



Hôpital général juif  
Jewish General Hospital

**ANNUAL REPORT**

**DIVISION OF GERIATRIC MEDICINE**

**JEWISH GENERAL HOSPITAL**

**January 1 – December 31, 2015**

**Ruby Friedman, M.D.**  
**Site Director**

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

**July 2016**



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

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**Annual Report**  
**Division of Geriatric Medicine**  
**Department of Medicine - Jewish General Hospital**  
**January 1 - December 31, 2015**

## **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 22 patients who require relocation to a LTC facility on a dedicated ward. 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. 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. Paul Heilpern; for out-patient clinics, Dr. Susan Gold; for Memory Clinic, Dr. Susan Vaitekunas and Dr. Howard Chertkow (Neurology); for Geriatric Oncology Clinic, Dr. Doreen Wan-Chow-Wah & Dr. Johanne Monette. Dr 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.

The implementation in 2015 of Bill 10 and Bill 20 will result in major changes across the healthcare system. Division members sit on several committees in the hospital and at McGill that are dealing with these issues. With regards to Bill 10 and the realignment of healthcare institutions, the Division of Geriatrics is well positioned. Division members already have cross-appointments to several of the institutions in the newly formed *Centre intégré universitaire de santé et de services sociaux (CIUSSS) du Centre-Ouest-de-l'Île-de Montréal* (Maimonides Hospital, Jewish Eldercare, CSSS Cavendish). The implications of Bill 20 are not known at this time.

### **1. Research and publications:**

Dr Elise Levinoff's research on the prevalence and management of hospitalized 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). The list of publications and grants for our Divisions 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 4<sup>th</sup> 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:**

*Involvement in both the academic field of the unit and involvement in the larger non-academic community by either the unit or individuals (faculty, staff, and students) should be included. Examples are: conferences organized; outreach programs (local, national, and international) related to the academic mission of the unit as well as volunteer activities not directly related to teaching and research.*

The Division, once again, had a very successful public lecture, the Goldie Raymer Memorial Lecture on November 2, 2015. The topic was *Less medicine, More Health* presented by Dr Gilbert Welch. Over 300 people attended and there was widespread coverage in local newspapers and on radio.

The McGill Division of Geriatrics held 5 Grand Rounds that are open to public as well as to physicians of all backgrounds and allied health professionals. Half of these conferences took place at the JGH. 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.

We are pleased to announce the hiring of Isabelle Lamontagne as 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 Auxillary 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 in Aging and Chronic Disease to assist in their orientations and to collaborate in projects.

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:**

A major development this year has been the introduction of the Approche adaptée à la personne âgée (AAPA). This is a hospital wide program to introduce principles of geriatric care on all units. The main focus of this program is on delirium diagnosis and management, mobility and nutrition. Dr. Ruby Friedman is co-chair along with Judy Bianco (Director of Nursing for Medicine and Geriatrics), Sonia Joly (Nursing), and Maxine Lithwick (Director of Social Services). A large dedicated multidisciplinary team has played a leading role in the introduction of this Program. We have been recognized by the Agence de Montréal to be leaders in the implementation of this Program that could be the most advanced in its introduction onto the clinical wards of any hospital on the island of Montréal.

The Geriatric Ward 6 NW is a fully renovated 32-bed unit which incorporates the principles of an “elderly friendly hospital”. The great concern in previous years was the increasing length of stay of patients on the Ward. This was mostly attributed to inefficiencies in the Program 68 placement process. This year we have seen a marked improvement in this process, now called PHPE for Programme d’Hébergement pour Évaluation. Dr. Friedman continues to work closely with nursing administration and the director of social service to ensure the functioning of this program.

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 to 2-4 weeks. 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.

#### **6. New hires, promotions, and retirements:**

The Division welcomes Dr Olivier Beauchet, Professor at McGill University, Director of the RUIS McGill Centre of Excellence on Aging and Chronic Disease - CEViMaC. Dr Beauchet is an internationally recognized researcher in the evaluation of gait disorders in the elderly. Dr Beauchet will be establishing a Falls and Gait Disorders Evaluation Clinic at the JGH.

#### **7. Honours, awards, and prizes:**

**LEBLANC, Andrea**

2015-2022 - James McGill Professor

#### **8. Fundraising: N/A**

### **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 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. Yves Bacher, Active  
Dr. François, Béland, Active  
Dr. Howard Bergman, Active  
Dr. Howard Chertkow, Active  
Dr. Shek Fung, Active  
Dr. Francine Gaba, Active  
Dr. Gary Inglis, Active  
Dr. Nadine Larente, Active  
Dr. Andréa Leblanc, Active  
Dr. Ziad Nasreddine, 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**

#### **BERGMAN, Howard**

Measurement of Frailty to identify high-risk elderly patients referred for surgical and transcatheter aortic valve replacement. Afilalo J (PI), Bergman H, Morais J, Perrault L, Popma J, Cabau R, Shahian D. CIHR, \$360,000. 2012-2016

Optimisation de la valeur des soins aux patients par une organisation agile du système hospitalier. Institut Lady-Davis de l'HGJ. Beland F (PI). Bergman H (a co-investigator) in 2 themes: Quality of Care; Clinical and management decision processes. FRQS Projet de développement stratégique innovant, \$1,400,000 (\$350,000/year). 2012-2016

Processes of Cancer Treatment Decision Making Among Older Men and Women with Colorectal Cancer. Stroschein FJ (PI), Loisselle CG, Bergman H, Schreiber RS, Botorff JL (co-applicants). Oncology Nursing Society Foundation Small Research Grant, \$24,212. 2013-2015

Plan d'action ministériel sur les troubles cognitifs liés au vieillissement : une évaluation de l'implantation et des résultats des projets initiaux en vue d'une généralisation progressive au Québec. Vedel I (PI), Couturier Y, Aubin M, Kaczorowski J, Bergman H, Haggerty J, Rodriguez

C, Fortin M, Kroger E, Borgès Da Silva R (co-investigators). Fonds Pfizer-FRQS-MSSS, \$500,000. 2013-2015

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

Interventions to prevent and treat frailty in community-dwelling older adults: a scoping review of the literature and international policies. McGilton K & Puts M (PIs); co-applicants: Bergman H, Ploeg J, Andrews M, Ashe M, Ayala AP. Technology Evaluation in the Elderly Network, \$50,000. 2015

Developing a common vision for primary care in Quebec. Law SK (PI), Bergman H, Weinstock DM. CIHR. Health Services and Policy Research, \$10,000. 2015-2016

### **CHERTKOW, Howard**

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. 2015-2023

Canadian Consortium on Neurodegeneration in Aging (CCNA). Chertkow, H. (Scientific Director). CIHR (Canadian Institutes of Health Research) and Partners, 34.5 million/5 years. 2014-2019

Development and validation of salivary tau as a biomarker for early Alzheimer's Disease. Chertkow, H. (P.I.), Paudel, H., Schipper, H. & Gornitsky, M. The W. Garfield Weston Foundation, \$149,745. 2014-15

Circulating Blood-Based Diagnostic for Mild Cognitive Impaired Victims. Wang, E. (P.I.), Chertkow, H., Schipper, H. National Institute on Aging, National Institutes of Health, USA, Small Business Innovation Research Program, \$151,531. 2014-15

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. 2013-18

The impact of beta-amyloid burden on cognition in normal aging. Joubert, S (P.I.), Bocti, C., Chertkow, H., Holcroft, C. CIHR (Canadian Institutes of Health Research) operating grant, \$645,866. 2012-17

Anomia in Alzheimer's Disease: Untangling semantic components and delivering therapy with rTMS. Chertkow, H. (P.I.), Soucy, J., Thiel, A. CIHR (Canadian Institutes of Health Research) operating grant, \$153,300/year. 2012-15

Virtual reality based spatial memory intervention for patients with Mild Cognitive Impairment. Bohbot, V (P.I.), Bherer, L., Chertkow, H., Gauthier, S., Lerch, J., Rajah, M. CIHR (Canadian Institutes of Health Research) operating grant, \$197,225/year. 2012-16

**LEBLANC, Andréa**

Regulation of prion protein expression, trafficking, and function. Leblanc, A (PI). CIHR, \$137,916. 2010-2015

Role of caspases in human neuronal cell death and in Alzheimer's disease. Leblanc, A (PI). CIHR, \$156,259. 2011-2016

Using stem cell-derived neurons for sporadic Alzheimer Disease modeling and drug discovery. Leblanc, A (PI). Alzheimer Society of Canada, \$75,000. 2015-2017

Consortium Québécois de la Recherche sur la maladie Alzheimer au Québec (CIMA-Q). Leblanc, A & Belleville, S (Co-PI). FRQS-Pfizer, \$833,333.33. 2013-2016

**MORAIS, JOSÉ**

FRQS Provincial Network Funding Program to the Quebec Network for Research on Aging (RQRV).

PI: Pierette Gaudreau, José A. Morais, Co-applicants: 15 researchers from various Quebec institutions, 04/2012-03/2016, \$900,000/yr

TVN – Technology Evaluation in the Elderly Network. Acute care frailty ladder

PI: Nancy Mayo and Jose A. Morais, 06/2015-07/2016, \$50,000

CIHR - Partnerships for Health System Improvement (PHSI). Towards an Elder-Friendly Emergency Department: Partnerships for Better Pain Management following a Fracture

PI : Morin S. Co-PI : Assouline I, Gélinas C, Mayo N, Morais JA, Richer M-P, 09/2015-08/2016, \$25,000

FRQS – RQRV – Faisabilité et contrôle du diabète de type 2 avec la combinaison d'une alimentation contenant des glucides à index glycémique faible et d'un entraînement par intervalles chez la femme âgée diabétique.

PI : Riesco E. Co-PI : Dionne I, Boulay P, Brochu M, Langlois M-F, Tessier D, Morais JA, 06/2015 – 05/2016, \$15,000

FRQS – CMDO – Étude pilote du pancréas artificiel pour patients diabétiques de type 2.

PI : Rabasa-Lhoret R. Co-PI : Carpentier A, Morais JA, 06/2015 – 05/2016, \$15,000

CIHR - Measurement of Frailty to Identify High-Risk Elderly Patients Referred for Surgical and Transcatheter Aortic Valve Replacement



PI: Afilalo J. Co-investigators: Morais JA, Bergman H, Perrault L, Popma J, Rodes Cabau J, Shahian D, 04/2012-03/2016 , \$115,351/y

### **SCHIPPER, HYMAN**

Development and validation of salivary tau as a biomarker for early Alzheimer's disease. H. Chertkow, H. Paudel, M. Gornitsky, H. Schipper. Weston Brain Institute. July 2014-December 2015

Immunocal® prophylaxis in the GFAP.HMOX1 mouse model of neurodevelopmental and neurodegenerative disorders-Phase 2. PI: H. M. Schipper. Immunotec Inc. June 2014-May 2015  
Mary Katz Claman Foundation: 1) Alzheimer Research Centre IV; 2) JGH Alzheimer Risk Assessment Clinic IV. July 2014-June 2015

Oberfeld Family Campaign for Alzheimer Research. H. Schipper, H. Chertkow, A. LeBlanc (PIs). September 2012-August 2016

Role of heme oxygenase-1 in aging and parkinsonian neural tissues (III). PI: Hyman Schipper. Canadian Institutes of Health Research (CIHR). March 2013-March 2018

Imaging genotype-phenotype relationships in post-stroke recovery. PI: A. Thiel. Co-I: H. M. Schipper, R. Schirmacher. Canadian Institutes of Health Research (CIHR). September 2011-August 2016.

Immunocal prophylaxis in the GFAP.HMOX1 mouse model of neurodevelopmental and neurodegenerative disorders-Phase 3. PI: H. M. Schipper. September 2015-October 2016

## **2. Scholarly works published in the 2015 calendar year**

### **Beauchet, Olivier**

Annweiler C, Denis S, Duval G, Ferland G, Bartha R, **Beauchet O**. Use of Vitamin K Antagonists and Brain Volumetry in Older Adults: Preliminary Results From the GAIT Study. *J Am Geriatr Soc*. 2015 Oct;63(10):2199-202.

Allali G, Annweiler C, Blumen HM, Callisaya ML, De Cock AM, Kressig RW, Srikanth V, Steinmetz JP, Verghese J, **Beauchet O**. Gait phenotype from mild cognitive impairment to moderate dementia: results from the GOOD initiative. *Eur J Neurol*. 2015 Dec 14. doi: 10.1111/ene.12882. [Epub ahead of print]

Allali G, Annweiler C, Predovan D, Bherer L, **Beauchet O**. Brain volume changes in gait control in patients with mild cognitive impairment compared to cognitively healthy individuals; GAIT study results. *Exp Gerontol*. 2015 Dec 16. pii: S0531-5565(15)30106-6. doi: 10.1016/j.exger.2015.12.007. [Epub ahead of print]

### **Bergman, Howard**

Rodriguez C, Bartlett-Esquillant G, Boillat M, Dove M, Grad R, Lalla L, Pluye P, Tellier P-P, **Bergman H**. Manifesto for family medicine educational research. *Canadian Family Physician*. 2015 Sep;61(9):745-7.

### **Chertkow, Howard**

Kertesz A, Finger E, Murrell J, **Chertkow H**, Ang Lee C, Baker M.C, Ravenscroft T, Rademakers, & R. Munoz DG (2015). Progressive Supranuclear Palsy in a family with TDP-43 pathology. *Neurocase*. doi: 10.1080/13554794.2013.878729. PMID: 24479957. 21(2): 178-84.

Cloutier S, **Chertkow H**, Kergoat M-J, Gauthier S, & Belleville S (2015). Patterns of cognitive decline prior to dementia in persons with mild cognitive impairment. *Journal of Alzheimer's Disease*, doi: 10.1088/0031-9155/60/20/8161. 47(4): 901-13.

Zirnheld AL, Regalado EL, Shetty V, **Chertkow H**, **Schipper HM**, & Wang E. Target genes of circulating miR-34c as plasma protein biomarkers of Alzheimer's disease and mild cognitive impairment. *Journal of Aging Science*; 3:2, 2015 <http://dx.doi.org/10.4172/23298847.1000140>

Tam A, Dansereau C, Badhwar A, Orban P, Belleville S, **Chertkow H**, Dagher A, Hanganu A, Monchi O, Rosa-Neto P, Shmuel A, Wang S, Breitner J, & Bellec P (2015). Common effects of amnesic mild cognitive impairment on resting-state connectivity across four independent studies. *Frontiers in Aging Neuroscience*, doi: 10.3389/fnagi.2015.00242.

### **Levinoff, Elise**

Kabeshova A, Launay CP, Gromov VA, Fantino B, **Levinoff EJ**, Allali G, **Beauchet O**. Falling in the elderly: Do statistical models matter for performance criteria of fall prediction? Results from two large population-based studies. *Eur J Intern Med*. 2015 Dec 10. [Epub ahead of print] *Eur J. Intern Med*. 2016 Jan;27:48-56. doi: 10.1016/j.ejim.2015.11.019. Epub 2015 Dec 10

### **Monette, Johanne**

Voyer P, Champoux N, Desrosiers J, Landreville P, McCusker J, **Monette J**, Savoie M, Richard S, Carmichael PH. Recognizing Acute Delirium as part of your Routine (RADAR): a validation study. *BMC Nursing*. 2015 Apr 1;14:19. doi: 10.1186/s12912-015-0070-1. eCollection 2015.

Kroger E, Wilchesky M, Marcotte M, Voyer P, Morin M, Champoux N, **Monette J**, Aubin M, Durand P, Verreault R, Arcand M. Medication use among Nursing Home Residents with Severe dementia: Identifying Categories of Appropriateness and Elements of a Successful Intervention. *Journal of the American Medical Directors Association*. 2015 Jul 1;16(7):629.e1-629.e17. doi: 10.1016/j.jamda.2015.04.002. Epub 2015 May 13.

Puts M, Tapscott B, Fitch M, Howell D, **Monette J**, Wan-Chow-Wah D, Krzyzanowska M, Leighl N, Springall E, Alibhai S. A Systematic Review of Factors Influencing Older Adults' Hypothetical Treatment Decisions. *Oncology & Hematology Review*. 2015 June;11(1):19-33 DOI: 10.17925/OHR.2015.11.01.19

### **Morais, Jose A**

Chevalier S, Burgos SA, **Morais JA**, Gougeon R, Bassil M, Lamarche M, Marliss EB. Protein and glucose metabolic responses to hyperinsulinemia, hyperglycemia and hyperaminoacidemia in obese men. *Obesity* 2015;23:351-8. doi: 10.1002/oby.20943.

Gougeon L, Payette H, **Morais JA**, Gaudreau P, Shatenstein B, Gray-Donald K. Dietary patterns and incidence of depression in a cohort of community-dwelling older Canadians. *J Nutr Health Aging* 2015. Apr;19(4):431-6. doi: 10.1007/s12603-014-0562-9.

St-Jean Pelletier F, Pion CH, Lemieux F, Leduc-Gaudet JP, Barbat-Artigas S, Sgarioto N, Gaudreau P, Hepple RT, Chevalier S, Belanger M, **Morais JA**, Aubertin-Leheudre M, Gouspillou G. Aging and Physical Activity: Effects on Human Skeletal Muscle Phenotype. *Canadian Journal of Diabetes* 04/2015; DOI: 10.1016/j.jcjd.2015.01.281

Labonte CC, Chevalier S, Marliss EB, **Morais JA**, Gougeon R. Effect of 10% dietary protein intake on protein metabolism in type 2 diabetic adults. *Clinical Nutrition* 2015 Jan 8. pii: S0261-5614(15)00006-0. DOI: 10.1016/j.clnu.2014.12.02

Vigano A, **Morais JA**. The elderly patient with cancer: a holistic view. *Nutrition*. 2015Apr;31(4):587-9. doi: 10.1016/j.nut.2015.01.001

Murphy J, Chevalier S, Gougeon R, Goulet EDB, **Morais JA**. Insulin resistance of protein metabolism in obese elderly women with and without type 2 diabetes. *ExpGerontol* 2015 Jun 8;69:20-26. doi: 10.1016/j.exger.2015.06.008

Cusson V, Payette H, Shatenstein B, Gaudreau P, **Morais JA**, Caron C. Assessing older adults' masticatory efficiency. *JAGS* 2015 Jun;63(6):1192-6. doi: 10.1111/jgs.13443. Epub 2015 Jun 11

Gosselin S, Morris M, Miller-Nesbitt A, Hoffman RS, Hayes BD, Turgeon AF, Gilfix BM, Grunbaum AM, Bania TC, Thomas SH, **Morais JA**, Graudins A, Bailey B, Mégarbane B, Calello DP, Levine M, Stellpflug SJ, Hoegberg LC, Chuang R, Stork C, Bhalla A, Rollins CJ, Lavergne V; AACT Lipid Emulsion Therapy workgroup. Methodology for AACT evidence-based recommendations on the use of lipid emulsion therapy in poisoning. *Clin Toxicol (Phila)*. 2015 Jul;53(6):557-64. doi: 10.3109/15563650.2015.1052498. Epub 2015 Jun 10

Matta J, Mayo N, Dionne IJ, Gaudreau P, Fulop T, Tessier D, Gray-Donald K, Shatenstein B, Scott S, **Morais JA**. Muscle mass index and animal source of protein intake are positively associated with insulin resistance in elderly participants of the NuAge Study. *J Nutr Health Aging* (June 15 2015 DOI: 10.1007/s12603-015-0554-4)

Rahi B, **Morais JA**, Gaudreau P, Payette H, Shatenstein B. Energy and protein intakes and their association with a decline in functional capacity among diabetic older adults from the NuAge cohort. *Eur J Nutr*. 2015 Jul 16. [Epub ahead of print]. PMID:26179475

Shatenstein B, Gauvin L, Keller H, Richard L, Gaudreau P, Giroux F, Gray-Donald K, Jabbour M, **Morais JA**, Payette H. Individual and collective factors predicting change in diet quality over 3 years in a subset of older men and women from the NuAge Cohort. *Eur J Nutr*. 2015 Jul 14. [Epub ahead of print]. PMID:26169872

Fuoco D, Di Tomasso J, Boulo C, Kilgour RD, **Morais JA**, Borod M, Vigano A. Male Hypogonadism in Advanced Cancer Patients: Nutritional, Functional and Quality of Life Correlates. *Ecancer* 9 561/ DOI: 10.3332/ecancer.2015.561

Laverdiere E, Payette H, Gaudreau P, **Morais JA**, Shatenstein B, Gray-Donald K. Prevalence of risk and protective factors associated with heat-related outcomes in southern Quebec: A secondary analysis of the NuAge Study. *Can J Public Health*. 2015 Jun 18;106(5):e315-21. doi:

10.17269/cjph.106.5029.

Fulop T, McElhaney J, Pawelec G, Cohen AA, **Morais JA**, Dupuis G, Baehl S, Camous X, Witkowski JM, Larbi A. Frailty, Inflammation and Immunosenescence. *Interdiscip Top Gerontol Geriatr*. 2015;41:26-40. doi: 10.1159/000381134. Epub 2015 Jul 17.

Power GA, Minozzo FB, Spendiff S, Filion ME, Konokhova Y, **Morais JA**, Herzog W, Hepple RT, Taivassalo T, Rassier DJ. Reduction in single muscle fiber rate of force development with aging is not attenuated in world class older masters athletes. *Am J Am J Physiol Cell Physiol*. 2015 Dec 2:ajpcell.00289.2015. doi: 10.1152/ajpcell.00289.2015.

Gougeon L, Payette H, **Morais JA**, Gaudreau P, Shatenstein B, Gray-Donald K. Intakes of folate, vitamin B<sub>6</sub> and B<sub>12</sub> and risk of depression in community-dwelling older adults: the Quebec Longitudinal Study on Nutrition and Aging. *Eur J Clin Nutr*. 2015 Dec 9. doi: 10.1038/ejcn.2015.202.

### **Schipper, Hyman M.**

Ravina B, Eberly S, Oakes D, Lang AE, Dodelet V, Roos P, Harman J, Shoulson I, **Schipper HM**. Plasma near-infrared spectroscopy for diagnosis of idiopathic Parkinson disease –the SPIN-PD study. *Biomarkers Med* 9:89-97, 2015. [Also listed in *NIR NEWS* 26 (6): 19, 2015].

Chen-Roetling J, Song W, **Schipper HM**, Christopher S, Regan CS, Regan RF. Astrocyte over expression of heme oxygenase-1 improves outcome after intracerebral hemorrhage. *Stroke* 46:00-00, 2015; DOI: 10.1161/STROKEAHA.115.008686.

Lin S-H, Song W, Cressatti M, Zukor H, Wang E, **Schipper HM**. Heme oxygenase-1 modulates microRNA expression in cultured astroglia: Implications for chronic brain disorders. *GLIA* 63:1270–1284, 2015.

**Schipper HM**, Arnold D, Grand’Maison F, Melmed C, Moore F, Levental M, Su H, Constantin M, Stril J-L, Godin J. Tolerability and safety of combined glatiramer acetate and N-acetylcysteine in relapsing-remitting multiple sclerosis. *Clin Neuropharmacol* 38: 127–131, 2015.

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

#### **Conferences**

##### **Bergman, Howard**

##### **International Academic Presentations**

Challenges in the Implementation of an Alzheimer's Disease Personalized Medicine Strategy. International Symposium on Advances in Predictive & Personalized Medicine - Bridging the Nations in Istanbul: Personalized & Predictive Medicine in Turkey. Istanbul, Turkey (April 2, 2015)

Cardiovascular disease in the context of Chronic Disease management: The evolving role of Family Medicine and the relationship with specialty care. 2015 International Cardiovascular

Frontiers. Shenzhen, China (July 17-19, 2015)

Resident Curriculum in Family Medicine at McGill University. 4<sup>th</sup> National Conference of Primary Health Care. Shenzhen, China (July 31, 2015)

Le défi de l'utilisation de la fragilité comme outil clinique en onco-gériatrie. 11<sup>èmes</sup> Journées Nationales Toulouse SoFOG (Société Francophone D'Onco-Gériatrie). Toulouse, France (Octobre 7, 8 & 9, 2015)

### **National Academic Presentations**

The Management of Older Persons with Dementia: The Challenge of Coordinated Models of Care between Primary and Specialty Care. The 1<sup>st</sup> Annual Dr. Peter McCracken Memorial Lecture in Geriatric Medicine. Alberta (May 5, 2015)

Frailty. Geriatric Senior Core & Resident teaching. Alberta (May 5, 2015)

Developing and Implementing Provincial Alzheimer Strategies – Lessons learned from the Quebec Alzheimer Plan. Alberta Health Services. (May 5, 2015)

Implementing Frailty into Clinical Practice – A Cautionary Tale. Presentation to Residents. Alberta (May 5, 2015)

Panel: Provincial Dementia Strategies – Lessons Learned. 44<sup>th</sup> Annual Scientific and Educational Meeting of the Canadian Association on Gerontology: From Possibility to Practice in Aging: Shaping a Future for All. CAG 2015. Calgary, Alberta (October 23-25, 2015)

### **Chertkow, Howard**

#### **Formal Presentations, Rounds, Lectures and Invited Talks**

“Dementia and Biomarkers/Brain/Imaging”. *Annual Scientific Meeting of the Canadian Geriatrics Society*. Montreal: April 18, 2015.

“Memory and Dementia assessment - how family physicians and specialists can best work together” Family Medicine Grand Rounds. April 28, 2015.

“Bilingualism and the aging brain.” Perspectives on bilingualism: From birth to aging. *Montreal Bilingual Brain Initiative Symposium: Multiple Perspectives on Bilingualism and the Brain*. Montreal: May 28-29, 2015.

“Biomedical primer on dementia: from A to Z”. *International Training Programme on Ageing*. Centre for Ageing Research and Development in Ireland (CARDI) Dublin: September 22-24, 2015.

“Will biomarkers be a game changer in Alzheimer Disease?” *University of Toronto City-Wide Neurology Grand Rounds*. Toronto: October 23, 2015.

“Neuroimaging of Dementia”. Montreal Neurological Institute Academic Half Day. November 25, 2015

### **Public Lectures:**

“Stopping dementia and stopping Alzheimer Disease - possible or impossible?” Atwater Library Alzheimer Café. *Alzheimer Society of Montreal*. Montreal: January 20, 2015.

“Looking forward: The Future of Alzheimer’s Disease Research”. *Alzheimer Society of Montreal*. Montreal: January 27, 2015.

"Is this normal? The neuroscience of cognitive aging". *Brain Awareness Aging & Cognition Café*. Montreal: May 13, 2015.

### **LeBlanc, Andrea**

Identification of early therapeutic targets against neurodegeneration in Alzheimer Disease. Medical Sciences Seminar Series, Northern Ontario School of Medicine, Sudbury, Ontario. January 22, 2015

A common pathway linking neuronal inflammation to Caspase-6-mediated axonal degeneration in the neurons of Alzheimer disease. 12th International Conference on Alzheimer’s & Parkinson’s Disease. Nice, France, March 18, 2015

CIMA-Q (Consortium sur l’identification précoce de la maladie Alzheimer au Québec). Réunion annuelle AFIRMAQ, April 20, 2015, CRCHUM, Montreal

Familial prion protein mutants inhibit Hrd1-mediated retrotranslocation of misfolded proteins by depleting misfolded protein sensor BiP. Prion 2015. May 26-29, 2015 Fort Collins, Colorado (invited from abstract)

### **Morais, José**

#### **Keynote Speaker**

Institute Vital Brazil. Events of the Centro de Estudos e Pesquisa do Envelhecimento (CEPE). Elderly-Friendly Hospital: present situation in Canada (MUHC) and perspectives. Auditorium of CEPE, Rio de Janeiro, Brazil. June 3, 2015

#### **Invited Speaker**

Vith IIAPC Congress. Healthy aging: a rocky road from population data to personalized medicine. Morais JA and Gaudreau P. Hyatt Regency Montreal, August 21, 2015

VIIIth Congres of the Geriatrics Society of the State of Rio de Janeiro. Symposium on Safety in Hospital. Polypharmacy. Hotel Royal Tulip. Rio de Janeiro, Brazil. September 4, 2015

VIIIth Congres of the Geriatrics Society of the State of Rio de Janeiro. Symposium on Co-morbidities. Diabetes in the elderly. Hotel Royal Tulip. Rio de Janeiro, Brazil. September 5, 2015

VIIIth Congres of the Geriatrics Society of the State of Rio de Janeiro. Symposium on Models of Care. Age-friendly Hospital. Hotel Royal Tulip. Rio de Janeiro, Brazil. September 5, 2015

VIIIth Congres of the Geriatrics Society of the State of Rio de Janeiro. Symposium on Fragility. Sarcopenia. Hotel Royal Tulip. Rio de Janeiro, Brazil. September 4, 2015

## **Committee Work**

### **Bergman, Howard**

2010-present Co-honorary President, Société francophone d'oncogériatrie

### **Chertkow, Howard**

2014 Scientific Director, Canadian Consortium on Neurodegeneration in Aging (CCNA)

A considerable effort in the next five years will go into my coming position as Scientific Director of the **Canadian Consortium for Neurodegeneration in Aging (CCNA)**. This is an administrative position, but the CCNA is being established as a 34.5 million dollar five year grant via CIHR. I submitted the LOI in May 2013, which was approved, and the full grant was approved in March 2014. As PI of the CCNA application, I am Scientific Director of CCNA and the administrative centre has been established at McGill at the Lady Davis Institute. There are 40 co-applicants from across Canada, and 340 researchers (the entire Canadian neurodegenerative diseases research community!) involved in this application.

2012 Executive member (elected), ISTAART (Alzheimer's Association International Society to Advance Alzheimer's Research and Treatment, a professional society for individuals interested in Alzheimer's and dementia science ).

2011 Member of the Executive committee (representing CIHR and Canada), Alzheimer's Disease NeuroImaging Initiative (ADNI).

### **LeBlanc, Andréa**

#### *Committees*

2013-2016 Co-Director of CIMA-Q (Consortium pour l'identification précoce de la maladie Alzheimer au Québec)

2013-2016 Theme leader for CIMA-Q (Consortium pour l'identification précoce de la maladie Alzheimer au Québec) Molecular mechanisms of disease and Biomarkers section

2013-2016 Co-Director, Cognition axe, Réseau Québécois de la Recherche sur le Vieillissement

### **Morais, José A**

Associate Director, Quebec Network for Research in Aging – FRQS

President of the Canadian Geriatrics Society

Member of the Organizing Committee of the 35th ASM of the Canadian Geriatrics Society.  
Montreal

### **Reviewer**


American Journal Clinical Nutrition

Journal of Nutrition Health and Aging

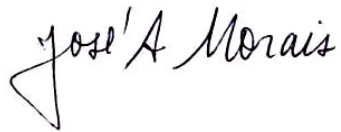
Member of the Editorial Board of the Canadian Journal of Geriatrics

Member of the Scientific Committee of the Annales de Gériologie (France)

Submitted by: \_\_\_\_\_

Handwritten signature of Ruby Friedman in black ink.

Ruby Friedman, MD, FRCPC  
Site Director, Division of Geriatric  
Medicine

Handwritten signature of José A. Morais in black ink.

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