



OsoNaH SEMINAR

Multidisciplinary, biopsychosocial approach in nursing homes

13th and 14th May 2021

The OsoNaH project studies the prevalence of urinary incontinence (UI) and its associated factors, like sedentary behaviour (SB), and assesses health and analyses other geriatric syndromes in nursing homes (NH) residents in Osona (Spain), such as nutritional status, falls, cognitive impairment, physical activity, loneliness, among others.

The seminar will present the results while having the participation of experts in the field to generate a comprehensive presentation of the knowledge of each subject, as well as new opportunities for building projects with other national and international research groups.

Note:
Each block of the program is structured with one or more short presentations on the results of the project and one or more conferences by an invited expert on the subject. At the end there will be time for questions and comments.

The seminar is online and free, but registration is mandatory.
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[More information about the seminar and how to present posters.](#)

13th of May

9h: Welcome to the seminar and presentation of the OsoNaH project objectives and methodology. Dr. **Javier Jerez**, Head of the research group (RG) M₃O, and PI of the project.

9.15h – 10h: Block 1: Sedentary behaviour.

- Results on sedentary behaviour. **Pau Farrés**, PhD student, M₃O, UVic-UCC.
- Sedentary behaviour and activity patterns in older people. Dr. **Maria Giné**, Blanquerna, Ramon Llull University.

10h – 11.10h: Block 2: Physical factors in institutionalised older people.

- Results on sarcopenia. **Anna Escribà**, PhD student, M₃O, UVic-UCC.
- Results on frailty and functional disability. **Pau Moreno**, PhD student, M₃O, UVic-UCC.
- Results on nutritional aspects. Dr. **Míriam Torres**, M₃O, UVic-UCC.
- Improving balance and reducing falls in care home residents: A challenge but it is possible. Dr. **Dawn Skelton**, Glasgow Caledonian University.

11.10h – 11.30h: Break

11.30h – 12.40h: Block 3: Loneliness and other psychosocial factors.

- Results on psychosocial factors. **Míriam Molas**, PhD student, M₃O, UVic-UCC.
- Presentation on the Validation method. **Ivan Sanchez**, PhD student, M₃O, UVic-UCC.
- Loneliness in long term care facilities. Dr. **Anu Jansson**, The Finnish Association for the Welfare of Older People; University of Helsinki, Department of General Practice
- Loneliness, social support and participation in older people from a health perspective. Dr. **Laura Coll**, Foundation for Health and Ageing, Universitat Autònoma de Barcelona.

14.30h – 16h: Project HUBS. Choose your topic and sign up!

- Nutrition
- Sarcopenia, frailty, functional disability, and falls
- Psychosocial health aspects and NHs

The objective of these sessions is networking in order to discuss further projects together. Do not hesitate to contact if you have other ideas or topics to explore.

14th of May

9h: Welcome to the seminar. Dr. **Javier Jerez**, Head of the research group (RG) M₃O, and PI of the project.

9.15h – 10h: Block 5. Urinary Incontinence.

- Results on UI and SB. Dr. **Javier Jerez**, M₃O, UVic-UCC.

- Urinary incontinence on nursing homes. Dr. **Joanne Booth**, Glasgow Caledonian University.

10h – 10.40h: Block 6. Medication.

- Results on medication. Dr. **Ester Goutan**, Tissue Repair and Regeneration RG (TR2Lab), UVic-UCC.

- Older people and medication, Dr. **Núria Molist**. Chronicity in Central Catalonia RG (C3RG), UVic-UCC.

10.40h – 11h: Break

11h – 11.40h: Block 4: Health technologies

- Virtual Communities of Practice for Family Caregivers of People with Alzheimer's. Dr. **Montse Romero**, M₃O, UVic-UCC.
- Keep on Keep Up (KOKU): an NHS approved, digital falls prevention app to support older adults to maintain function and remain independent. Dr. **Emma Stanmore**, University of Manchester.

11.40h – 13h: Block 7. Covid and nursing homes.

- Preliminary results of the follow-up project. **Pau Moreno**, PhD student, M₃O, UVic-UCC.
- The effects of Covid-19 pandemic on NHs. Dr. **Jordi Amblàs**, C3RG, UVic-UCC; Dr. **Adelina Comas**, The London School of Economics and Political Science; Dr. **Joanne Booth**, Glasgow Caledonian University.
- Palliative care. Dr. **Xavier Gómez-Batiste**, Director of the Chair of Palliative Care, UVic-UCC.

14.30h – 16h: Project HUBS. Choose your topic and sign up!

- Incontinence and sedentary behaviour
- Health Technologies
- Covid-19 and NHs: public policies, organisation and management

The objective of these sessions is networking in order to discuss further projects together. Do not hesitate to contact if you have other ideas or topics to explore.

The OsoNaH project and this seminar have the support of: