



Hôpital général juif
Jewish General Hospital

ANNUAL REPORT

DIVISION OF GERIATRIC MEDICINE

JEWISH GENERAL HOSPITAL

January 1 – December 31, 2018

Ruby Friedman, M.D.
Site Director

José A. Morais, MD, FRCPC
Director
McGill Division of Geriatric Medicine

March 2019



HÔPITAL D'ENSEIGNEMENT
DE L'UNIVERSITÉ MCGILL | A MCGILL UNIVERSITY
TEACHING HOSPITAL

3755, chemin de la Côte-Sainte-Catherine
Montréal, Québec H3T 1E2

Tel. 514 340 8222
Web jgh.ca

Annual Report
Division of Geriatric Medicine
Department of Medicine - Jewish General Hospital
January 1 - December 31, 2018

SUMMARY

We continue to fulfill the mandate of 1) delivering high-quality care to our elderly patients, 2) providing excellent teaching milieu to medical students and residents, 3) performing relevant clinical research on aging by our division members and 4) innovating in services to the elderly population. We are particularly proud of the achievements in reducing waiting time to access our outpatient services and the success so far of the Elderly Friendly Hospital implementation program at the JGH (Approche adaptée pour personnes âgées, AAPA).

The Division of Geriatric Medicine continues to respond to the increasing demands for clinical services. The Division of Geriatrics has agreed to care for 27 patients who require relocation to a LTC facility on a dedicated ward. This newly renovated ward is now on 6West. It has been integrated with the acute Geriatrics ward 6NW. At any given time, the Division is responsible for over 70 admitted patients. This should improve the care required for these patients. Patients are identified on every medical/surgical unit for transfer to this ward. Access to the acute wards from the ED should be improved. The Division's areas of clinical activities include the Geriatric's Ward 6NW, the outpatient Geriatric Assessment Unit, Memory Clinic, Senior Oncology Clinic, the Geriatric Consultation Services in the Emergency Room, and in the hospital. Dr Olivier Beauchet has introduced a Mobility Disorders/Fall Clinic. To improve the efficiency of the Division's many activities, we have assigned a physician coordinator for each of them. Thus, for the 6NW Ward, the Medical Director will remain Dr. Ruby Friedman; for consultation services, Dr. Olivier Beauchet; for out-patient clinics, Dr. Susan Gold; for Memory Clinic, Dr. Susan Vaitekunas; for Geriatric Oncology Clinic, Dr. Doreen Wan-Chow-Wah & Dr. Johanne Monette. Dr. Haibin Yin has assumed the responsibility of the Undergraduate Geriatrics Clerkship program at McGill. There have been major changes in the administration and teaching of this clerkship. Dr Yin provides an important link to the Department of Family Medicine.

The Division continues to be jointly run by Dr. Ruby Friedman, JGH Site Director, and by Dr. José A. Morais, Director, McGill Division of Geriatric Medicine.

Admissions to the Geriatrics ward have increased by 29% in the last 5 years.

Consultation requests from the hospital wards have increased by 31% in the last 5 years.

Evaluations in our Outpatient Clinics including Geriatrics Assessment Unit, Memory Clinic and Senior Oncology Clinic have increased by 15% in the last 5 years.

The RUIS McGill Centre of Excellence on Longevity (previously known as the RUIS McGill Centre of Excellence on Aging and Chronic Disease – CEViMaC), under the leadership of Dr. Olivier Beauchet has developed markedly in the last 3 years.

1. Research and publications:

Dr Elise Levinoff's research on the prevalence and management of hospitalized orthopedic patients with delirium continues to progress.

Research in neurobiology and dementia, health services, frailty, pharmacoepidemiology, long term care, and education continue to represent the existing strengths of the Division with programs that cross hospital, department and university lines and in some cases integrate bench-to bedside-to population. Oncology and older persons, as well as empowering primary care to manage elderly patient with chronic diseases are emerging interests. There is increasing collaboration with colleagues from Quebec, Canada and internationally. Members of the Division lead major research programs with funding from the Canadian Institutes on Health Research (CIHR) and the Fonds de la recherche du Québec – Santé (FRQS). Doctor Howard Chertkow is the coordinator of the Canadian Consortium on Neurodegeneration and Aging (CCNA). This program coordinates the research across memory clinics in Canada and is based at the Jewish General. The list of publications and grants for our Division members are included in Section II.

2. Teaching and learning (undergraduate and graduate):

Number of degrees awarded; particular initiatives and achievements and innovations related to teaching programs; initiatives with respect to graduate supervision; and extraordinary student success stories should be included.

Geriatrics is a mandatory rotation during the 4th year of medical clerkship. Our teaching responsibilities have increased markedly since we have 50% more medical students on rotation. This year, we had 2 residents in the Geriatric Fellowship program and in the Care of the Elderly Program (Family Medicine stream) rotating at the JGH. We also have many Internal Medicine and Family Medicine residents spending a month rotating in the Division. The student evaluations have been very good to excellent and an increasing number of students have expressed interest in geriatric medicine as a career. Those of the Residents are also very positive. These positive evaluations are a testimony to the hard work and dedication of all the teachers in our Division. An annual Prize is given to a Medical Student with a superior performance in the rotation during the Graduation Day in May of each year.

3. Involvement in the community:

The McGill Division of Geriatrics held 3 Grand Rounds that are open to public as well as to physicians of all backgrounds and allied health professionals. The conferences were held by Visioconference across the McGill sites which include the Jewish General Hospital, the Montreal General Hospital, the Royal Victoria Hospital-Glen, and St. Mary's hospital. Some of our physicians act as consultants at Long Term Care Institutions and Rehabilitation Centers of the CSSS Cavendish and de la Montagne.

4. Partnerships:

At the level of the JGH, we continue working with the Departments of Nursing and Social Services in the implementation of the Approche adaptée à la personne âgée (AAPA). Significant

progress in the implementation of the AAPA (Approche adaptée à la personne âgée) throughout the JGH has been made. The goal of this program is to introduce principles of elder care throughout the hospital. The leaders of this program are Dr. Ruby Friedman, Isabelle Caron (Director of Nursing) and Maxine Lithwick (Social Services).

Isabelle Lamontagne is the coordinator of the H.E.L.P. Program (Hospital Elder Life Program). This program, developed at Yale University, utilizes specially trained volunteers to assist the elderly in maintaining cognition, mobility and nutrition. This program has been in over 200 hospitals in the USA for the last 20 years. The program has been shown to reduce the incidence of delirium and to reduce length of stay. The JGH is the first hospital in Quebec and the second in Canada to implement this program. Our gratitude to the JGH Auxiliary for supporting this program.

We continue to collaborate with the Department of Family Medicine, as part of the provincial Plan Alzheimer, to implement a memory clinic in their UMF/GMF. The Division works also in partnership with the Solidage Research Group (Dr. Johanne Monette, co-director) to innovate in the services and care to elderly patients.

At the level of the RUIS McGill, several members of the Division participate in the Subcommittee of Aging and the Center of Excellence to assist in their orientations and to collaborate in projects.

We have been requested by our CIUSSS community partner to develop a “Corridor de service” for patients with dementia and behavioral disorders. Multiple meetings have been held and the program will be developed in the coming year.

At the provincial level, we are also participating in the orientation of the MSSS-Table Nationale of Aging to improve the services and care to elderly patients and the Working group on the Implementation on the provincial Alzheimer Plan.

5. Milestones:

For the first time since its founding in 1993, the Memory Clinic has secured funding from the Minister of Health. This will allow the Memory Clinic to continue in its internationally recognized role as a leader in cognitive disorders, diagnosis, treatment and management.

Access for admissions from the Emergency Room has improved since the introduction of the 27-bed unit on ward 6C for patients who are awaiting relocation to nursing homes.

In response to the increasing request from the community, the hospital and the Emergency Room, the Outpatient Geriatric Clinics have markedly reduced waiting times for patient evaluation. The Outpatient Clinics include the Geriatric Assessment Unit, the Memory Clinic, and the Senior Oncology Clinic. The waiting period for new requests for consultation has been reduced. Furthermore, the Rapid Response Clinic has been established whereby patients who require urgent follow-up from the Emergency Room, or are post-discharge, can be evaluated within days.

In the past year, the Geriatric consultation services in the Emergency Room and for the hospital

Wards have been reorganized. For hospital ward consultations, 90% are completed within 48 hours. A similar percentage is achieved for ER consultations but within 24 hours.

Major Developments

- **H.E.L.P. Program (Hospital Elderly Life Program)**
The H.E.L.P. Program has been introduced on 4 Wards in the hospital. It is the 1st in Quebec and 2nd in Canada to have this program which utilizes specialty trained volunteers to assist elderly patients with cognition, nutrition and mobility. In the fall of 2019, students from the McGill School of Physical and Occupational Therapy will be in regular attendance as part of their curriculum. Significant private funding has been obtained to develop and expand the H.E.L.P. Program.
- **Formal dedication of our new OPD – *The Susan and Aron Lieberman Wellness in Aging Geriatric Clinic***
A formal dedication to our new OPD, which is now called *The Susan and Aron Lieberman Wellness in Aging Geriatric Clinic*, was held in December 2018. Construction will begin in July 2019. The clinic space will be significantly important and expanded which will assist us in reducing wait times. We will also be able to review more cases with students and residents.

6. New hires, promotions, and retirements:

The Division welcomes geriatrician, Dr. Cyrille Launey, who will be commencing in the fall of 2019.

Dr. Howard Chertkow, founder and codirector of the Memory Clinic, has assumed a position at the University of Toronto. The Division acknowledges and thanks him for 25 years of leadership in the assessment and treatment of cognitive disorders.

7. Honours, awards, and prizes: NA

8. Fundraising:

We are grateful to the many donors who continue to support the AAPA program (Approche adaptée à la personne âgée), the H.E.L.P. program (Hospital Elder Life Program) and Division activities.

SECTION I - DIVISION STATUS UPDATE

1. Mission and objectives of the Division

The Mission of the Division is to provide comprehensive, compassionate, client-centered care to frail older persons and their caregivers to enhance their health and quality of life.

Our objectives are:

- To provide exemplary geriatrics comprehensive assessment, consultation and direct care to our inpatient and outpatient elderly population

- To provide excellent education and training of students and residents to enhance their capacity to take care of future older persons
- To provide leadership in ongoing research to advance knowledge of aging and aging related diseases and their management

2. A nominative list of academic staff, their academic rank

Dr. José A. Morais, Director, McGill Div. of Geriatric Medicine, Associate Professor, Active
 Dr. Ruby Friedman, Site Director, JGH, Div of Geriatric Medicine, Associate Professor, Active
 Dr. Olivier Beauchet, Professor, Active
 Dr. Nacera Belkous, Faculty Lecturer, Active
 Dr. Susan Gold, Assistant Professor, Active
 Dr. Paul Heilpern, Assistant Professor, Active
 Dr. Elise Levinoff, Assistant Professor, Active
 Dr. Johanne Monette, Assistant Professor, Active
 Dr. Sanda Popescu-Crainic, Active
 Dr. Susan Vaitekunas, Faculty Lecturer, Active
 Dr. Haibin Yin, Faculty Lecturer, Active
 Dr. Sylvia Marques, Faculty Lecturer, Leave

Associate Members

Dr. François, Béland, Active
 Dr. Howard Bergman, Active
 Dr. Catherine Brodeur, Active
 Dr. Howard Chertkow, Active
 Dr. Shek Fung, Active
 Dr. Francine Gaba, Active
 Dr. Gary Inglis, Active
 Dr. Vladimir Khanassov, Active
 Dr. Hyman Schipper, Active
 Dr. Patrice Tremblay, Active
 Dr. Isabelle Vedel, Active
 Dr. Doreen Wan-Chow-Wah, Active

SECTION II - GRANTS, PUBLICATIONS, AND SERVICE OUTSIDE OF MCGILL

1. Grants and awards received

Beauchet, Olivier

Clinical research award, Department of Medicine, Jewish General Hospital

Levinoff, Elise

Clinical research award, Department of Medicine, Jewish General Hospital

Beauchet, Olivier

Geriatric Inclusive Art: Effects of painting sessions on older in-patients with cognitive decline. Saint-Germain Foundation. \$12,500

Effect of Art museum activity program for the elderly on Health: A pilot observational study (A-Health). Charron family (donation), Drimaropoulos family (donation). \$50,000

Grants as co-investigator

The biological underpinnings of Motoric Cognitive Risk syndrome: A multi-center study. Verghese J (PI). National Institute on Aging. \$250,000

ApprOPriate USE of AntiPsychotics in older residents living in long-term care centres: A Quebec program for best practices. Cossette B (PI). CABHI's Research Clinician Partnership Program. \$150,000

ArtOnTheBrain: An inclusive evidence-based cognitive health app for older adults to promote aging at home. Murphy K (PI). CABHI. \$500,000

Bergman, Howard

PROMPT Identification of Cerebral Palsy: Primary-care Referral Of Motor-impaired children: Physician Tools. Majnemer A (PI), Fehlings D, Radzioch Guerin A, Ahmed S, Bergman H, Bussieres A, Dagenais L, et al (co-applicants). CIHR. Knowledge Translation Research Committee, \$330,576 (\$82,644/year). 2014-2018

Assessing care models implemented in primary health care for persons with Alzheimer's disease and related disorders. Canadian Team for Healthcare Services/System for Improvement in Dementia Care/Canadian Consortium on Neurodegenerative Disease of Aging (CCNA). Bergman H & Vedel I (PI), et al. CIHR, \$1,200,000. 2014-2019

Évaluation de l'implantation de l'accès adapté et de ses effets dans les groupes de médecine familiale universitaires. Breton M, Duhoux A, Landry G, Maillet L (PIs) et al. Bergman H (Knowledge user). CIHR. \$520,000. 2018-2022

Co-designing dementia diagnosis and post-diagnostic care (COGNISANCE). Vedel I (PI), McAiney CA, Bergman H (co-investigators). CIHR Institute of Aging. \$350,000. 2018-2021

Chertkow, Howard

Developing tDCS as a therapy for Alzheimer Disease and Frontotemporal dementia. Chertkow, H. (P.I.), Roncero, T., & Thiel, A. The W. Garfield Weston Foundation. \$149,325.00. 2018-20

Broad and deep analyses in neurodegeneration (BRAIN). Chertkow, H., Hogan, D., Smith, E., Rockwood, K., Phillips, N. et al. CIHR (Canadian Institutes of Health Research) New Directions in Dementia Research: Big Data on Dementia Grant. \$4,750,000.00. 2016-21

Typical and atypical Alzheimer Disease: salivary tau biomarkers, therapy with neuromodulation, and disease subtypes. Chertkow, H. (P.I.), A. Evans, H. Feldman, E. Nikelski, H. Paudel, C. Roncero, H. Schipper, N. Sourial, & A. Thiel. CIHR (Canadian Institutes of Health Research) Foundation operating grant. \$1,695,052.00. 2015-23

Canadian Consortium on Neurodegeneration in Aging (CCNA). Chertkow, H. (Scientific Director). CIHR (Canadian Institutes of Health Research) and Partners. 34.5 million/5 years.

2014-19

Comparing the nature and evolution of Mild Cognitive Impairments in individuals with and without Parkinson's disease. Monchi, O. (P.I.), Belleville, S., Chertkow, H., Lafontaine, A.L., Collins, D.L. CIHR (Canadian Institutes of Health Research) operating grant. \$753,540.00. 2013-18

Monette, Johanne

The PREvention Program for Alzheimer's Related Delirium (Prepared) Cluster Randomized Trial. Wilchesky M (PI), Champoux N, Ciampi A, Lungu VO, McCusker J, Monette J, Vu TTM, Voyer P. CIHR. \$439,826. 2016-2020

Improving Depression Screening in Geriatric Patients by Reducing Bias and Generating Individualized Accuracy Estimates : An Individual Patient Data Meta-Analysis of the Geriatric Depression Scale (GDS). Benedetti A, Thombs BD, Wilchesky M (PI), Boruff J, Chertkow H, Cuijpers P, Gilbody SM, Ismail Z, Levis B, McMillan D, Mitchell N, Monette J, Patten SB, Shrier I, Steele RJ, Tonelli M, Ziegelstein RC. CIHR. \$120,000. 2017-2018

Clinical and cost-effectiveness of a comprehensive geriatric assessment in Canadian elders receiving chemotherapy: the 5C study. Puts M (PI), Alibhai S, Amir E, Beland F, Bergman S, Elser C, Emmenegger U, Hsu T, Jang R, Koneru R, Kozlowski N, Krahn M, Krzyzanowska M, Lemonde M, Mariano C, Mehta R, Monette J, Papadacos J, Prica A, Szumacher E, Wan-Chow-Wah D. Canadian Cancer Society \$900,816. 2017-2021

Morais, José A.

Grants as Principal Applicant

Understanding the cellular mechanisms sustaining functional capacity improvement with prehabilitation in colorectal cancer patients. PI: José A. Morais. Co-Applicants: Franco Carli and Gilles Gouspillou. MITACS Accelerated proposal. \$90,000. 2018/01-2020/12

Muscle Protein Metabolism in Sarcopenic Elderly. PI: Morais, José A. MUHC-RI - Helen Hutchison Geriatric Research Fund. \$56,000. 06/2018–05/2019

Grants as Co-Principal Applicant

Programme de soutien à l'organisation de congrès internationaux du Club des Ambassadeurs du Palais des congrès de Montréal et des Fonds de recherche du Québec. PI : Pierrette Gaudreau. Co-applicant : Marie-Pierre Thibodeau, José A. Morais. \$10,000. 11/2018

Quebec Network for Research on Aging (RQRV). PI: Pierrette Gaudreau, José A. Morais, Co-applicants: 15 investigators from various Quebec institutions. FRQS Provincial Network Funding Program. \$800,000/yr. 2017/04–2021/03

RQRV-Pilot projects. Rôle des facteurs neurophysiologiques du muscle à la glie dans la sarcopénie au cours du vieillissement chez l'homme. PI : Richard Robitaille. Co-Applicants : Aubertin-Leheudre M, Morais JA, Bélanger M. FRQS. \$24,000. 2018/07–2019/06

Grants as Co-investigator

Protein and Exercise to Reverse Frailty in Older Men and women undergoing TAVR: The

PERFORM-TAVR Trial. PI: Afilalo, J. Co-Applicants: Morais JA, Beauchet O, Grover S, Janaudis-Ferreira T, Joseph L, Lauck S, Lowensteyn I, Madden K, Piazza N, Webb J. CIHR Project Grant. \$ 1,082,476. 08/2017-7/2021

Motor, Exercise and Cognition Team (MEC), Canadian Consortium on Neurodegeneration in Aging (CCNA). PI: Montero M O. Co-Applicants: Bherer L, Almeida Q, Camicioli R, Doyon J, Li K, Liu-Ambrose T, Middleto Ln, Morais JA, McIlroy W. CIHR. \$924,000.00. 04/2014–04/2019

Nutrition, Exercise & Lifestyle Team (NELT), Canadian Consortium on Neurodegeneration in Aging (CCNA). PI: Greenwood C. Co-applicants: Parrott MD, Fiocco AJ, Anderson ND, Laurin D, Ferland G, Shatenstein B, Gaudreau P, Payette H, Belleville S, Morais JA, Kergoat MJ. CIHR. \$924,000.00. 04/2014–04/2019

Schipper, Hyman

Nutritional Intervention with the Dietary Supplement, Immunocal® in MCI Patients: Promotion of Brain Health. PI: H. M. Schipper; Co-I: H. Chertkow, D. Arnold, S. Narayanan. ClinicalTrials.gov Identifier: NCT03448055. Immunotec Inc. \$142,350. 2017-2019

Parkinson Biomarker Research. PI's: H.Schipper, M. Gornitsky. Sen. Leo Kolber Fund. \$20,000. 2017-2018

Validation of salivary heme oxygenase-1 as a biomarker of idiopathic Parkinson disease. PI's: A. Velly, H. M. Schipper, M. Gornitsky, N. Lasry. MITACS Accelerate. \$186,667. 2018-2021

Role of heme oxygenase-1 in aging and parkinsonian neural tissues (IV). PI: H. Schipper Canadian Institutes of Health Research. \$481,950. 2018-2021

Validation of salivary heme oxygenase-1 as a biomarker of idiopathic Parkinson disease. PI's: M. Gornitsky & H.M. Schipper. Parkinson Canada. \$49,200. 2018-2019

2. Scholarly works published in the 2018 calendar year

Beauchet, Olivier

--**Beauchet O**, Launay CP, Sekhon H, Montembeault M, Allali G. Association of hippocampal volume with gait variability in pre-dementia and dementia stages of Alzheimer disease: Results from a cross-sectional study. Exp Gerontol. 2018;115:55-61.

--**Beauchet O**. Medical cannabis use in older patients: Update on medical knowledge. Maturitas. 2018;118:56-59.

--Morio J, de Decker L, Paré PY, **Beauchet O**, Launay CP, Annweiler C. Comparison of hospital course of geriatric inpatients with or without active cancer: a bicentric case-control study. Geriatr Psychol Neuropsychiatr Vieil. 2018;16:241-246.

--**Beauchet O**, Chabot J, Fung S, Launay CP. Update of the 6-Item Brief Geriatric Assessment Screening Tool of Older Inpatients at Risk for Long Length of Hospital Stay: Results From a Prospective and Observational Cohort Study. J Am Med Dir Assoc. 2018 Aug;19(8):720-721.

--Montero-Odasso M, Almeida QJ, Bherer L, Burhan AM, Camicioli R, Doyon J, Fraser S, Muir-Hunter S, Li KZH, Liu-Ambrose T, McIlroy W, Middleton L, Morais JA, Sakurai R, Speechley M, Vasudev A, **Beauchet O**, Hausdorff JM, Rosano C, Studenski S, Verghese J; Canadian Gait and Cognition Network. Consensus on Shared Measures of Mobility and Cognition: From the Canadian Consortium on Neurodegeneration in Aging (CCNA). J Gerontol A Biol Sci Med Sci. 2018.

--**Beauchet O**, Fung S, Launay CP, Afilalo J, Herbert P, Afilalo M, Chabot J. Predicting a long hospital stay after admission to a geriatric assessment unit: Results from an observational retrospective cohort study. Maturitas. 2018;115:110-114.

--Blumen HM, Allali G, **Beauchet O**, Lipton RB, Verghese J. A Gray Matter Volume Covariance Network Associated with the Motoric Cognitive Risk Syndrome: A Multi-Cohort MRI Study. J Gerontol A Biol Sci Med Sci. 2018. [Epub ahead of print].

--Cullen S, Montero-Odasso M, Bherer L, Almeida Q, Fraser S, Muir-Hunter S, Li K, Liu-Ambrose T, McGibbon CA, McIlroy W, Middleton LE, Sarquis-Adamson Y, **Beauchet O**, McFadyen BJ, Morais JA, Camicioli R; Canadian Gait and Cognition Network. Guidelines for Gait Assessments in the Canadian Consortium on Neurodegeneration in Aging (CCNA). Can Geriatr J. 2018;21:157-165.

--**Beauchet O**, Sekhon H, Barden J, Liu-Ambrose T, Chester VL, Szturm T, Grenier S, Léonard G, Bherer L, Allali G; Canadian Gait Consortium. Association of Motoric Cognitive Risk Syndrome with Cardiovascular Disease and Risk Factors: Results from an Original Study and Meta-Analysis. J Alzheimers Dis. 2018;64(3):875-887.

--Allali G, Montembeault M, Brambati SM, Bherer L, Blumen HM, Launay CP, Liu-Ambrose T, Helbostad JL, Verghese J, **Beauchet O**. Brain Structure Covariance Associated with Gait Control in Aging. J Gerontol A Biol Sci Med Sci. 2018 [Epub ahead of print].

--Launay CP, Kabeshova A, Lanoé A, Chabot J, Levinoff EJ, **Beauchet O**. Age effect on the prediction of risk of prolonged length hospital stay in older patients visiting the emergency department: results from a large prospective geriatric cohort study. BMC Geriatr. 2018;18:127.

--Blumen HM, Brown LL, Habeck C, Allali G, Ayers E, **Beauchet O**, Callisaya M, Lipton RB, Mathuranath PS, Phan TG, Pradeep Kumar VG, Srikanth V, Verghese J. Gray matter volume covariance patterns associated with gait speed in older adults: a multi-cohort MRI study. Brain Imaging Behav. 2018 [Epub ahead of print].

--Launay CP, Rivière H, Chabot J, **Beauchet O**. Prediction of in-hospital mortality with the 6-item Brief Geriatric Assessment tool: An observational prospective cohort study. Maturitas. 2018;110:57-61.

--Grenier S, Richard-Devantoy S, Nadeau A, Payette MC, Benyebdri F, Duhaimbe MB, Gunther B, **Beauchet O**. The association between fear of falling and motor imagery abilities in older community-dwelling individuals. Maturitas. 2018;110:18-20.

--**Beauchet O**, Launay CP, Sekhon H, Gautier J, Chabot J, Levinoff EJ, Allali G. Body position and motor imagery strategy effects on imagining gait in healthy adults: Results from a cross-sectional study. PLoS One. 2018;13:e0191513.

--Brangier A, Celle S, Roche F, **Beauchet O**, Ferland G, Annweiler C. Use of Vitamin K Antagonists and Brain Morphological Changes in Older Adults: An Exposed/Unexposed Voxel-Based Morphometric Study. Dement Geriatr Cogn Disord. 2018;45:18-26.

--Hsu CL, Best JR, Voss MW, Handy TC, **Beauchet O**, Lim C, Liu-Ambrose T. Functional neural correlates of slower gait among older adults with mild cognitive impairment. J Gerontol A Biol Sci Med Sci. 2018 [Epub ahead of print].

--Annweiler C, Doineau L, Gerigne L, Provendier A, Karras SN, **Beauchet O**, Fantino B, Duval GT. Vitamin D and Subjective Memory Complaint in Community-Dwelling Older Adults. Curr Alzheimer Res. 2018;15:664-670.

--Levinoff E, Try A, Chabot J, Lee L, Zukor D, **Beauchet O**. Precipitants of Delirium in Older Inpatients Admitted in Surgery for Post-Fall Hip Fracture: An Observational Study. J Frailty Aging. 2018;7:34-39.

--**Beauchet O**, Noublanche F, Simon R, Sekhon H, Chabot J, Levinoff EJ, Kabeshova A, Launay CP. Falls Risk Prediction for Older Inpatients in Acute Care Medical Wards: Is There an Interest to Combine an Early Nurse Assessment and the Artificial Neural Network Analysis? J Nutr Health Aging. 2018;22:131-137.

--Belzeaux R, Annweiler C, Bertrand JA, **Beauchet O**, Pichet S, Jollant F, Turecki G, Richard-Devantoy S. Association between hypovitaminosis D and cognitive inhibition impairment during major depression episode. J Affect Disord. 2018;225:302-305.

--**Beauchet O**, Blumen HM, Callisaya ML, De Cock AM, Kressig RW, Srikanth V, Steinmetz JP, Verghese J, Allali G. Spatiotemporal Gait Characteristics Associated with Cognitive Impairment: A Multicenter Cross-Sectional Study, the Intercontinental "Gait, cOgnitiOn & Decline" Initiative. Curr Alzheimer Res. 2018;15:273-282.

--**Beauchet O**, Sekhon H, Launay CP, Chabot J, Rolland Y, Schott AM, Allali G. Motoric cognitive risk syndrome and mortality: Results from the EPIDOS cohort. Eur J Neurol. 2018 [Epub ahead of print]

Bergman, Howard

--Karunanathan S, **Bergman H**. Managing frailty in primary care: evidence gaps cannot be ignored. CMAJ September 24, 2018; 190 (38) E1122-E1123; <https://doi.org/10.1503/cmaj.181151>

--Vedel I, Le Berre M, Sourial N, Arsenault-Lapierre G, **Bergman H**, Lapointe L. Shedding light on conditions for the successful passive dissemination of recommendations in primary care: a mixed methods study. Implementation Science October 16, 2018; 13:129; <https://doi.org/10.1186/s13012-018-0822-x>

Chertkow, Howard

--*Pekeles, H., Qureshi, H. Y., Paudel, H. K., **Schipper, H.**, Gornitsky, M., & **Chertkow, H.** (2018). Development and Validation of a Salivary Tau Biomarker in Alzheimer Disease. *Alzheimer and Dementia: Diagnosis, Assessment & Disease Monitoring*.
<https://doi.org/10.1016/j.dadm.2018.03.003>.

--Montero-Odasso, M., **Chertkow, H.** et al. (2018). Motor and cognitive trajectories before dementia: Results from Gait and Brain Study. *Journal of American Geriatrics Society*.
doi:10.1111/jgs.15341.

--Montero-Odasso, M., Speechley, M., **Chertkow, H.** et al. (2018). Donepezil for Gait and Falls in Mild Cognitive Impairment: A Randomized Controlled Trial. *European Journal of Neurology*.
doi: 10.1111/ene.13872.

--**Chertkow, H.** on behalf of the Research Executive Committee for the Canadian Consortium on Neurodegeneration in Aging and the International IAP committee on Dementia. (2018). An action plan to face the challenge of dementia: International Statement on Dementia from IAP for Health. *J Prev Alz Dis* 5(3), 207-212. <http://dx.doi.org/10.14283/jpad.2018.27>.

--Mohaddes Z, Das S, Abou-Haidar R, Safi-Harab M, Blader D, Callegaro J, Henri-Bellemare C, Tunteng J-F, Evans L, Campbell T, Lo D, Morin P-E, Whitehead V, Chertkow H, Evans AC. (2018) National Neuroinformatics Framework for Canadian Consortium on Neurodegeneration in Aging (CCNA). *Frontiers in Neuroinformatics*. <http://dx.doi.org/10.3389/fninf.2018.00085>.

Monette, Johanne

--Wilchesky M, Mueller G, Morin M, Marcotte M, Voyer P, Aubin M, Carmichael PH, Champoux N, **Monette J**, Giguere A, Durand P, Verreault R, Arcand M, Kroger E. The OptimaMed intervention to reduce inappropriate medications in nursing home residents with severe dementia: results from a quasi-experimental feasibility pilot study. *BMC Geriatr*. 2018 Sep 4;18(1):204. Doi: 10.1186/s12877-018-0895-z.

--Sattar S, Alibhai SMH, Brennenstuhl S, Kulik M, MacDonald ME, McWatters K, Lee K, Jang R, Amir E, Krzyzanowska MK, Joshua AM, **Monette J**, Wan-Chow-Wah D, Puts MTE. Health status, emergency department visits, and oncologists' feedback: An analysis of secondary endpoints from a randomized phase II geriatric assessment trial. *J Geriatr Oncol*. 2019 Jan;10(1):169-174. Doi: 10.1016/j.jgo.2018.06.014. Epub 2018 Jul 21.

Morais, José A

--Dulac MC, Pion C, Lemieux F, Boutros GEH, Bélanger M, Gaudreau P, Chevalier S, **Morais JA**, Gouspillou G, Aubertin-Leheudre M. Differences in muscle adaptation to a 12-week mixed power training in elderly men, depending on usual protein intake. *Exp Gerontol*. 2018 Apr;104:78-85. doi: 10.1016/j.exger.2018.02.001.

--Kapchinsky S, Vuda M; Miguez K; Elkrief D, Rico de Souza A, Baglolle C, Aare S, MacMillan N, Baril J, Rozakis P, Pion C, Aubertin-Leuhedre M, **Morais JA**, Jagoe T, Bourbeau J, Taivassalo T, Hepple R. Smoke-induced Neuromuscular Junction Degeneration Precedes the

Fiber Type Shift and Atrophy in COPD. *J Physiol*. 2018 Jul;596(14):2865-2881. doi: 10.1113/JP275558

--Montero-Odasso M, Almeida QJ, Burhan A, Camicioli R, Doyon J, Fraser S, Li K, Liu-Ambrose T, Middleton L, Muir-Hunter SW, McIlroy W, **Morais JA**, Pieruccini-Faria F, Shoemaker K, Speechley M, Vasudev A, Zou GY, Berryman N, Lussier M, Vanderhaeghe, Bherer L. SYNERGIC TRIAL (SYNchronizing Exercises, Remedies in GaIt and Cognition) A Multi-Centre Randomized Controlled Double Blind Trial to Improve Gait and Cognition in Mild Cognitive Impairment *BMC Geriatr*. 2018 Apr 16;18(1):93. doi: 10.1186/s12877-018-0782-7.

--**Morais JA**, Jacob KW, Chevalier S. Effects of Aging and Insulin Resistant States on Protein Anabolic Responses in Older Adults. *Exp Gerontol*. **2018** Jul 15;108:262-268. doi: 10.1016/j.exger.2018.04.025.

--Goldfarb M, Lauck S, Webb JG, Asgar AW, Perrault LP, Piazza N, Martucci G, Lachapelle K, Noiseux N, Kim DH, Popma JJ, Lefèvre T, Labinaz M, Lamy A, Peterson MD, Arora RC, **Morais JA**, Morin JF, Rudski L, Afilalo J; FRAILITY-AVR Investigators. Malnutrition and Mortality in Older Adults Undergoing Aortic Valve Replacement. *Circulation*. 2018;138(20):2202-2211 doi: 10.1161/CIRCULATIONAHA.118.033887.

--Cullen S, Montero-Odasso M, Bherer L, Almeida A, Fraser A, Muir-Hunter S, Fraser S, Li K, Liu-Ambrose A, McGibbon C, McIlroy W, Middleton L, Sarquis-Adamson Y, Beauchet O, McFadyen BJ, **Morais JA**, Camicioli R, and The Canadian Gait and Cognition Network. Guidelines for Gait Assessments in the Canadian Consortium on Neurodegeneration in Aging (CCNA). *Can Geriatrics J*. Jun 30; 21(2): 157-165. doi: 10.5770/cgj.21.298.

--Antoine V, Belmin J, Blain H, bonin-guillaume S, goldsmith L, Guerin O, Kergoat MJ, Landais P, Mahmoudi R, **Morais JA**, Rataboul P, Saber A, Sirvain S, Wolfklein G, Bastide S, Wazieres B. Adaptation transculturelle francophone de la Confusion Assessment Method. The Confusion Assessment Method: transcultural adaptation of a French version. *Rev Epidemiol Sante Publique*. 2018 May;66(3):187-194. doi: 10.1016/j.respe.2018.01.133. Epub **2018** Apr 4. French.

--Montero-Odasso M, Almeida QJ, Bherer L, Burhan AM, Camicioli R, Doyon J, Fraser S, Muir-Hunter S, Li K, Liu-Ambrose T, McIlroy W, Middleton L, **Morais JA**, Sakurai R, Speechley M, Vasudev A, Beauchet O, Hausdorff J, Rosano C, Studenski S, Verghese J, and the Canadian Gait and Cognition Network. Canadian Consensus on Measures in Mobility and Cognition: From the Canadian Consortium on Neurodegeneration in Aging (CCNA). *J Gerontol A Biol Sci Med Sci*. 2018 Jun 21. doi: 10.1093/gerona/gly148. [Epub ahead of print].

--Carvalho LP, Pion CH, Boutros GH, Gaudreau P, Chevalier S, Bélanger M, **Morais JA**, Aubertin-Leheudre M. Effect of a 12-week mixed power training on physical function in

dynapenic-obese older men: Does severity of dynapenia matter? Aging Clin Exp Res. 2018 Oct 6. doi: 10.1007/s40520-018-1048-0

--Buckinx F, Gouspillou G, Carvalho LP, Marcangeli V, El Hajj GB, Dulac M, Noirez P, **Morais JA**, Gaudreau P, Aubertin-Leheudre M. Effect of high-intensity interval training combined with L-citrulline supplementation on functional capacities and muscle function in dynapenic-obese older adults. J. Clin. Med. 2018, 7, 561; doi:10.3390/jcm7120561

Schipper, Hyman

--Song W, Kothari V, Cressatti M, Liberman A, Velly AM, Gornitsky M, **Schipper HM**. Evaluation of salivary heme oxygenase-1 as a potential biomarker of early Parkinson disease. Mov Disorders 33:583-591, 2018. doi: 10.1002/mds.27328.

--Pekeles H, Qureshi HY, Paudel HK, **Schipper HM**, Gornistky M, Chertkow HM. Development and validation of a salivary tau biomarker in Alzheimer disease. Alz & Dement, in press (2018).

--Tavitian A, Song W, **Schipper HM**. Dentate gyrus immaturity in schizophrenia. The Neuroscientist, in press (2018).

--**Schipper HM**, Song W, Tavitian A, Cressatti M. The sinister face of heme oxygenase-1 in brain aging and disease. Prog Neurobiol, in press (2018). DOI: 10.1016/j.pneurobio.2018.06.008

--**Schipper HM**, Afilalo R. Did the Kabbalah anticipate Heisenberg's uncertainty principle? In: Amoroso RL, Kauffman LH, Rowlands P, Albertini G (eds.) Unified Field Mechanics II: Preliminary Formulations and Empirical Tests, London: World Scientific, pp. 344-353, 2018.

--**Schipper HM**. Kabbalah and the physics of David Bohm. In: Amoroso RL, Kauffman LH, Rowlands P, Albertini G (eds.) Unified Field Mechanics II: Preliminary Formulations and Empirical Tests, London: World Scientific, pp. 354-368, 2018. Re-published in Hebrew in Daat: A Journal of Jewish Philosophy & Kabbalah, in press (2018).

Book Chapters

Karunanathan S, **Bergman H**. Frailty. IN: The Care of the Older Person. First Edition. Eds: Beauchet O, Bergman H, Caplan RM, Fucks A, Gauthier S, Gold P, Morais JA. RMC Publishing 2018. Pages 9-16. www.careoftheolderperson.com. ISBN: 9781980985488

Beauchet O. Why Does My Patient Have Gait & Balance Disorders? IN: The Care of the Older Person. First Edition. Eds: Beauchet O, Bergman H, Caplan RM, Fucks A, Gauthier S, Gold P, Morais JA. RMC Publishing 2018. Pages 37-50. www.careoftheolderperson.com. ISBN: 9781980985488

Morais JA. Could my patient be malnourished? IN: The Care of the Older Person. First Edition. Eds: Beauchet O, Bergman H, Caplan RM, Fucks A, Gauthier S, Gold P, Morais JA. RMC Publishing 2018. Pages 51-65. www.careoftheolderperson.com. ISBN: 9781980985488

Morais JA. Sarcopenia : Definitions and Epidemiology. IN: Oxford Textbook of Geriatric

Medicine. Third Edition. Eds Michel JP, Blackie I, Martin FB, Watson JD. New-York. 14 February 2018. Pages 409-413. ISBN: 9780198701590

3. Academic and community engagement service outside of McGill by individual members of the unit

Beauchet, Olivier

International Academic Presentations

Hippocampal volume, early cognitive impairment and gait variability: which association? Lee Kong Chian School of Medicine, Nanyang Technological University, Singapore

Service des urgences et patients âgés : À propos d'une approche pragmatique de la prise en charge des patients... Les plus à risque. 11ème Congrès International Francophone de Gériatrie et Gériatrie, Montreux, Suisse, Juin 2018

Le risque cognitivo-moteur : Qu'avons-nous appris sur et avec ce syndrome. 11ème Congrès International Francophone de Gériatrie et Gériatrie, Montreux, Suisse, Juin 2018

Personnes âgées et services des urgences : être fragile ou à risque? 38èmes journées annuelles de la Société Française de Gériatrie et Gériatrie, Paris, France, Novembre 2018.

Prédire la chute des patients âgés admis à l'hôpital: Intérêt d'une évaluation clinique simple couplée à l'utilisation des réseaux de neurones artificiels. 11ème Congrès International Francophone de Gériatrie et Gériatrie, Montreux, Suisse, Juin 2018

National Academic Presentations

Why does my patient have gait instability and fall? The Canadian Geriatrics Society's Annual Scientific Meeting (ASM) – Montreal, Quebec, Canada, April 2018.

H Sekhon, CP Launay, G Allali, J Chabot, O. Beauchet. Association of motoric cognitive risk syndrome with cardiovascular diseases and risk factors. The Canadian Geriatrics Society's Annual Scientific Meeting (ASM) – Montreal, Quebec, Canada, April 2018.

O Beauchet. Times are changing-clinicians and researchers need to change as well. The Canadian Geriatrics Society's Annual Scientific Meeting (ASM) – Montreal, Quebec, Canada, April 2018.

Bergman, Howard

International Academic Presentations

Public Health and Primary Care. Symposium en l'honneur du Professeur Fred Paccaud. Institut universitaire de médecine sociale et préventive (IUMSP). Lausanne, Switzerland (May 3)

Clinician Investigator Training – the Future Leaders (Panel Discussion). Institute of Medical Science (IMS), University of Toronto 50th Anniversary Conference. Toronto, Ontario, Canada (October 3)

Dementia Care Management in Family Medicine Groups: Impact of the Quebec Alzheimer Plan. 2018 NAPCRG Annual Meeting. Chicago, Illinois (November 10)

Les tests pharmacogénomiques: le rôle des pharmaciens et des médecins. (Panel session)
International Congress on Personalized Healthcare. Montreal, Québec, Canada (November 25)

A Competency Framework for Family Medicine Education and Practice in Canada. The Second International General Practice (ShenZhen) Summit. Shenzhen, China (November 30-December 1)

National Academic Presentations

Federal Plan: CAHS expert panel, International Perspective. (Symposium on the Canadian Alzheimer Plans and Initiatives: Lessons learned from development and implementation). 2018 Canadian Geriatrics Society Annual Scientific Meeting. Montreal, Quebec (April 21)

L'organisation optimale des systèmes de soins de la santé pour les patients atteints de démence. Canadian Consortium on Neurodegeneration in Aging (CCNA) Science Days-Partners Forum. Montreal, Quebec (October 2)

Panel: The dementia challenge: Facing the rising tide. (Moderator) 10th Canadian Science Policy Conference-Building Bridges between Science, Policy, and Society. Ottawa, Ontario (November 7)

Chertkow, Howard

Bilingualism: Consequences for the Progression of MCI. Workshop-Bilingualism: Neuropsychology and Imaging. 16th Annual MCI Symposium. Miami: January 21, 2018. Keynote Speaker.

The Importance of Bilingualism in Cognitive Aging. Public Educational Forum: Genetics, Cognitive Reserve, Behavior and Bilingualism in MCI. 16th Annual MCI Symposium. Miami: January 21, 2018.

Cranking up dementia research in Canada via CCNA & COMPASS-ND. JGH Neurology Grand Rounds. (March 6, 2018).

Organizing a dementia network. XIII Congress of SINDem, Italian Association for Dementia. Florence: April 19, 2018.

Reflections and Views on the Future of Alzheimer Research. Alzheimer Society of Montreal. Montreal: September 14, 2018.

Featured in CIHR Website Article entitled "Emerging technology sparks hope: A new therapeutic approach holds promises for patients with dementia. January 26, 2018.

Morais, José

XIII Iberoamerican and Colombian Congress of Gerontology and Geriatrics. Sarcopenia: Unification of Terms. Sarcopenia: Explorations into its causes and future directions. Convention Centre of the Hilton Garden Hotel. Barranquilla, Colombia, May 18, 2018.

XIII Iberoamerican and Colombian Congress of Gerontology and Geriatrics. Sarcopenia and

Diabetes Mellitus. Convention Centre of the Hilton Garden Hotel. Barranquilla, Colombia, May 19, 2018. KEYNOTE SPEAKER

11ème Congrès de l'Association Internationale de Gériatrie et Gériatrie (CIFGG) 2018. Syndrome métabolique et vieillissement. Effets de l'entraînement par intervalle combiné à une supplémentation en citrulline sur les paramètres du syndrome métabolique chez des sujets âgés obèses. Centre de Congrès, Montreux, Switzerland. June 15, 2018

First International Workshop on Prevention of Dementia : Past, Present and Expectations. Preventing cognitive decline: preserving autonomy in older adults. Pavillon Liliane de Stewart, Université de Montréal. September 29, 2018

XXXIst Annual Scientific Congress of the Société québécoise de gériatrie. Programmation 2017-2021 du Réseau québécois de recherche sur le vieillissement : une contribution aux enjeux de santé de nos aînés. Hotel Delta Montreal. October 18, 2018.

Panel Expert of the inaugural CGS-CIHR Institute of Aging Conference for General Audience. Topic: The role of older adults in the community. Hôtel Bonaventure, April 19, 2018.

Committee Work

Beauchet, Olivier

Executive Committee, McGill Division of Geriatric Medicine

Member of the McGill Research Center for Physical Activity and Health.

Member of the Canadian Falls and Memory Impairment Network.

Chair of the "Comité Mesure, Évaluation et Systèmes d'information – programme provincial «Usage approprié des antipsychotiques en Centre d'Hébergement de Soins de Longue Durée chez les résidents ayant des symptômes comportementaux et psychologiques de la démence»

Bergman, Howard

Chair, Canadian Academy of Health Sciences (CAHS) Panel for the Assessment of Evidence and Best Practices for the development of a Canadian Dementia Strategy

Chertkow, Howard

Scientific Director, Canadian Consortium on Neurodegeneration in Aging (CCNA)

One of three national experts forming committee -Saskatchewan Health Research Foundation Committee to award provincial prize for medical research excellence.

Member, Government of Canada Ministerial Advisory Board on Dementia

Appointed Chair in Cognitive Neurology and Innovation, Baycrest Health Science and Professor of Medicine (Neurology) University of Toronto.

Friedman, Ruby

Policy Committee and Clinical Services Committee, Department of Medicine, Jewish General

Hospital

Executive Committee, McGill Division of Geriatric Medicine

Co-Chair, Approche adaptée à la personne âgée (AAPA) Committee, Jewish General Hospital

Levinoff, Elise

Program Director, Post graduate fellowship in Cognitive disorders at McGill University

Fall Prevention Committee, Jewish General Hospital

Approche adaptée à la personne âgée (AAPA) Committee, Jewish General Hospital

Board member, Société Québécoise de Gériatrie

Yin, Haibin

Program Director: Undergraduate Geriatrics Clerkship program at McGill

Morais, José A

Chair of the Executive Committee of the Division of Geriatric Medicine

Chair of the Education & Training Committee of the Division of Geriatric Medicine

Member of the Undergraduate Committee of the Division of Geriatric Medicine

Member of the Scientific Committee of CIFGG 2018 Montreux, Switzerland.

Member of the Organizing Committee of the 38th Annual Meeting of the Canadian Geriatrics Society (CGS) in Montreal 2018.

Member of the Organizing Committee of the 16th Annual Scientific Meeting of the Quebec Network for Research in Aging. Université Laval 2018

Organizer of the Conference entitled: Le syndrome métabolique et le vieillissement. CIFGG – Montreux, Switzerland. June 13-15, 2018.

Chair of the Organizing Committee of the inaugural CGS-CIHR Institute of Aging Conference for General Audience. Topic: Meeting the Challenges of the super seniors. Hôtel Bonaventure, April 19, 2018.

Associate Director, FRQS – Quebec Network for Research on Aging

Member of the Steering Committee of the Regroupement des Unités de courte durée gériatriques et des services hospitaliers de gériatrie du Québec (RUSHGQ). Six Periods of 2 hours.

Member of the CGS Foundation

Member of the Performance Review Committee of the Chair of the MUHC Department of

Psychiatry

Schipper, Hyman

Founding director and Chair of the Alzheimer Risk Assessment Clinic (ARAC) at the Jewish General Hospital (2009-present)

Submitted by:

A handwritten signature in black ink, appearing to read 'Ruby Friedman'.

Ruby Friedman, MD
Site Director, Division of Geriatric Medicine

A handwritten signature in black ink, appearing to read 'José A. Morais'.

José A. Morais, MD
Director, McGill Division of Geriatric Medicine