



Schlegel • UWaterloo • Conestoga

Enhancing Life

Think Tank on Moral Distress in LTC

September 29, 2023 – Waterloo, Ontario



Housekeeping

- Wi-Fi
- Photos
- Creative Illustrator
- Washrooms
- Breaks
- Refreshments



Land Acknowledgement

The Schlegel-UW Research Institute for Aging (RIA) acknowledges that we are on the traditional territory of the Attawandaron, Anishinaabe, and Haudenosaunee peoples.

The RIA is situated on the Haldimand Tract, the land promised to the Six Nations that includes six miles on each side of the Grand River.

*National Day for Truth and Reconciliation,
September 30, 2023*

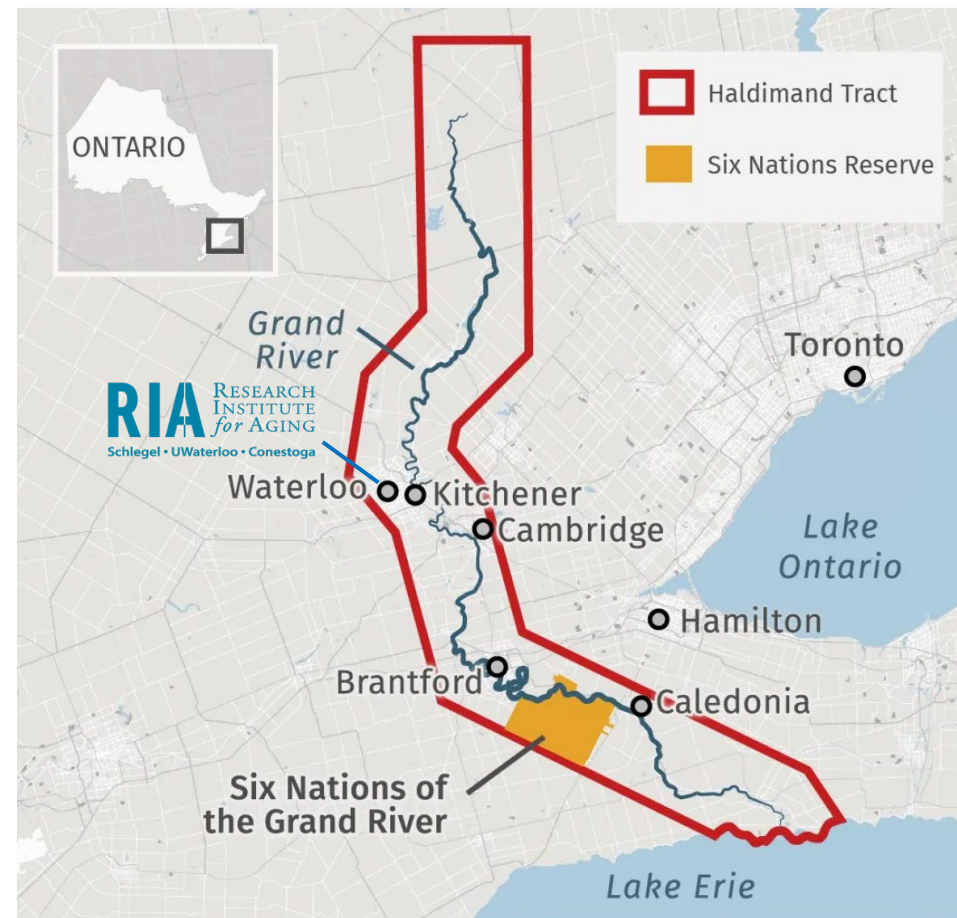


Image source: CBC



Welcome



Tina Mah, Executive Director, RIA



RIA by-the-numbers



170
Researchers, specialists,
scientists, trainees



\$18.4M
Research grant funding*



29
New grants received*



116
New publications**



29
New research projects
started in 2022



380+
provincial, national and
international collaborators



5
New Living Classrooms
opened in 2022

* Held at various institutions and the RIA

** Chairs/Specialists' publications in the 2022 calendar year

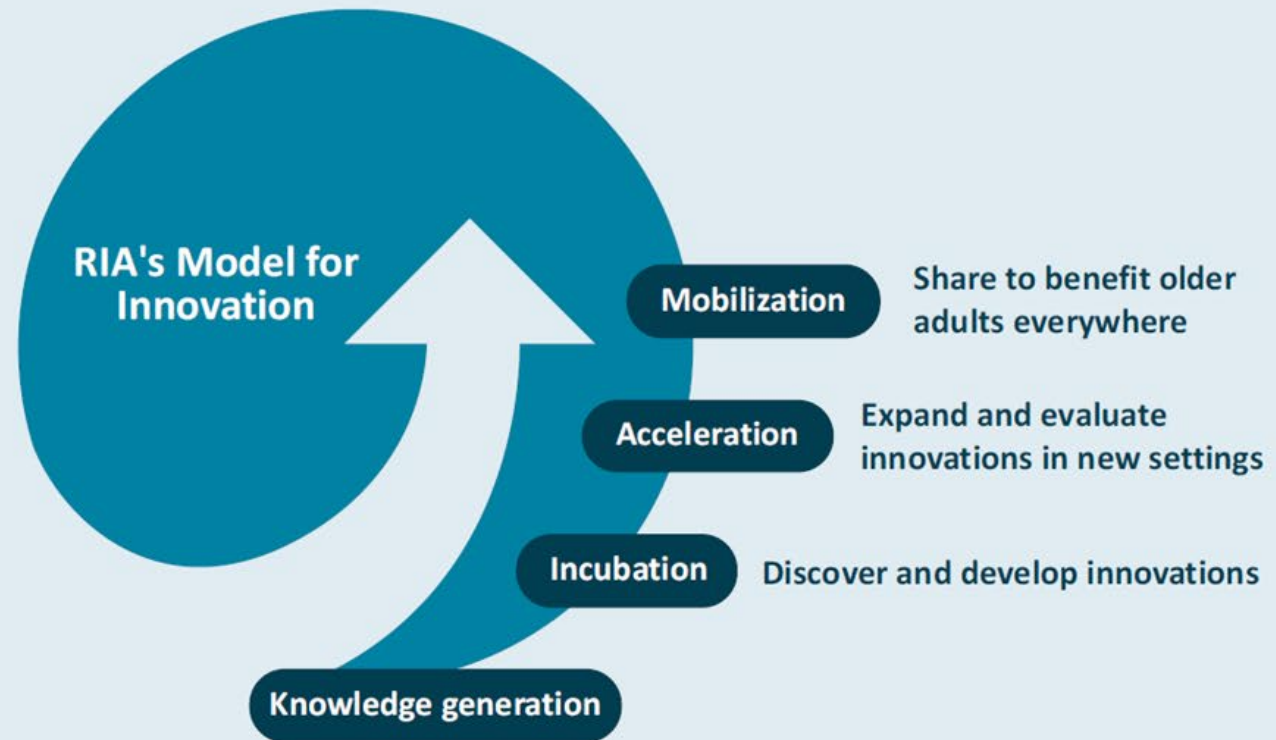


About the Schlegel-UW Research Institute for Aging

The Schlegel-UW Research Institute for Aging (RIA) is a charitable, non-profit organization.

- Vision** A world where research is driving innovation to enrich the journey of aging
- Mission** To enhance the quality of life and care of older adults through partnerships in research, education and practice
- Values** Excellence, Relevance, Collaboration, Transparency, Inclusion

Ultimately, we
drive innovation.
We find solutions
that truly work
and share them
to benefit older
adults everywhere.



Think Tank Objectives

- Share and learn about current Canadian perspectives on moral distress and moral injury
- Understand how this knowledge can be applied to the long-term care sector
- Explore opportunities for future research, clinical practice, education, and collaborative knowledge mobilization





Impetus for our Think Tank

Kate Dupuis – Schlegel Innovation Leader in Arts and Aging

- Experiences of Recreation Providers survey (Fall 2020- Winter 2021)
 - Guilt, helplessness, isolation impacts, letting residents down
 - Innovation, creativity, connection, resilience
- Schlegel Village team member experiences (October 2020, May 2021)
- NSERC + Canada Council for the Arts Grant (2022-2026)



Impetus for our Think Tank

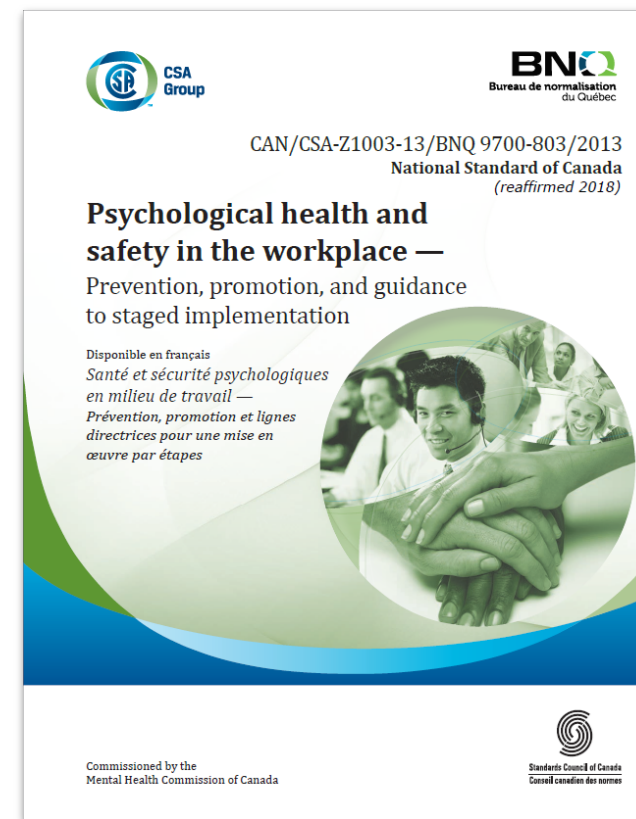
Jane Kuepfer – Schlegel Specialist in Spirituality & Aging

- Spiritual Care in LTC/RH research project
- Spiritual Life Facilitator at The Village at University Gates
- Supporting spiritual care provision and noticing needs

Impetus for our Think Tank

Scott Mitchell – Knowledge Broker, Ontario CLRI

The [Workplace Mental Health in LTC](#) program provides free training and coaching support to help long-term care homes across Ontario adopt the *National Standard of Canada for Psychological Health and Safety in the Workplace*.



Think Tank Agenda

Think Tank on Moral Distress in LTC

Date: Friday, September 29, 2023

Time: 8:00 am to 4:00 pm

Location: Discovery Hall, Schlegel-
UW Research Institute for Aging,
Waterloo, Ontario

Thank you to everyone!

TIME	ACTIVITY
8:00 am	Arrival and light breakfast
8:30 am	Welcome and introductions
8:45 am	Setting the stage
9:00 am-10:00 am	Research snapshots (A)
10:00-10:15 am	<i>Break</i>
10:15-11:15 am	Research snapshots (B)
11:15-11:30 am	<i>Break</i>
11:30 am-12:30 pm	Research snapshots (C)
12:30-1:15 pm	Lunch and networking
1:15-1:30 pm	Introduction to roundtable discussions
1:30-2:30 pm	Roundtable discussions
2:30-2:45 pm	Report back
2:45-3:00 pm	<i>Break</i>
3:00-3:45 pm	Group discussion
3:45-4:00 pm	Wrap-up and evaluation



Setting the Stage

Kristen Jones-Bonofiglio

“Moral Distress in the Context of Long-Term Care”



Research Snapshots



Research Snapshots (A) – Defining and measuring moral distress

Moderator: Margaret McKinnon

- Anthony Nazarov, “Moral Distress and Moral Injury among Canadian Armed Forces Personnel Following Deployment to Operation LASER”
- Kim Ritchie and Heather Millman, “Understanding Moral Injury in Healthcare Providers Who Worked in Long-Term Care during the COVID-19 Pandemic”
- Oluwagbohunmi (Olu) Awosoga, “Reducing Moral Distress in Nursing Providers of Dementia Care: Knowledge to Action in Continuing Care (REMIND-KTAC)”
- AnneMarie Levy, “Implementation of the Dementia Isolation Toolkit in Long-Term Care Improves Awareness but Does Not Reduce Level of Moral Distress amongst Staff”
- Heather Keller, “Involvement in Congregate Meals in LTC”



Break



Research Snapshots (B) – Responding to moral distress

Moderator: Kim Ritchie

- Elizabeth Peter, “Registered Practical Nurses’ Experiences of the Moral Habitability of Long-Term Care Environments during the COVID-19 Pandemic”
- Kathleen Sorensen, “Recognizing and Responding to Moral Injury in Recreation Therapists in Long Term Care during COVID-19”
- Cera Cruise, “LTC Workers’ Experiences of Moral Distress During the COVID-19 Pandemic: Lessons Learned and Paths Forward”
- Nisha Sutherland, “Moral Distress During the Pandemic: Impacts on the Mental Health of Long-Term Care Home Staff in North Western Ontario”
- Margaret McKinnon, “Mobilizing Insights Surrounding Moral Injury among Canadian Healthcare Providers”



Break



Research Snapshots (C) – Preventing moral distress

Moderator: Elizabeth Peter

- Sheila Boamah, “Experiences of Healthcare Workers in Long-Term Care during COVID-19: A Scoping Review”
- Edward Spilg, “The New Frontline: Exploring the Links Between Moral Distress, Moral Resilience and Mental Health in Healthcare Workers During the COVID-19 Pandemic”
- Tracy Trothen, “Moral Distress and Relational Autonomy: MAiD”
- Julia Smith, “An Intersectional Analysis of Moral Distress and Intention to Leave Employment among Long-Term Care Providers in British Columbia”



Group Photo



Lunch Break





Roundtable Discussions

How should existing knowledge be mobilized in LTC?

How do you prevent moral injury/develop moral resilience in LTC?

What do policy makers need to know about moral distress in LTC?

What are the research gaps and opportunities?





Roundtable Guidelines

GOAL: Design a **Theory of Change** to prevent moral distress in long-term care.

INSTRUCTIONS

1. **Find the table that corresponds to the number on your nametag.**
 - A moderator and a notetaker have been assigned for each group.
2. **Invite each member of the group to introduce themselves and then respond briefly to the following questions:**
 - Reflecting on the morning presentations, what stood out for you?
(e.g., what did you learn, what resonated for you, did you notice any common themes?)
 - What was missing from the presentations? What were you hoping to learn about?
3. **As a group, decide on your target audience** (see LTC roles diagram).
4. **Define the problem you are trying to solve** (see Problem Definition template).
 - What is the key issue and why is it important?
 - How does this audience experience moral distress?

Roundtable Guidelines (continued)

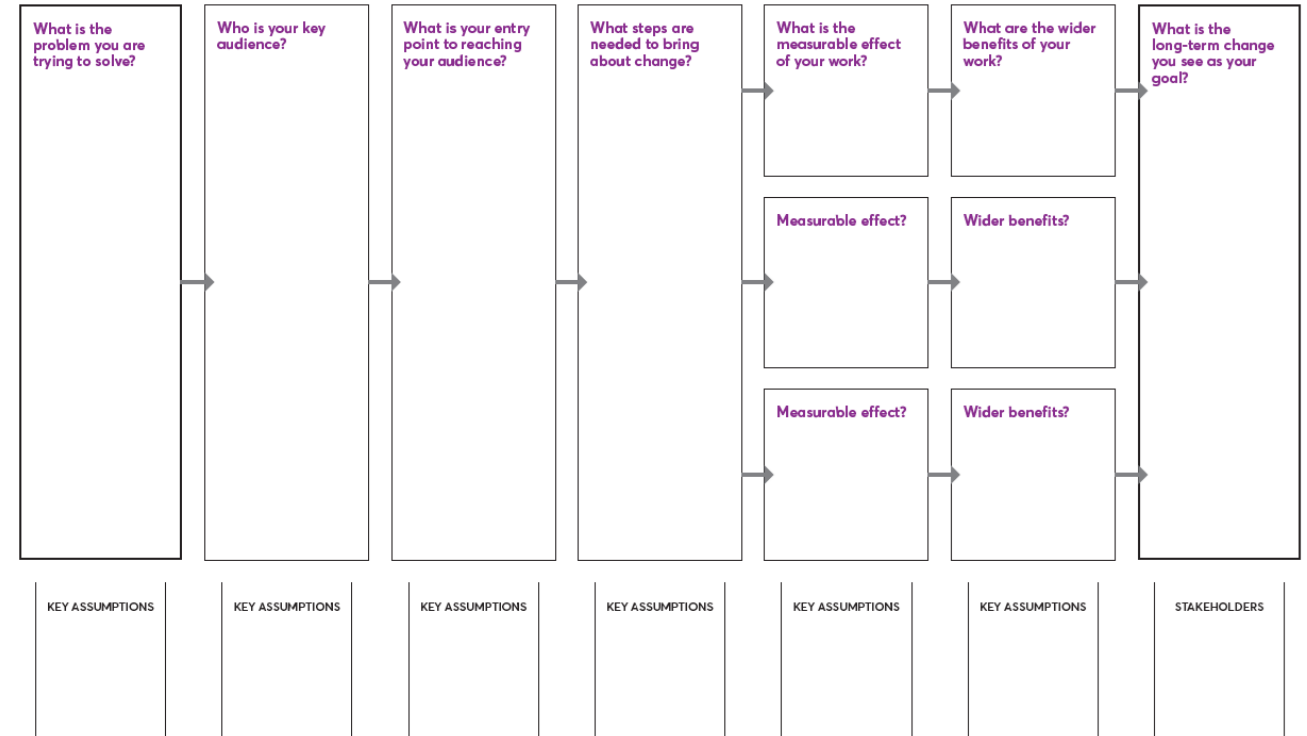
5. As a group, design a Theory of Change tailored to your target audience.

Use Post-It Notes to populate the columns on the TOC template. Consider these questions:

- What skills and strengths can your target audience contribute to prevent moral distress?
- What role can others play?
- What are the barriers and facilitators? Record these under “Key Assumptions” on the TOC template.

THEORY OF CHANGE

Define your goals and how you will achieve them



Roundtable Guidelines (continued)

EXAMPLE VIDEO



<https://vimeo.com/88053672>



Roundtable Guidelines (continued)

6. After completing your Theory of Change, consider these questions:

- Are there any research opportunities related to your Theory of Change?
- What do policymakers need to know about moral distress in LTC?

REPORT BACK

- Choose someone to report back on your Theory of Change (2 minutes).

Report Back



Break





Group Discussion

What did you gain today?

What do you hope will come next?



Next Steps

- Presentation slides and creative illustrations will be shared
- Think Tank report



Please stay in touch!

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Thank You!



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