

## The Inclusion of Older Adults in Research

Thursday, October 25, 2018, 1-2:30 PM  
Lewis Center for Neuroimaging Conference Room

Many diseases are common in older people, yet little research has been done in older ages. For example, of 440 diabetes trials, 66% excluded older adults with an arbitrary age cut off, and 76% excluded individuals with comorbidities. Eighty percent of dementia research has been done in people under 80, but 80% of dementia occurs in people over 80. Many diseases are distinctly different in older adults, yet haven't been studied in these age groups. Older adults may have different goals and values, focusing on quality of life, not quantity, so research needs to include patient-reported outcomes (quality of life, functional measures). Additionally, older adults may have limited prognosis, so it is important to consider the research questions in the context of overall health and design studies to match realistic outcomes for older adults.

To better align inclusion in research with the demographic of the population of interest, the NIH will implement a new policy in January 2019, stating: "It is the policy of NIH that individuals of all ages, including children and older adults, must be included in all human subjects research (45 CFR 46). Applications/proposals must include a description of plans for including individuals across the lifespan."

This interactive lecture and group discussion will:

1. Review challenges to including older adults in research, such as consenting older adults who might have limited ability to consent, sustaining older adults in research, transportation challenges, need for measurement tool adaptation (e.g., font size of surveys), and others
2. Discuss practical and feasible strategies to overcome these challenges
3. Prepare research teams for grant submissions once the new NIH inclusion across the lifespan policy is implemented

*For more information, please contact Samantha Shune (sshune@uoregon.edu).*



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Dr. Eckstrom practices both primary care and consultative geriatrics, and focuses on promoting a healthy lifestyle in older adults and in educating all health professionals to be competent in the care of older adults. Her research has focused on interprofessional education, tai chi to improve health in older adults, and falls prevention. She teaches medical students and internal medicine residents, and works with inpatient teams to improve quality of care for older hospitalized patients throughout the institution. Dr. Eckstrom is a co-director for the OHSU Healthy Aging Alliance. (<http://www.ohsu.edu/xd/research/healthy-aging-alliance/index.cfm>)



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