



**Project Title:** Data-Driven Insights for Enhancing Geriatric Care at UHN

**Name of Supervisor(s):** Dr. Richard Norman, Geriatrician (Main Supervisor)

**Site:** Mount Sinai Hospital/UHN

**Brief Description of the Project:**

The University Health Network (UHN) is committed to improving the quality of care for older adults through its Older Adult Strategy. This project aims to harness existing patient data to uncover actionable insights that can drive targeted interventions, streamline care pathways, and enhance patient outcomes. Specifically, the project will analyze key metrics such as hospital readmission rates, average length of stay, and care transitions to identify trends and opportunities for improvement. The findings will contribute to evidence-based policy recommendations and support the integration of high-quality geriatric care across UHN.

**The Role of the Student:**

The student will play a critical role in the data analysis process. Under the supervision of a geriatrician and a multidisciplinary team, the student will:

1. Extract, clean, and organize relevant datasets from UHN's clinical and administrative systems.
2. Conduct statistical analyses to identify patterns and correlations in patient outcomes.
3. Prepare clear and concise data visualizations and summaries to support decision-making.
4. Contribute to the development of a final report, including recommendations for enhancing the Older Adult Strategy.
5. Participate in team meetings, presenting findings and incorporating feedback into analyses.

This project offers the student a unique opportunity to gain hands-on experience in geriatric health research, develop analytical skills, and contribute to meaningful improvements in care for older adults.

**Brief description of women's age lab:**

Women's Age Lab is the first research centre focusing on the health and well-being of older women. The Women's Age Lab aims to improve the lives of older women using science to transform care and practice, ultimately driving health system and social change.

**Project Title:** Optimizing Prescribing for Older Women and Men

**Supervisor name:** Dr. Paula Rochon, Founding Director of Women's Age Lab at Women's College Hospital  
Co-supervisor: Joyce M Li, MSc. (Senior Research Lead, Women's Age Lab, Women's College Hospital)

**Site:** Women's College Hospital

**Brief description of the project**

The Canadian and global population is aging rapidly, and the risk of adverse drug events associated with polypharmacy, especially in older adults, is a priority in Canada and internationally. Older adults are often prescribed multiple medications, increasing their risk of adverse drug events, particularly women. Reducing risk of adverse drug events associated with problematic polypharmacy in older adults is a priority in Canada and internationally. Prescribing cascades are a key type of problematic polypharmacy and occur when a health provider misinterprets the adverse effect of a drug as a new condition, subsequently prescribing a second drug to address the adverse effect. Given that prescribing cascades and polypharmacy can have harmful effects on health, particularly for older women, our goal is to optimize prescribing practices and reduce medication harm among older adults in Canada and internationally by leveraging the research and clinical expertise through the iKASCADE international collaboration.

As part of a CIHR Dissemination grant, we will be hosting a series of three hybrid meetings with research leaders and experts in older adults and optimizing prescribing from six countries (Ireland, Belgium, Italy, Israel, USA, Canada). Through these meetings, our objectives are to: 1) Reflect on the value of an international research collaboration 2) Develop and disseminate information to improve prescribing and reduce medication harm in older adults and 3) create a plan for a research grant proposal to continue this international work on drug safety for older adults through a sex and gender lens. Applying a sex and gender-based analysis plus (SGBA+) framework ensures that sex, gender, and key intersections are considered. This has crucial implications in understanding medication appropriateness and the promotion of more equitable healthcare outcomes for older women and men.

**Role of the student**

The role of the student will be to support the Women's Age Lab team on research activities including literature searches, preparing written materials such as commentaries, op-eds and abstracts, and knowledge mobilization activities (such as developing social media posts, and presentation slide decks). Additionally, they will have the opportunity to be integrated to enrichment opportunities within Women's Age Lab at Women's College Hospital including attending and having the opportunity to present at the Weekly Aging Team Meeting along with other related interdisciplinary team activities.