

Clinical Interventions Track:
Drinking, Fluid Intake, and
Dehydration in Older People
Saturday, November 21 8:00-9:30am

With Janet Mentes, James Powers,
Diane Bunn, Florence Jimoh, and
Lee Hooper

The presenters

Janet Mentes PhD, APRN, BC, FGSA, FAAN

Dr. Mentes is an Associate Professor at the UCLA School of Nursing and a founding member of the Center for the Advancement of Gerontological Nursing Science (AGNS), where she coordinates the Young Scholar and UCLA Charles Drew University Bridges Scholar Program. She is a past recipient of a John A. Hartford Building Academic Geriatric Nursing Postdoctoral Fellowship and is a Fellow of the American Academy of Nursing and the Gerontological Society of America, where she serves as HS representative to the Fellowship Committee. She is an active member of the National Hartford Center of Gerontological Nursing Excellence (NHCGNE) where she serves as a Director at Large. Her research program has focused on improving the care of older adults, primarily in areas of oral hydration, oral care, and delirium detection and management. Her current research emphasis is on early detection and management of dehydration in older adults in all living situations. She is internationally known for her work on hydration in older adults and has published numerous papers on hydration issues in older adults.



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James S. Powers MD

Dr. Powers is Associate Professor of Medicine at Vanderbilt University School of Medicine and Associate Clinical Director at the Tennessee Valley Healthcare System, Geriatrics Research Education and Clinical Center (TVHS GRECC), Nashville TN. He is Geriatrics Fellowship Program Director and for over three decades has developed geriatric healthcare models and educational programs throughout Middle Tennessee. He focuses on evaluating educational and clinical outcomes, and engages in nutrition research related to body compartment analysis in aging and has over 100 publications. For his work he was awarded the Marsha Goodwin-Beck VA Interdisciplinary Award for Excellence in Geriatric Clinical Care Delivery. Dr. Powers is the AGS Council for State Affiliates (COSAR) Co-Chair, and Secretary for the HS Section of GSA.



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Diane Bunn MSc, BSc (Hons), RGN, RM

Diane is a nurse, midwife and researcher, working at the University of East Anglia, UK as a Research Assistant and PhD student. She works with Dr Lee Hooper on the Dehydration Recognition in our Elders (DRIE) study (<http://driestudy.appspot.com/>), which aims to develop a practical screening test to detect early dehydration in older people living in residential care. Diane is working on a mixed methods PhD investigating the diagnostic utility of commonly used tests to detect dehydration, a systematic review examining the effectiveness of interventions and associations to increase fluid intake or prevent dehydration and the third part is an exploratory qualitative study using focus groups to explore the views and experiences of care home staff, residents and their families to increase our understanding of issues surrounding drinking – what may help and what may hinder residents from drinking well.



Prior to joining the UEA, Diane was a research nurse and Clinical Manager of the Norfolk Arthritis Register, a longitudinal observational study of inflammatory polyarthritis (IP) aiming to establish the cause, incidence and outcome of IP. She was responsible for a team of nurses and support staff involved in data collection. This involved recruitment from primary and secondary care, and follow-up of the 3,500 participants recruited since 1990.

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Florence O. Jimoh PhD, M.Res

Florence is a Biochemist who completed a Masters by Research in Clinical Science at UEA in 2013. While at UEA, she worked with Lee on the DRIE Study, observing care home residents' social interactions around drinking. For her MRes project, she developed and evaluated a self-completed Drinks Diary for older adults living in residential care. Prior to this, Florence worked as a lecturer and lab-based researcher for twelve years at the University of Ilorin, Nigeria investigating the spectroscopic changes in oil used for frying and its effects on selected rat tissues.



This was followed by a Post-doctoral research at the University of Fort Hare, South Africa where she carried out research into the nutritional properties of wild vegetables and the biological activities of medicinal plants. She recently co-ordinated part of an EU-funded project (QuaLiFY) which assessed the usability, acceptability and perceived effectiveness of a smartphone app for recording food intake and exercise amongst adolescents. She was responsible for the day to day running of the project, including recruitment from colleges, data collection and analysis, as well as dissemination of findings.

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Lee Hooper PhD, RD

Lee is a Reader in Research Synthesis, Nutrition & Hydration at the Norwich Medical School, University of East Anglia. She carries out research on identifying and preventing dehydration in older people, and is a dietitian with a long term interest in the nutrition and hydration of older people. She is an expert systematic reviewer, has developed and managed many systematic reviews, has been an editor for the Cochrane Heart Group for 14 years, and regularly referees systematic reviews for top medical and nutrition journals. Lee worked as a dietitian in the National Health Service for ten years, primarily in health promotion and cardiovascular health. She moved to research in 2000 and has since published over 90 peer-reviewed publications, focusing on effects of dietary change on health. Lee is a member of the World Health Organization Nutrition Guidance Expert Advisory Group (NUGAG), providing advice and support in systematic reviewing methodology, an editor of *Quality in Aging and Older Adults*, and was presented with the IbeX Award by the BDA in 2005. She was a National Institute for Health Research Career Development Fellow from 2012-2015.



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DRIE study website: <http://driestudy.appspot.com/>