in research development, and address all research stages for translating complex nurse-led interventions
- Co-Chairs: Anna Garnett & Melissa Northwood
- Target audiences: Trainees, investigators, research staff, clinical members, broader ACHRU team members



Anna Garnett  
*PhD Student*

Melissa Northwood  
*PhD Student*



# Examples of Trainee Work

**Melissa Northwood, PhD Student**







# UNDERSTANDING THE COMPLEXITY OF LIVING WITH DIABETES AND INCONTINENCE FOR OLDER HOME CARE CLIENTS

Melissa Northwood RN MSc GNC(C), Jenny Ploeg RN  
PhD, Maureen Markle-Reid RN PhD, Diana Sherifali RN PhD



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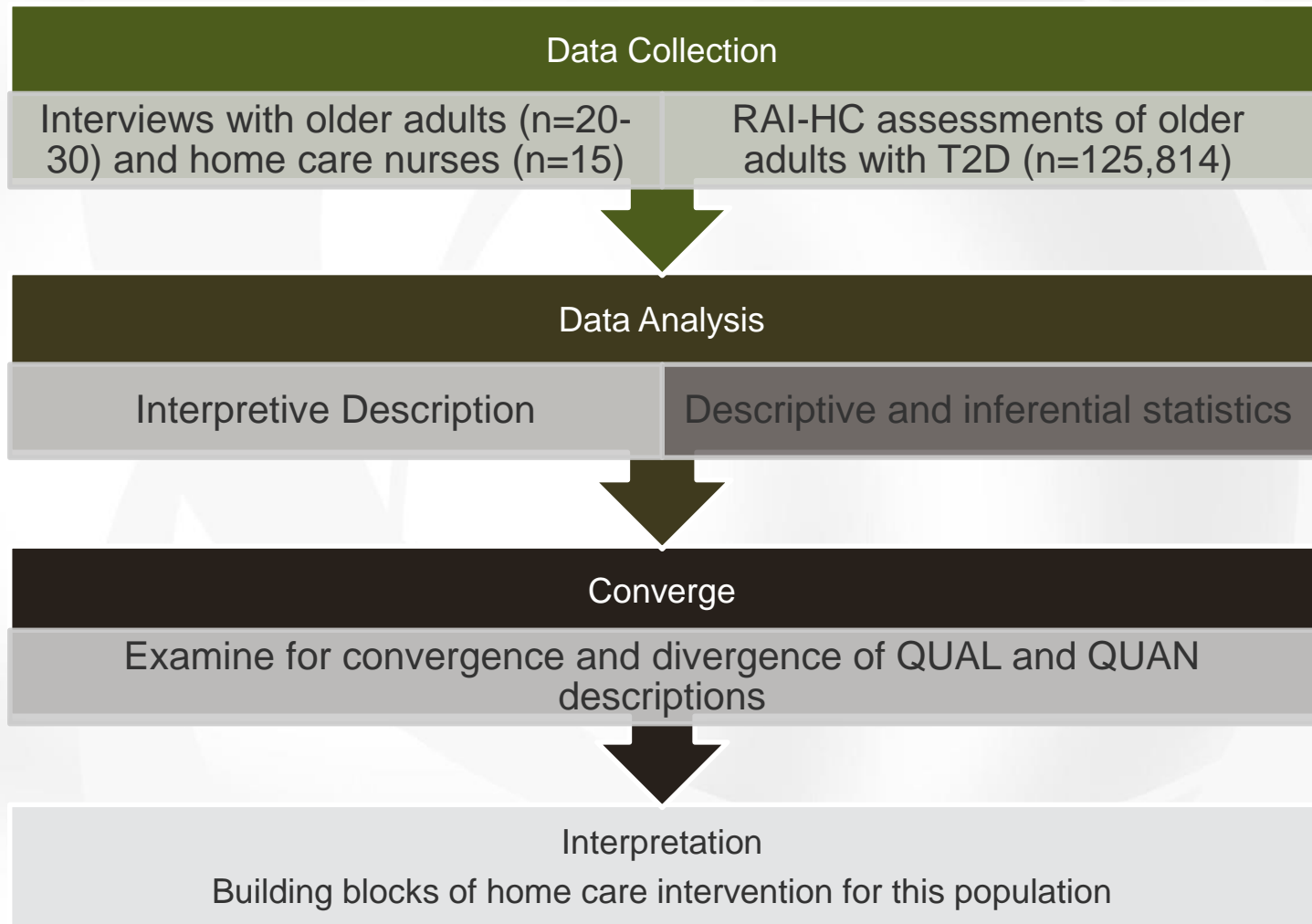
# Mixed Methods Study Research Questions: QUAN and QUAL Strands

- Among older adults with T2D receiving home care services:
  - What is the prevalence of UI?
  - What are the sociodemographic, psychosocial, functional and clinical characteristics associated with UI?
- How are T2D and UI experienced by older adults receiving home care services?
- How do nurses care for older adults with T2D and UI?





# Mixed Methods Research: Convergent Parallel Design



# Key Paper

Accepted: 14 July 2017

DOI: 10.1111/jan.13408

## REVIEW PAPER

WILEY **JAN**  
Informing Practice and Policy Worldwide through Research and Scholarship

# Integrative review of the social determinants of health in older adults with multimorbidity

Melissa Northwood<sup>1</sup>   | Jenny Ploeg<sup>1,2</sup> | Maureen Markle-Reid<sup>1,2,3</sup> | Diana Sherifali<sup>1,4</sup>

## Abstract

**Aim:** To examine how the social determinants of health have been considered in conceptualizations of multimorbidity in older adults in the literature and to identify implications for nursing practice, research and healthcare planning and policy.

## KEYWORDS

chronic disease, integrative literature review, intersectionality, multimorbidity, nursing, older adults, social determinants of health

Northwood, M., Ploeg, J., Markle-Reid, M., & Sherifali, D. (2018). Integrative review of the social determinants of health in older adults with multimorbidity. *Journal of Advanced Nursing*, 74(1), 45-60.



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# Examples of Trainee Work



**Marie-Lee Yous**  
**PhD Student**



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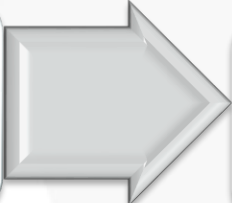




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# Nurses' Experiences with Responsive Behaviours of Dementia in Acute Care and Perceptions of P.I.E.C.E.S. Education

Marie-Lee Yous RN, MScN, PhD Student

# Research Questions

-   What are nurses' experiences in providing care for older adults with dementia living with responsive behaviours during their stay on acute medical units?
-   What are the perceptions of healthcare professionals regarding P.I.E.C.E.S. education and its impact on their practice in responding to responsive behaviours of dementia in acute medical units?
-   What are the recommendations of healthcare professionals in improving dementia care and P.I.E.C.E.S. education uptake in acute medical units?







## Healthcare professionals' perceptions of P.I.E.C.E.S. education in supporting care delivery for older adults with responsive behaviours of dementia in acute care

Marie-Lee Yous <sup>a</sup>, Jenny Ploeg <sup>b</sup>, Sharon Kaasalainen <sup>a</sup>,  
and Lori Schindel Martin <sup>c</sup>

<sup>a</sup>School of Nursing, McMaster University, Hamilton, ON, Canada; <sup>b</sup>School of Nursing, Scientific Director, Aging, Community and Health Research Unit, Faculty of Health Sciences and Associate Member, Department of Health, Aging and Society, McMaster University, Hamilton, ON, Canada; <sup>c</sup>Faculty of Community Services, Daphne Cockwell School of Nursing, Ryerson University, Toronto, ON, Canada

### ABSTRACT

**Introduction:** In acute care settings persons with dementia often use responsive behaviours such as yelling and hitting as a meaningful mode of communication. Staff dementia care education programs such as P.I.E.C.E.S. may help to address these gaps in care. P.I.E.C.E.S. is a holistic clinical assessment framework that focuses on Physical, Intellectual, and Emotional health, Capabilities of an individual, and the living Environment of a person and the Social being.

### KEYWORDS

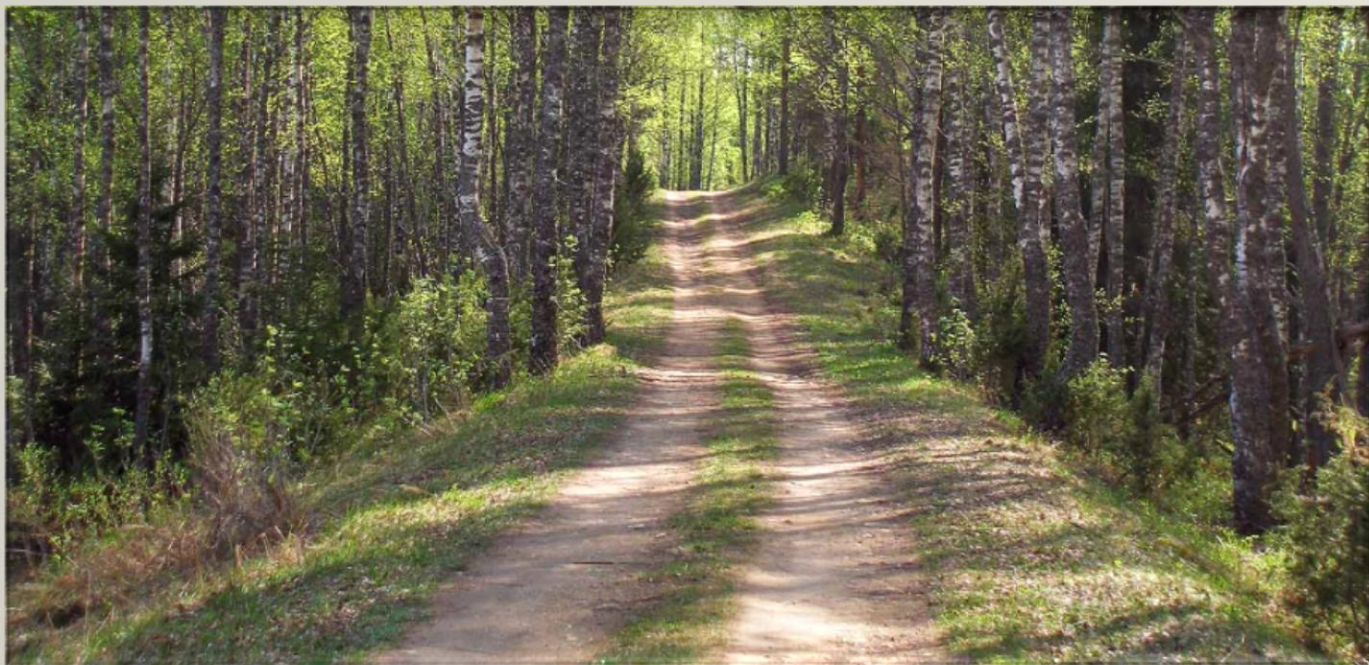
Dementia education; staff training; healthcare professionals; nurses; responsive behaviours; acute care

# Key Papers

- Yous, M., Ploeg, J., Kaasalainen, S., Schindel Martin, L. (2019). Healthcare professionals' perceptions of P.I.E.C.E.S. education in supporting care delivery for older adults with responsive behaviours of dementia in acute care. *Gerontology & Geriatrics Education*, doi: 10.1080/02701960.2019.1572011
- Yous, M., Ploeg, J., Kaasalainen, S., Schindel Martin, L. (2019). Nurses' experiences in caring for older adults with responsive behaviours of dementia in acute care. *SAGE Open Nursing*, in press, doi: 10.1177/2377960819834127



# Esther's Journey



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# Meeting me at Forks in the Road (and offering advice!)



- Should I , or shouldn't I...?





# Navigating Uncharted Waters

- Rounding out my supervisory committee



# Navigating Uncharted Waters

- Landing on a thesis topic





# Motivating Me

- the independent study course



# **The Effect of Programs to Improve Oral Hygiene Outcomes for Older Residents in Long-Term Care**

## **A Systematic Review**

*Esther Coker, MScN, MSc, RN; Jenny Ploeg, PhD, RN; and Sharon Kaasalainen, PhD, RN*

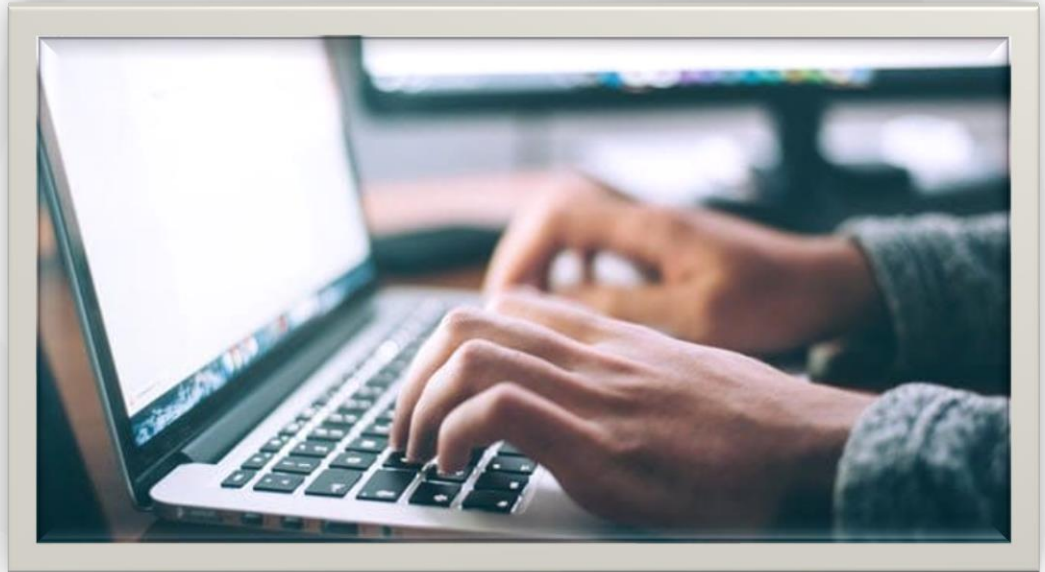


# Motivating Me

- the comprehensive exam papers



# Providing Feedback



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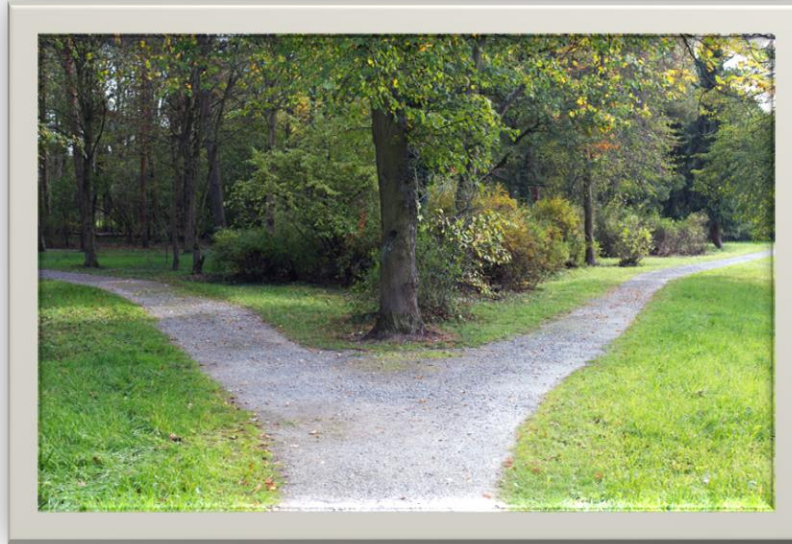
# Connecting Me

- the comprehensive exam papers





# Another Fork in the Road



- Submit manuscripts...?



JAN

JOURNAL OF ADVANCED NURSING

CONCEPT ANALYSIS

A concept analysis of oral hygiene care in dependent older adults

Esther Coker, Jenny Ploeg, Sharon Kaasalainen & Anita Fisher



The Qualitative Report

Volume 18 | Number 34

Article 1

8-26-2013

Assessment of Rigour in Published Nursing  
Intervention Studies that Use Observational  
Methods

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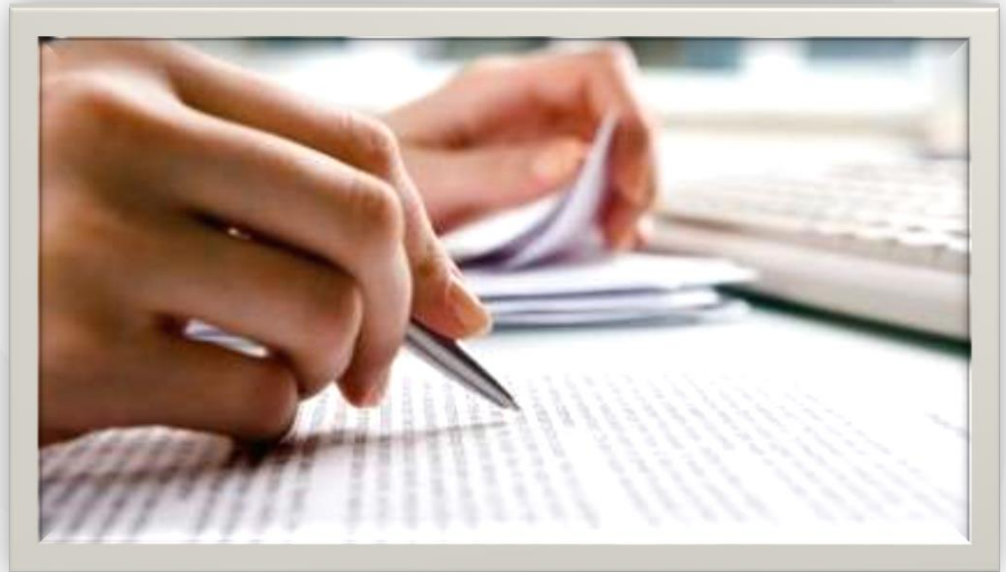


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# Thesis Writing

Providing feedback  
Offering advice  
Motivating  
Connecting

***...and celebrating***



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# Celebrating the Defense



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# Graduation



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ORIGINAL ARTICLE

## Nurses' oral hygiene care practices with hospitalised older adults in postacute settings

Esther Coker PhD, RN

*Clinical Nurse Specialist, Hamilton Health Sciences, Hamilton, ON, Canada*

Jenny Ploeg PhD, RN

*Professor, School of Nursing, McMaster University, Hamilton, ON, Canada*

Sharon Kaasalainen PhD, RN

*Associate Professor, School of Nursing, McMaster University, Hamilton, ON, Canada*

Nancy Carter PhD, RN

*Assistant Professor, School of Nursing, McMaster University, Hamilton, ON, Canada*



ELSEVIER

## Geriatric Nursing

Volume 38, Issue 1, January–February 2017, Pages 17–21



Feature Article

## Observations of oral hygiene care interventions provided by nurses to hospitalized older people

Esther Coker PhD, RN <sup>a, b</sup> ✉, Jenny Ploeg PhD, RN <sup>b</sup>, Sharon Kaasalainen PhD, RN <sup>b</sup>, Nancy Carter PhD, RN <sup>b</sup>

✉ [Show more](#)

<https://doi.org/10.1016/j.gerinurse.2016.06.018>

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# Lessons Learned: Esther

- Be purposeful in nurturing the relationship
- Feedback is a two-way conversation
- Take some chances
- Publish together
- Celebrate often



# Lessons Learned: Melissa

- Availability and openness: meet regularly, timely feedback
- Encouragement and critique: highlights student success, challenges with critical feedback
- Learning opportunities: invites to projects, instructs on co-writing for publication



# Lessons Learned: Melissa

- Student as a whole person: sounding board for challenges outside school (e.g., work-school balance, aging parents; asks about family, leisure, wellbeing)
- Provides structure to mentor other students (e.g., capacity building committee)
- Joyful engagement: shares joy of being academic in all roles (teacher, researcher, mentor, author)



# Lessons Learned: Marie-Lee

- Received strong mentorship when collaborating in research projects within a safe learning environment
- Provided with multiple opportunities to network with researchers and graduate students locally and nationally
- Mentors at ACHRU ensure that trainees are immersed in diverse projects aimed at improving the health of the Canadian population
- Mentors focus on building the capacity of trainees in becoming future investigators and applying patient engagement principles
- By being part of the ACHRU team, trainees feel that they belong to an academic community





# Lessons Learned: Jenny

- Developing and maintaining relationships
- Learning together
- Providing opportunities for growth, mentorship and leadership
- Facilitating networking
- Provide funding, letters of support
- Supporting career planning (post doc, faculty position)
- Celebrate success



# Insights Gained



# Thank you

