



Public Health Agency



Public Health Annual Scientific Conference: Older people

Wednesday 12 June 2013

Riddel Hall, Stranmillis



FACULTY OF PUBLIC HEALTH



COMMUNITY DEVELOPMENT AND HEALTH NETWORK



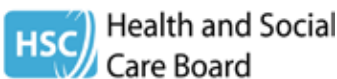
Improving later life



Chartered Institute of Environmental Health



The Centre of Excellence for Public Health Northern Ireland



Health and Social Care Board



nicva PROMOTING THE VOLUNTARY SECTOR



Queen's University Belfast



Royal College of General Practitioners



Royal College of Nursing Northern Ireland



Centre for Ageing Research and Development in Ireland



University of ULSTER





Conference purpose

The Public Health Agency (PHA) and partner organisations are hosting this scientific conference focusing on how public health innovations, research and practice meet the needs of our older people. The joint event aims to engage local professionals, practitioners and researchers working in the broad field of public health.

Today will also see the launch of the Director of Public Health's Annual Report and will provide an excellent opportunity to network across sectors and disciplines. In addition to the keynote plenary sessions, delegates will have the opportunity to participate in a number of parallel sessions showcasing local activity.

Target audience

Practitioners and researchers in Northern Ireland working in the broad field of public health.

Programme

8.45 am Registration and refreshments

Morning session Chair: Dr Eddie Rooney, Chief Executive, PHA

9.30 am **Welcome and DPH Report**
Dr Carolyn Harper, Director of Public Health/Medical Director, PHA

10.00 am **Seeking solutions to physical activity promotion for older adults**
Professor Ken Fox, Emeritus Professor of Exercise and Health Science, Bristol University

10.40 am **Tea and coffee**

11.10 am **Parallel sessions**

**Care
management**

**Staying
healthy**

Isolation

**Identifying
those at risk**

12.10 pm **The more one sees, the better one knows where to look – Professional inter-agency collaboration for healthy ageing**
Professor Brendan McCormack, Director of Institute of Nursing and Health, and Head of the Person-centred Practice Research Centre (PcPRC), University of Ulster

12.50 pm **Lunch**

Afternoon session Chair: Dr Roger O'Sullivan, Director, CARDI

2.15 pm **Creating age-friendly cities and communities**
Mr Paul McGarry, Senior Strategy Manager, Valuing Older People Team, Manchester Health Unit

2.55 pm **Parallel sessions**

Safety

Age-friendly

Outreach

Caring for carers

3.55 pm **Panel discussion**

4.30 pm **Close**



Dr Eddie Rooney

Dr Rooney is Chief Executive of the PHA. The PHA was established in 2009 to improve health and social wellbeing and reduce health inequalities. Prior to joining the PHA, Dr Rooney served as Equality Director at the Office of the First Minister and Deputy First Minister, and as Deputy Secretary at the Department of Education from 2004–2008.



Dr Carolyn Harper

Dr Harper studied medicine at Queen's University Belfast (QUB) and, after completing her training in general practice, trained in public health. She previously worked in the Northern Health and Social Services Board as a Consultant in Public Health, with responsibilities for acute service commissioning and clinical and social care governance. She also worked in California as Director of Quality Improvement for the State Quality Improvement organisation.

Most recently, Dr Harper was Deputy Chief Medical Officer for Safety, Quality and Standards, and from 1 April 2009 has been Director of Public Health for Northern Ireland. She is a firm believer in partnership working and is passionate about improving health and reducing inequalities.



Dr Roger O'Sullivan

Dr O'Sullivan is Director of the Centre for Ageing Research and Development in Ireland (CARDI). He recently completed his term of office as joint convener of the UK Funders Forum on Ageing. In 2012 he was guest editor of the journal *Quality in Ageing and Older Adults*, and in 2011 was rapporteur for the Ditchley Foundation's international conference on the impact of ageing on developed economies.

He is currently a member of the advisory group for the forthcoming ageing strategy for Northern Ireland, having formerly worked in QUB and the regional rural organisation, Rural Community Network.



Professor Ken Fox

Professor Fox has dedicated his career to research and policy in physical activity and health. His particular interests have included: physical activity levels in children; exercise and obesity; exercise and mental health.

In the last eight years he has focused on promoting activity in older adults and has led several research projects and partnerships. Over the years, he has produced more than 250 research and professional papers, and 30 book chapters. He was Senior Scientific Editor of the Chief Medical Officer's first report on physical activity and public health, and co-author of the recent UK activity guidelines, which for the first time, offer specific guidance for older adults. He has advised the Health Select Committee enquiries on obesity and health behaviour change, and been a member of the Foresight Scientific Advisory Panel for Obesity.

In 2008, he received an honorary doctorate from the University of Coimbra in Portugal. He is a Fellow of the UK Faculty of Public Health, the British Association of Sport and Exercise Sciences, the UK Physical Education Association, and an International Fellow of the American Academy of Kinesiology and Physical Education. He enjoys cycling and five-a-side football, and is married with two grown-up sons, one of whom has settled in Belfast.



Professor Brendan McCormack

Professor McCormack is Director of the Institute of Nursing and Health Research, and Head of the Person-centred Practice Research Centre (PcPRC) at the University of Ulster. His internationally recognised work in person-centred practice development and research has resulted in successful long-term collaborations in Ireland, the UK, Norway, the Netherlands, Canada and Australia. His writing and research work focuses on person-centred practice, gerontological nursing and practice development, and he serves on a number of editorial boards, policy committees and development groups in these areas. He has a particular focus on the use of arts and creativity in healthcare research and development.

Professor McCormack has more than 120 peer-reviewed publications and has had seven books published. He is Editor of the *International Journal of Older People Nursing*, President of the All-Ireland Gerontological Nurses Association (AIGNA), Chairman of the charity Age NI, and a Fellow/management committee member of the European Academy of Nursing Science. In 2011 he was awarded the status of Senior Distinguished Research Fellow by the University of Ulster, in recognition of his research achievements.



Mr Paul McGarry

Since 2003 Paul has led Manchester's multi-agency Valuing Older People (VOP) partnership. The partnership works across public and community sectors, and with local residents, to improve the quality of life of Manchester residents in mid and later life. The partnership has placed a specific focus on reducing the social exclusion experienced by older people living in Manchester's disadvantaged communities. Manchester City Council is recognised as a forward-thinking local authority and, in October 2009, published *A Great Place to Grow Older*, a 10 year strategy to create an 'age-friendly' Manchester. In June 2010 Manchester was one of nine cities worldwide to be admitted into the World Health Organization's (WHO) 'Age-Friendly Cities' programme. Key aspects have included the award-winning 'Positive Images' campaign, an innovative inter-generational programme and joint work with a range of academic and research institutions.

Paul manages a nine-strong multi-agency work group that includes local authority, health, third sector and academic staff. He is a member of the *Working with Older People* journal editorial board, was a member of the Dublin Age-Friendly City conference advisory board and co-chairs the Age Action Alliance UK group on age-friendly environments. In 2012 Paul was a founding member of the UK Consortium of Urban Ageing, which brings together VOP, Keele University and the Beth Johnson Foundation.

Paul has had a number of journal articles on ageing published and has given presentations at a wide range of events in, among others, Denmark, Belgium, Germany, Switzerland and Spain. He has an MA in social gerontology and is currently an Honorary Research Fellow at the University of Keele.

Parallel sessions

The parallel sessions will highlight local public health innovations, research and evidence-based practice.

Delegates will have registered for parallel sessions, three in the morning and three in the afternoon. Each session will last 15 minutes (10 minutes for the presentation and five minutes question time for each presenter). Five minutes are allocated for movement between sessions.

Morning parallel sessions

Care management

Chair: Professor Frank Kee (Centre of Excellence, QUB)

1. Individualised health and wellbeing: Plans for older people

The PHA Western Investing for Health (WIfH) partnership's later years sub-group has developed individualised health and wellbeing plans for older people following recommendations from a research study by the Rural College.
(Joni Millar, PHA)

2. The Cúltaca model

The Cúltaca promote and develop a person-centred approach to care to ensure the wishes and needs of older people take priority over standard service delivery. The Cúltaca act as a liaison between statutory and non-statutory services and older people. In doing so, they aim to break down some of the barriers that are regularly encountered.
(Nikki Girvan, Southern Health and Social Care Trust)

3. Modelling phases of care

It has become increasingly important that healthcare is patient-centred and deals with the entire episode of patient healthcare, across diverse pathways. Cost-effective management of health service resources also needs to encompass many elements or phases of the patient pathway, such as diagnosis, treatment, rehabilitation and care in the community.
(Ken Fullerton, Belfast Health and Social Care Trust/QUB)

Staying healthy

Chair: Mr Owen Metcalfe (Institute of Public Health, Ireland)

1. Maintaining health at 50+: The role of formal volunteering

This study determines the extent to which formal volunteering activities impact on natural trajectories of health improvement, maintenance or decline.

(Dr John Mallett, University of Ulster and Volunteer Now)

2. Gaming for health: A systematic review of the physical and cognitive effects of interactive computer games in older adults

Few older adults engage in sufficient physical activity. Developing methods to overcome barriers to physical activity and promote adherence is an increasing challenge for public health. Interactive computer games (ICGs) are increasingly used to promote physical activity and rehabilitation.

(Professor Suzanne McDonough, University of Ulster)

3. Steps to a better Belfast: A study using pedometers to increase the physical activity levels of an older population in four general practices

Reduced physical activity levels increase the risk of chronic disease. This study explores the feasibility of a pedometer-based intervention for patients aged 35–75 years attending four general practices.

(Dr Neil Heron, QUB)

Isolation

Chair: Mr Chris Totten (PHA)

1. Social care and social isolation: A public health issue

A mixed methods study explored the experiences of older people and their carers who receive a range of care services. A number of recurring issues emerged, including social isolation.

(Avril Craig, Patient and Client Council)

2. Armagh Men's Shed

Armagh Men's Shed is a community based, non-commercial organisation open to men, where the primary activity is the provision of a safe, friendly and inclusive environment where older men can feel supported and secure in their own community.

(Brenda Toal, Southern Health and Social Care Trust)

3. Flexicare 2 project: Connecting Elderly Rural Isolated

An innovative approach to tackling isolation and promoting social inclusion for vulnerable older people in rural areas, based on an extended Flexicare Health Improvement focused Service Model.

(Kareen McCauley, Western Health and Social Care Trust)

Identifying those at risk

Chair: Dr Carolyn Mason (Royal College of Nursing)

1. Public awareness and attitudes towards the abdominal aortic aneurysm (AAA) screening programme in Northern Ireland

The aim of the AAA screening programme is to reduce AAA-related mortality. Early identification of AAA through screening reduces the need for emergency surgery and the higher mortality risk associated with that procedure. It also reduces the number of hospital stays and increases the availability of intensive care unit beds.

(Dr Karen Beattie, PHA)

2. An examination of the potential for under-reporting mental illness among older adults in Northern Ireland due to the screening mechanism of the Composite International Diagnostic Interview (CIDI)

The Northern Ireland study of health and stress (2008) reported that 2.92% of adults aged 65 and over had been diagnosed with a major depressive episode in the 12 months prior to interview, compared to 8.92% of the adult population as a whole. It seems unrealistic that older adults are significantly less likely than other adults to have experienced the scenarios outlined in the depression screener over the course of their lifetime.

(Ron McDowell, Institute of Nursing and Health Research)

3. Households at risk of food poverty across Northern Ireland

There are a growing number of households whose financial resources are considered insufficient to provide an adequate diet for their members. It has become critical to develop indicators that identify households at risk of food poverty. Because of the discretionary nature of food spending in many households, such indicators need to consider both food and non-food spending.

(Kevin P Balanda, Institute of Public Health, Ireland)

Afternoon parallel sessions

Safety

Chair: Mr Sam Knox (Chartered Institute of Environmental Health)

1. Improving care for older people: Preventing falls in a nursing home

It is estimated that falls among elderly people cost the NHS more than £4.6million a day. Approximately 60% of people living in care homes experience more than one fall per year. Falls are a significant indirect preventable cause of mortality and have a significant impact on the lives of older people, reducing confidence, capability and daily activity.

(Janet Haines-Wood, HSC Safety Forum)

2. Home safety initiatives across Northern Ireland

Home safety initiatives are in operation across the four Environmental Health groups and Belfast City Council. The principal aim of each is 'to help reduce the number of accidental deaths and injuries in homes across Northern Ireland'.

(Martina McNulty, Southern Group Environmental Health Committee)

3. The Home Safety Digital Pen and Database Project Northern Ireland

The 'Home Safety Digital Pen and Database Project Northern Ireland' aims to provide an accurate record of home safety checks and associated interventions aimed at reducing the number of accidents in the home. The data collected can be used as an evidence base to inform future initiatives or highlight areas of priority that require greater focus.

(Jennifer Parkinson, Eastern Group Environmental Health Committee)

Age-friendly

Chair: Mr Duane Farrell (Age NI)

1. Nature or Nurture: Nonagenarians tell us how they understand their ageing long and ageing well

Nonagenarians are the fastest growing population group. Most of us know mothers, grandmothers or aunts who are aged 90 years or over. We also recognise family clustering of nonagenarians.

(Dr Irene Maeve Rea, QUB/Belfast Health and Social Care Trust)

2. Exploring age-friendly for all

The WHO Age-Friendly Cities/Communities Network encourages active ageing by optimising opportunities for health, participation and security in order to enhance quality of life as people grow older.

(Vikki Titterington, Linking Generations Northern Ireland)

3. Developing Belfast as an age-friendly city

The WHO defines an age-friendly city as “an inclusive and accessible urban environment that promotes active ageing”. They have a checklist and indicators to enable cities to establish a baseline and action plan. Last year, the Lord Mayor of Belfast signed a declaration, which committed Belfast to joining the WHO Age-Friendly Cities/Communities Network.

(Elma Greer, Healthy Ageing Strategic Partnership, and Gillian McEvoy, Belfast City Council)

Outreach

Chair: Professor Carmel Hughes (QUB)

1. Nursing home outreach clinics

A nursing home outreach project has been developed to support nursing homes in their management of residents with complex needs and to decrease secondary care dependency.

(Hilary McKee, Northern Health and Social Care Trust)

2. Giving a voice: The development of the Greater Belfast Senior's Forum

Three voluntary sector organisations in Belfast have been supporting the development of representative forums of older people's leaders throughout the city, in order to ensure older people's opinions, views and concerns are taken into account by politicians and policy makers.

(Margy Washbrook, Engage with Age, and Mary Morrison, Greater Belfast Senior's Forum)

3. Sloppy slippers: Mapping the role of allied health professionals in public health

Transforming your care (2011) identified the key role that allied health professionals (AHPs) can play in reducing the demand for acute health services, primarily through health promotion and prevention initiatives. This talk will give an overview of one such initiative, sloppy slippers, which is part of a project funded by the HSC Research and Development Division, PHA and DHSSPS. Information gathering was completed by researchers from the University of Ulster in collaboration with the AHP team, HSC Research and Development Division, and heads of AHP services and clinical colleagues across the Health and Social Care Trusts.

(Professor Suzanne McDonough, University of Ulster)

Caring for carers

Chair: Ms Meabh Poacher (Community Development and Health Network)

1. Mutual support: An exploration of the role of older adults with intellectual disabilities caring for an ageing family carer

A problem facing families caring for an older person with an intellectual disability is that the ageing carers are increasingly likely to suffer health problems and have support needs of their own, often resulting in the existence of a mutually dependent relationship.

(Dr Maria Truesdale, University of Ulster)

2. Examining the support needs of ageing family carers in developing future plans for a relative with an intellectual disability

Planning for the future care of adults with an intellectual disability, after the main family carer ceases their care, continues to be sensitive and difficult, and poses challenges for service providers internationally.

(Dr Laurence Taggart, University of Ulster)

3. Supporting older family carers of older people with intellectual disabilities: Better Futures Project

The Better Futures Project focuses on the needs of families where the carer(s) are over the age of 60. The project seeks to improve the families' coping and resiliency skills to enable them to meet the current demands of caring.

(Anne Murphy, Positive Futures)