

# SCREEN Study: Measuring Nutrition Risk in Community-Living Seniors

Before agreeing to participate in this study it important you read and understand this information letter. Please let us know if you have any questions or if you would like us to read through the information letter with you.

## **Who do I Contact?**

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## **Why are we doing this study?**

We want to know if a nutrition questionnaire can identify nutrition challenges in older adults with memory loss, cognitive impairment or dementia.

## **To be in this study, you need to be:**

- ⇒ 55 years or older
- ⇒ Read and speak in English
- ⇒ Living in the community
- ⇒ Living with memory loss, cognitive impairment, or dementia
- ⇒ Have a care partner who can report eating behaviours and support the person with memory loss to participate

## **Participation in this study is completely voluntary**

You can withdraw from the study at any point without consequences. If you withdraw, your data will be destroyed, unless you indicate otherwise.

## **Incentive**

You can choose to receive a \$25 grocery store/pharmacy gift card or a gift of equal value. Gift cards are taxable. This will be given to you at the end of the third study visit. If you withdraw from the study, you will receive a prorated e-gift card for a lesser amount.

## **What does participation involve?**

Three visits at your home, or at the University of Waterloo

### **Visit 1 (1-hour):**

- Demographic, health and frailty questions
- A nutrition questionnaire
- The care partner will also complete a demographic questionnaire and the nutrition questionnaire on behalf of their cared for person
- You will be asked to record your food and beverage intake for one day before Visit 2

### **Visit 2 (1-hour):**

- Review your food record to understand what you ate and drank
- Complete the nutrition questionnaire for a second time. The care partner will also complete this on behalf of their cared for person
- Assess height, weight, calf circumference, grip strength and 4-metre walk speed
- Assess cognition using the Montreal Cognitive Assessment

### **Visit 3 (1-hour):**

The dietitian will complete:

- A nutritional history
- Physical exam, where shoulders, arms, legs, and face will be examined to see if they have had any muscle or fat loss, or if they have fluid buildup
- Nutrition counselling on how you can improve your nutrition
- The dietitian will provide educational resources and services you can access.
- If significant concerns are identified and if you consent, they will write a referral for your primary healthcare provider.

## **Informed Consent**

Where a participant cannot provide a written consent to participate, the care giver/partner's consent to participate will be used.

## **Possible Risks and Benefits**

Distress may occur when doing a MoCA or if nutrition challenges are identified. To reduce the risk of falling during the 4-metre walk and weight assessments, a researcher will be present within spotting distance. Participation may not provide any personal benefit.

## **Montreal Cognitive Assessment (MoCA)**

The MoCA is useful for identifying cognitive changes. We are not using the MoCA as a diagnostic tool. We are using it for study purposes only. Further consultation with a physician or expert in cognition is required for a diagnosis. For those who do not have a diagnosis of dementia or cognitive impairment, we will offer you the opportunity to provide these results to your physician. We will ask for your written consent to do this. If consent isn't provided no communication is sent. If you do not have a physician, if you request, we will provide you with a general letter about the study and the cognitive testing you have completed for you to take to a walk-in clinic for further consultation. We will not provide the MoCA score to you. Please note that it is up to the physician if they will use these results or conduct further consultation and assessments with you.

## **COVID-19 Safety and Protocols**

Researchers will follow public health mandates. You will be asked to follow COVID-19 protocols if at the University of Waterloo. All equipment will be cleaned between participants. Researchers will wear a mask if preferred by participants.

## **Privacy & Confidentiality**

The identity of participants will be protected by using codes instead of names. Only Professor Keller and her research team will know who participated and will have access to the data. All paperwork will be locked in a cabinet and all electronic files will be password protected. During study visits, the data collection forms will be kept in a locked document case. Data reported during the release of this study's findings will be in summary format. Nothing in the published data will identify participants. All hard copy data collected will be confidentially shredded by Professor Keller after 5 years. Electronic data will be kept for a minimum of 7 years in a secure location within Professor Keller's lab at the University of Waterloo. An anonymized dataset may be made available in an online repository for other researchers to use in the future.

## **Ethics Approval and Funding Source**

- This study has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Board (ORE#42827). If you have questions for the Research Ethics Board, contact the Office of Research Ethics, at 1-519-888-4567 ext. 36005 or reb@uwaterloo.ca.
- If you have questions regarding your rights and welfare as a research participant in this study (REB#22-07-23), please contact: Manager, Research Ethics; University of Guelph; reb@uoguelph.ca; (519) 824-4120 (ext. 56606).
- This study has been funded by the Canadian Institutes of Health Research (CIHR).