

Recommended reading list from your health sciences library November 2020



leaders need rest too

Reframing aging

1. Hartford, John A Foundation and the Institute for Healthcare Improvement (IHI). **What is an age friendly health system.** 2020. Webinar at this [link](#)
2. Yu SY, Hung HF. **Let's build a new normal: transitioning in hope.** J Geront Nurs 2020; 46(10):3-5 no abstract



and family time

Assessment

3. Molnar FJ, Benjamin S, Hawkins SA, Briscoe M, Ehsan S. **One size does not fit all: choosing practical cognitive screening tools for your practice.** J Am Geriatr Soc 2020;68(10):2207-2213 [abstract](#)

Caregivers

4. Camicia M, Lutz BJ, Harvath T, Kim KK, Drake C, Joseph JG. **Development of an instrument to assess stroke caregivers' readiness for the transition home.** Rehab Nurs 2020;45(5):287-298 [abstract](#)
5. Chang YP, Lorenz RA, Phillips M, Peng HL, Szigeti K. **Fatigue in family caregivers of individuals with dementia: associations of sleep, depression and care recipients' functionality.** J Geront Nurs 2020;49(9):14-18 [abstract](#)
6. Hagedoorn EI, Keers JC, Jaarsma T, van der Schans CP, Luttik MLA, Paans W. **The association of collaboration between family caregivers and nurses in the hospital and their preparedness for caregiving at home.** Geriatr Nurs 2020;41(4):373-380 [abstract](#)
7. Keeton VF, Trask J, Whitney R, Bell JF. **Overburdened and underprepared: medical/ nursing task performance among informal caregivers in the United States.** J Geront Nurs 2020;49(9):25-35 [abstract](#)

Clinical practice

8. Bowling CB, Sloane R, Pieper C, Luciano A, Davis BR, Simpson LM, Einborn PT, Oparil S, Muntner P. **Association of sustained blood pressure control with multimorbidity progression among older adults.** J Am Geriatr Soc 2020;68(9):2059-2066 [abstract](#)
9. Christensen D, Zubler J. **From the CDC: understanding autism spectrum disorder.** Am J Nurs 2020;120(10):30-38 [abstract](#)
10. Jimenez-Balado J, Riba-Llena I, Maisterra O, Pizarro J, Palasi A, Pujadas F, et al. **Ambulatory blood pressure levels in the prediction of progression of cerebral small vessel disease.** J Am Geriatr Soc 2020;68(10):2232-2239 [abstract](#)
11. Tschannen D, Alexander C, Tovar EG, Ghosh B, Zellefrow C, Milner KA. **Development of the Nursing Quality Improvement in Practice tool: advancing frontline nursing practice.** J Nurs Care Qual 2020;35(4):372-379 [abstract](#)
12. Zhyzhneuskaya SV, Al-Mrabeh A, Peters C, Barnes A, Aribisala B, Hollingsworth KG, McConnachie A, Sattar N, Lean MEJ, Taylor R. **Time course of normalization of functional β -cell capacity in the Diabetes Remission Clinical Trial after weight loss in type 2 diabetes.** Diabetes Care 2020;43(4):813-820 [abstract](#)

Communication

13. Harkness T. **Effective care coordination and transition management for older adults.** Nurs Made Incredibly Easy 2020;18(5):26-32 no abstract
14. Mahon P, Crotty Y. **Coming to "grips" with educational video production.** Nurs Made Incredibly Easy 2020;18(5):6-10 no abstract
15. Myers KK, Krepper R, Nibert A, Toms R. **Nurses' active empathetic listening behaviors from the voice of the patient.** Nurs Econ 2020;38(5):267-275 [abstract](#)
16. O'Rourke J, Lopez KD, Riesenber LA, Abraham J. **Comparison of a nurse-nurse handoff mnemonic with real-world handoffs.** J Nurs Care Qual 2020;35(4):336-340 [abstract](#)
17. Stimpson M, Carlin K, Ridling D. **Implementation of the m-ISHAPED tool for nursing interdepartmental handoffs.** J Nurs Care Qual 2020;35(4):329-335 [abstract](#)
18. Testa L, Ludlow SK, Braithwaite J, Mitchell RJ. **Models of care that avoid or improve transitions to hospital services for residential aged care facility residents: an integrative review.** Geriatr Nurs 2020;41(4):360-372 [abstract](#)
19. Trucil TE, Lundebjerg NE, Busso DS. **When it comes to older adults, language matters and is changing: American Geriatrics Society Update on reframing**

aging style changes. J Am Geriatr Soc September 2020; epub ahead of print no abstract

Dementia, care delivery and quality of life

20. Borda NG, Aarsland D, Tovar –Rios DA, Giil LM, Ballard C, Gonzalez MC. **Neuropsychiatric symptoms and functional decline in Alzheimer’s disease and Lewy body dementia.** J Am Geriatr Soc 2020;68(10):2257-2263 [abstract](#)
21. Del Rocío Santana-Berlanga N, Porcel-Gálvez AM, Botello-Hermosa A, Barrientos-Trigo S. **Instruments to measure quality of life in institutionalised older adults: systematic review.** Geriatr Nurs 2020;41(4):445-462 [abstract](#)
22. Kline SA, Mega MS. **Stress-induced neurodegeneration: the potential for coping as neuroprotective therapy.** Am J Alzheimer’s Dis Oth Dem 2020;35; epub ahead of print [abstract](#)
23. Schnitker L, Novic A, Arendts G, Carpenter CR, LoGuidice D, Caplan GA, Fick DM, Beattie E. **Prevention of delirium in older adults with dementia: a systematic literature review.** J Geront Nurs 2020;46(10):43-54 [abstract](#)
24. Sefcik JS, Madrigal C, Heid AR, Molony SL, Van Haitsma K, Bet I, et al. **Person-centered care plans for nursing home residents with behavioral and psychological symptoms of dementia.** J Gerontol Nurs 46(11):17-27 [abstract](#)

Design and healthy aging

25. Fulmer T, Patel P, Levy N, Mate K, Berman A, Pelton L, Beard J, Kalache A, Auerbach J. **Moving toward a global age-friendly ecosystem.** J Am Geriatr Soc 2020;68(9):1936-1940 [abstract](#)
26. Steiner V, Ames A, Milz SA, Dubin S. **Nursing home staff’s perceptions of noise compared to measured noise levels: a descriptive study.** J Geront Nurs 2020; 49(9):37-45 [abstract](#)

End of life care

27. Brown J, Goodridge D, Harrison A, Kemp J, Thorpe L, Weiler R. **Medical assistance in dying: patients', families', and health care providers' perspectives on access and care delivery. (Canada)** J Palliat Med Nov 2020;23(11):1468-1477 [abstract](#)
28. Gewarges M, Gencher J, Rodin G, Abdullah N. **Medical assistance in dying: a point of care educational framework for attending physicians. (and other HCPs) (Canada)** Teach Learn Med 2020;32(2):231-237 [abstract](#)
29. Ho A, Joolae S, Jameson K, Ng C. **The seismic shift in end-of-life care: palliative care challenges in the era of Medical Assistance in Dying. (Canada)** J Palliat Med 2020; epub ahead of print [abstract](#)

30. Oczkowski SJW, Crawshaw D, Austin P, Versluis D, Kalles-Chan G, Kekewich M, et al. **How we can improve the quality of care for patients requesting medical assistance in dying: a qualitative study of health care providers. (Canada)** J Pain Symptom Manage 2020; epub ahead of print [abstract](#)
31. Sharda N, Zietlow K, Wong S, Kuchibhatla M, Johnson KS. **Characteristics and outcomes of dementia patients who receive inpatient palliative care consultation.** J Am Geriatr Soc 2020;68(9):2027-2033 [abstract](#)

Frailty, physical activity and fall prevention

32. Bao X, Qiu Q, Shao YJ, Quiben M, Liu H. **Effect of sitting Ba-Duan-Jin exercises on balance and quality of life among older adults: a preliminary study.** Rehab Nurs 2020;45(5):271-278 [abstract](#)
33. Falkenberg M, Hirano M. **Editing the mitochondrial genome.** New Eng J Med 2020; 383(15):1489-1491 [abstract](#)
34. Gonzalez J, Hill-Rodriguez D, Hernandez LM, Esteves J, Sarik DA. **Evaluating the Humpty Dumpty Fall Scale.** J Nurs Care Qual 2020;35(4):301-308 [abstract](#)
35. Hollinghurst J, Fry R, Akbari A, Watkins A, Williams N, Hillcoat-Nallétamby S, Lyons RA, Clegg A, Rodgers SE. **Do home modifications reduce care home admissions for older people? A matched control evaluation of the Care & Repair Cymru service in Wales.** Age Ageing 2020;49(6):1056-1061 [abstract](#)
36. McGrath R, Cawthon PM, Cesari M, Al Snih S, Clark B. **Handgrip strength asymmetry and weakness are associated with lower cognitive function: a panel study.** J Am Geriatr Soc 2020;68(9):2051-2058 [abstract](#)
37. Mendonça N, Kingston A, Yadegarfar M, Hanson H, Duncan R, Jagger C, Robinson L. **Transitions between frailty states in the very old: the influence of socioeconomic status and multi-morbidity in the Newcastle 85+ cohort study.** Age Ageing 2020; 49(6):974-981 [abstract](#)
38. Soysal P, Kocyigit SE, Dokuzlar O, Bulut EA, Smith L, Isik AT. **Relationship between sarcopenia and orthostatic hypotension.** Age Ageing 2020;49(6):959-965 [abstract](#)
39. Witham MD, Clarke CL, Hutcheon A, Gingles C, Gandy S, Priba L, Nicholas RS, Cavin I, Sumukadas D, Struthers AD, George J. **Effect of allopurinol on phosphocreatine recovery and muscle function in older people with impaired physical function: a randomised controlled trial.** Age Ageing 2020;49(6):1003-1010 [abstract](#)

Isolation and loneliness

40. Fakoya OA, McCorry NK, Donnelly M. **Loneliness and social isolation interventions for older adults: a scoping review of reviews.** BMC Public Health 2020; epub ahead of print [abstract](#)

41. Morgan T, Wiles J, Moeke-Maxwell T, Black S, Park HJ, Dewes O, Williams LA, Gott M. **'People haven't got that close connection': meanings of loneliness and social isolation to culturally diverse older people.** Aging Ment Health 2020;24(10):1627-1635 [abstract](#)
42. National Academies of Sciences, Engineering and Medicine et al. **Social isolation and loneliness in older adults: opportunities for the health care system.** Nat Acad Press 2020; epub and print [abstract](#)
43. Noone C, McSharry J, Smalle M, Burns A, Dwan K, Devane D, Morrissey EC. **Video calls for reducing social isolation and loneliness in older people: a rapid review.** Cochrane Database Syst Rev 2020;5(5):CD013632 [abstract](#)
44. Steinman L, Parrish A, Mayotte C, Acevedo PB, Torres E, Markova M, et al. **Increasing social connectedness for underserved older adults living with depression: a pre-post evaluation of PEARLS.** Am J Geriatr Psychiatry 2020; epub ahead of print [abstract](#)

Living longer, living well

45. Espeland MA, Gaussoin SA, Bahnson J, Vaighan EM, Knowler WC, Simpson FR, et al. **Impact of an 8 year intensive lifestyle intervention on an index of multimorbidity.** J Am Geriatr Soc 2020;68(10):2249-2256 [abstract](#)

Long term care

46. Boockvar KS, Judon KM, Eimicke JP, Teresi JA, Inouye SK. **Hospital Elder Life Program in long term care (HELP-LTC): a cluster randomized controlled trial.** J Am Geriatr Soc 2020;68(10):2329-2355 [abstract](#)
47. Hacker ML, Tomaras MC, Ploucher S, Naik A, Turchan M, Harper KA, Hedera P, Charles D. **Prevalence of comorbid spasticity and urinary incontinence in residents of a long term care facility.** J Geront Nurs 2020;46(10):35-42 [abstract](#)
48. Kunkle R, Chaperon C, Hanna KM. **Formal caregiver burden in nursing homes: a concept analysis.** J Geront Nurs 2020;49(9):19-24 [abstract](#)

Medication management and patient safety

49. Guth A, Chou J, Courtin O, Ford C, Hennawi G, Brandt N. **An interdisciplinary approach to implementing the age-friendly health system 4Ms in an ambulatory clinical pathway with a focus on medication safety.** J Geront Nurs 2020;46(10):7-15 [abstract](#)
50. Oerjubs A. **Nonpharmacologic approaches to pain management.** Nurs Made Incredibly Easy 2020;18(5):21-25 [abstract](#)
51. Ramly E, Tong M, Bondar S, Ford JH, Nace DA, Crnich CJ. **Workflow barriers and strategies to reduce antibiotic overuse in nursing homes.** J Am Geriatr Soc 2020;68(10):2222-2231 [abstract](#)

Mental health and addictions

52.Maudlin T. **Bend but don't break.** Nurs Made Incredibly Easy 2020;18(5):4 no abstract

Nutrition, gut and oral health

53.Newberry C, Dakin G. **Nutrition and weight management in the elderly.** Clin Geriatr Med 2021;37(1):131-140 [abstract](#)

Person centred care and patient safety

54.Bliss K, Chambers M, Rambur B. **Building a culture of safety and quality: the paradox of measurement.** Nurs Econ 2020;38(4):178-184 [abstract](#)

Addressing racism

55.Anderson CTM. **Taking back our voices - #humanityisourlane.** New Eng J Med 2020;383(17):1609-1611 no abstract

56.Ely RJ, Thomas DA. **Getting serious about diversity: enough already with the business case.** Harv Bus Rev 2020;98(6):114-122 [abstract](#)

57.Quinones AR, Kaye J, Allore HG, Botosaneanu A, Thielke SM. **An agenda for addressing multimorbidity and racial and ethnic disparities in Alzheimer's disease and related dementia.** Am J Alzheimer's Dis Oth Dem 2020;35: epub ahead of print [abstract](#)

Rehabilitation

58.BurrIDGE LH, Foster M, Jones R, Geraghty T, Atresh S. **Nurses' perspectives of person-centered spinal cord injury rehabilitation in a digital hospital.** Rehab Nurs 2020; 45(5):263-270 [abstract](#)

Self care and resilience (see COVID-19 reading list for more)

59.Hougaard R, Carter J. **Anxious about what's next? Here's how to cope.** Harv Bus Rev 2020; epub ahead of print [abstract](#)

60.Johnson W, Humble A. **To take care of others, start by taking care of yourself.** Harv Bus Rev 2020; epub ahead of print [abstract](#)

61.Marchalik D. **What healthcare can teach other industries about preventing burnout.** Harv Bus Rev 2020; epub ahead of print [abstract](#)

62.Shanafelt TD, Makowski MS, Wang H, Bohman B, Leonard M, Harrington A, et al **Association of burnout, professional fulfillment, and self-care practices of physician leaders with their independently rated leadership effectiveness.** J Am Med Assoc (JAMA) 2020; epub ahead of print [abstract](#)

Technology

- 63.Kidd H, Rankin S, Gillman L. **Developing the next generation in electronic clinical auditing: CoBRA tool.** J Nurs Care Qual 2020;35(4):317-322 [abstract](#)

Transformational leadership

- 64.McAllister M. **Weathering pandemic turbulence: it's all about relationships.** Can J Nurs Lead 2020;33(3):9-14 [abstract](#)
- 65.Peterson SJ, Abramson R, Stutman RK. **How to develop your leadership style: concrete advice for a squishy challenge.** Harv Bus Rev 2020;98(6):68-77 [abstract](#)

Virtual practice

- 66.De Cola MC, Maresca G, D'Aleo G, Carnazza L, Giliberto S, Maggio MG, Bramanti A, Calabrò S. **Tele-assistance for frail elderly people: a usability and customer satisfaction study.** Geriatr Nurs 2020;41(4):463-467 [abstract](#)

Work life

- 67.Choudhury P. **Our work from anywhere future: best practices for all remote organizations.** Harv Bus Rev 2020;98(6):58-67 [abstract](#)
- 68.Peregrini M. **Check yourself: are you a toxic role model?** Nurs Made Incredibly Easy 2020;18(5):51-54 [abstract](#)

If you would like full text of any of these articles please email lindsay.ogilvie@sjhcg.ca

Other links

BrainXchange [link](#)

The Alzheimer Society Canada [link](#)

The Alzheimer Society of Waterloo Wellington [link](#)

American Journal of Nursing Off The Charts [link](#)

Centers for Disease Control and Prevention [link](#) and the [link](#) for the newsletter



still all in this together... apart