



Inaugural Annual Meeting

November 18, 2020

11:00 a.m. - 12:00 p.m. ET

How to Build Collaborations in Aging Research Across Institutions and Disciplines

Tony Rosen, MD, MPH, Weill Cornell

Jeremy Walston, MD, Raymond and Anna Lublin Professor of Geriatric Medicine & Gerontology, Deputy Director of the Division of Geriatric Medicine and Gerontology, Principal Investigator of the Johns Hopkins Older Americans Independence Center, and Co-Director of the Biology of Healthy Aging program at Johns Hopkins University

Sharon Inouye, MD, MPH, Director, Aging Brain Center, Milton and Shirley F. Levy Family Chair, and Professor of Medicine at Harvard Medical School, Beth Israel Deaconess Medical Center



House Keeping

- All lines are muted
- Have a question? Enter in the Q&A box at the bottom of the screen
- Rolling – we will be recording...



Perspectives from Dr. Rosen:

- think creatively and broadly, leverage networks / resources already in place, and empower collaborators
- focus on existing data / secondary analyses
- consider qualitative work / focus groups
- seek out mentors and collaborators beyond your institution and specialty
- take advantage of opportunities in specialty society aging interest groups, GEMSSTAR, Clin-STAR



Building Collaborations in Aging Research:

Perspective of a Recent GEMSSTAR

Tony Rosen, MD, MPH
Assistant Professor of Emergency Medicine
Department of Emergency Medicine
Weill Cornell Medical College / NewYork-Presbyterian Hospital





*my GEMSSTAR project
based on a collaboration*



Brooklyn District Attorney
Elder Abuse Unit

- think creatively and broadly
- leverage networks / resources already in place
- empower collaborators
 - integrate their input and involve them in research
 - Find other ways to support their work

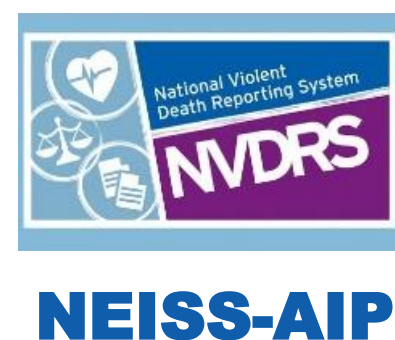


NYC Elder Abuse Multi-Disciplinary Teams

collaborations are critical and possible for junior investigators



focus on existing data / secondary analyses
opportunities to generate important results, build valuable relationships



collaborations are critical and possible for junior investigators



Weill Cornell Medicine
Vulnerable Elder
Protection Team

particularly helpful before launching
program / intervention

consider qualitative work / focus groups

- learn from stakeholders
- incorporate their ideas / insights
- empower them / invest in program/intervention success

collaborations are critical and possible for junior investigators



seek out mentors and collaborators
beyond your institution and specialty



aging research is *transdisciplinary*

collaborations are critical and possible for junior investigators

GERIATRICIAN PRIMARY MENTOR & COLLABORATOR



Mark Lachs
Weill Cornell

EMERGENCY PHYSICIANS



Steve Hargarten
Medical College
of Wisconsin



Dan Lindberg
University of Colorado



Tim Platts-Mills
QuantWorks, Inc.

GERIATRIC NURSE RESEARCHER



Terry Fulmer
CEO, John A. Hartford Foundation

SOCIAL WORK RESEARCHERS



David Burnes
University of Toronto



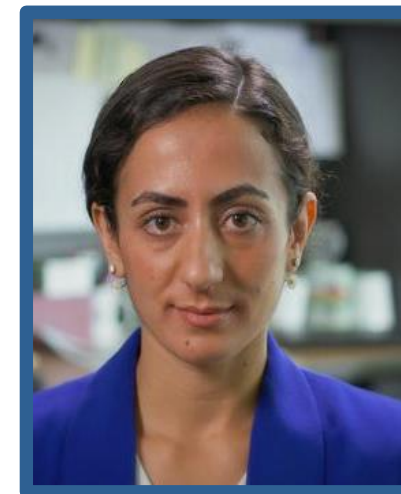
Alyssa Elman
Weill Cornell

EPIDEMIOLOGIST



Sunday Clark
Boston University

VA GERIATRICIAN



Lena Makaroun
Pittsburgh VA

PEDIATRICIAN



Dick Krugman
University of Colorado

SOCIAL SCIENTIST



Karl Pillemer
Cornell University

GERONTOLOGIST



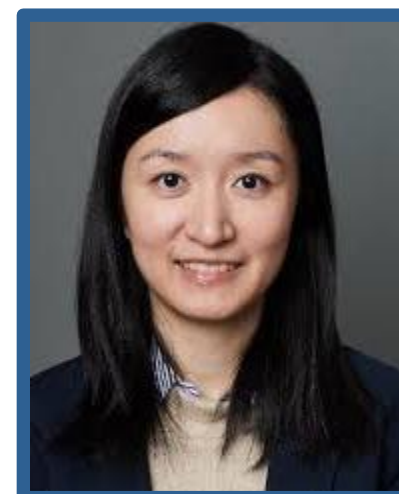
Zach Gassoumis
University of Southern California

HEALTH ECONOMIST



Yuhua Bao
Weill Cornell

MACHINE LEARNING EXPERT



Yiye Zhang
Weill Cornell

CRIMINOLOGIST



Ronet Bachman
University of Delaware

ATTORNEYS



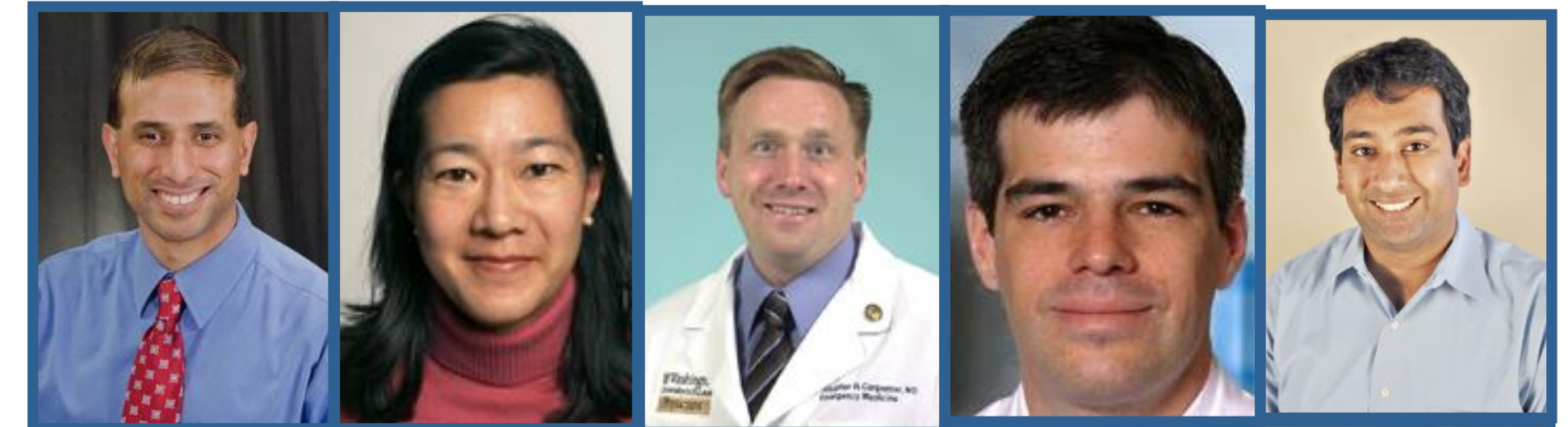
MT Connolly
University of
Southern California



Arlene Markarian
Assistant District Attorney,
Nassau County, NY



Page Ulrey
Seattle, Washington



collaborations are critical and possible for junior investigators



Perspectives from Dr. Walston:

- Follow the science: If the data point you somewhere, find the community to learn and find collaborators!
- Look broadly for funding and collaborations
- Opportunities for collaboration across NIA-funded Centers and Beeson Scholars



Walk through the Gate

- Many researchers are looking for opportunities to bridge their work to aging and need collaborators (engineers, psychologists, basic biologists, pharmacologists)
- Follow the science: If the data point you somewhere, find the community to learn and find collaborators!
- Search broadly for funding and collaborations
- Be organized and targeted in your approach



Resiliency Study Efforts Example

- Clinical Observation: Some but not all older adults have catastrophic outcomes after procedures. Mechanisms that differentiate those who withstand stress from those who don't is critical issue in patient care.
- Dynamical Systems alterations were hypothesized to underlie loss of physical resiliency in older adults in the face of clinical stressors
- Targeted outreach and broad collaboration between surgeons, Geriatricians, oncologists, biostatisticians, functional and cognitive measurement experts, basic biologists, data base engineers, systems analysts, psychologists, nurses facilitated the development of an application to identify biological strands of resiliency and how best to promote and protect it during clinical stressors
- Synthetic and collaborative approach and effort led to successful NIA application to identify physical properties of resiliencies in the face of severe clinical stressors



Collaboration Across NIA Centers

- **Research Centers Coordinating Network (RCCN):** interdisciplinary collaborations across 6 NIA networks
 - Resource Centers on Minority Aging Research (RCMARS)
 - Claude D. Pepper Older American Independence Centers (OAIC)
 - Alzheimer's Disease Research Centers (ADRC)
 - Nathan Chock Centers (Basic Biology of Aging)
 - Roybal Centers for Translational Research on Aging
 - Centers on the Demography and Economics of Aging

Collaborations Across the Veterans Administration

- **Geriatric Research Education and Clinical Centers (GRECCS)**

- VA Centers of Excellence Focused on Aging and Geriatrics (knowledge building and health care improvement)
- Located at 20 medical centers across the US (affiliated with major research universities)
- Provide training and educational opportunities for students, faculty, and staff



Perspectives from Dr. Inouye:

- Building a network to enhance collaboration (NIDUS and HELP Networks—how they developed, structure, leadership, building collaboration and engagement)
- Engaging colleagues across disciplines and organizations—how to bring them to the table and how to keep them there!
- Leadership tips for organizing and inspiring groups for optimal collaborations

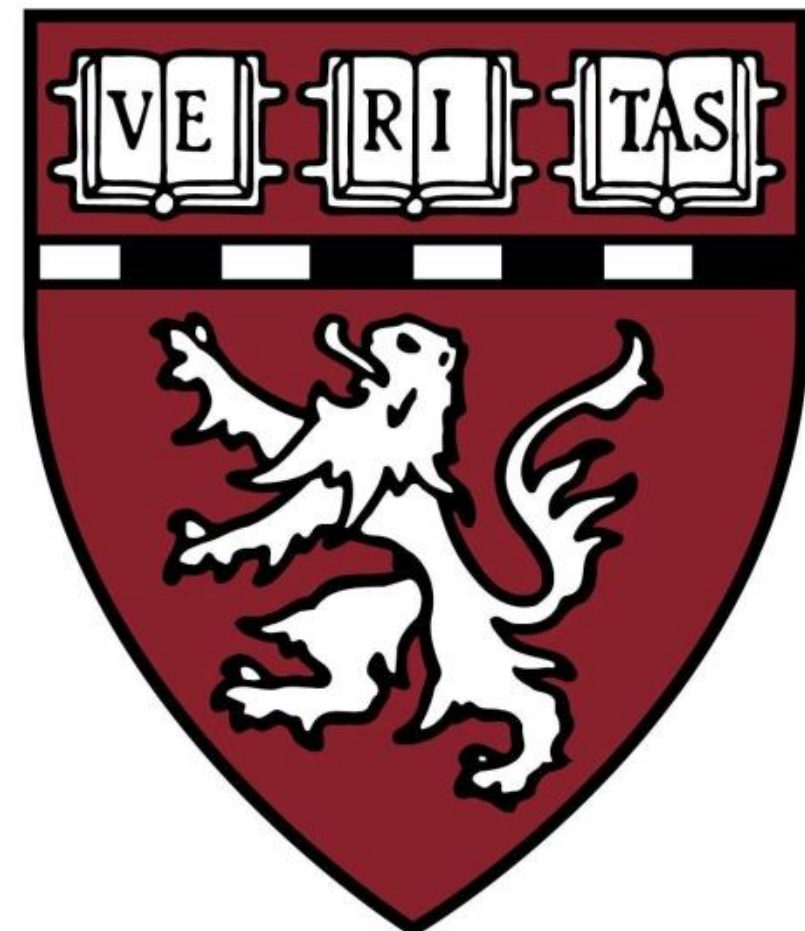
Building Collaborations in Aging Research: Leadership Tips

Sharon K. Inouye, M.D., M.P.H.
Professor of Medicine
Beth Israel Deaconess Medical Center
Harvard Medical School
Milton and Shirley F. Levy Family Chair
Director, Aging Brain Center
Hebrew SeniorLife

Hospital Elder Life Program



HELP



Why I collaborate?

- *“If you want to go fast, go alone. If you want to go far, go together.”* --African Proverb
- Interdisciplinary collaborations: makes all the work better. Multiple heads better than one.
 - Broader perspectives
 - More creative and innovative
 - More cross-cutting, generalizable
 - More practical and feasible

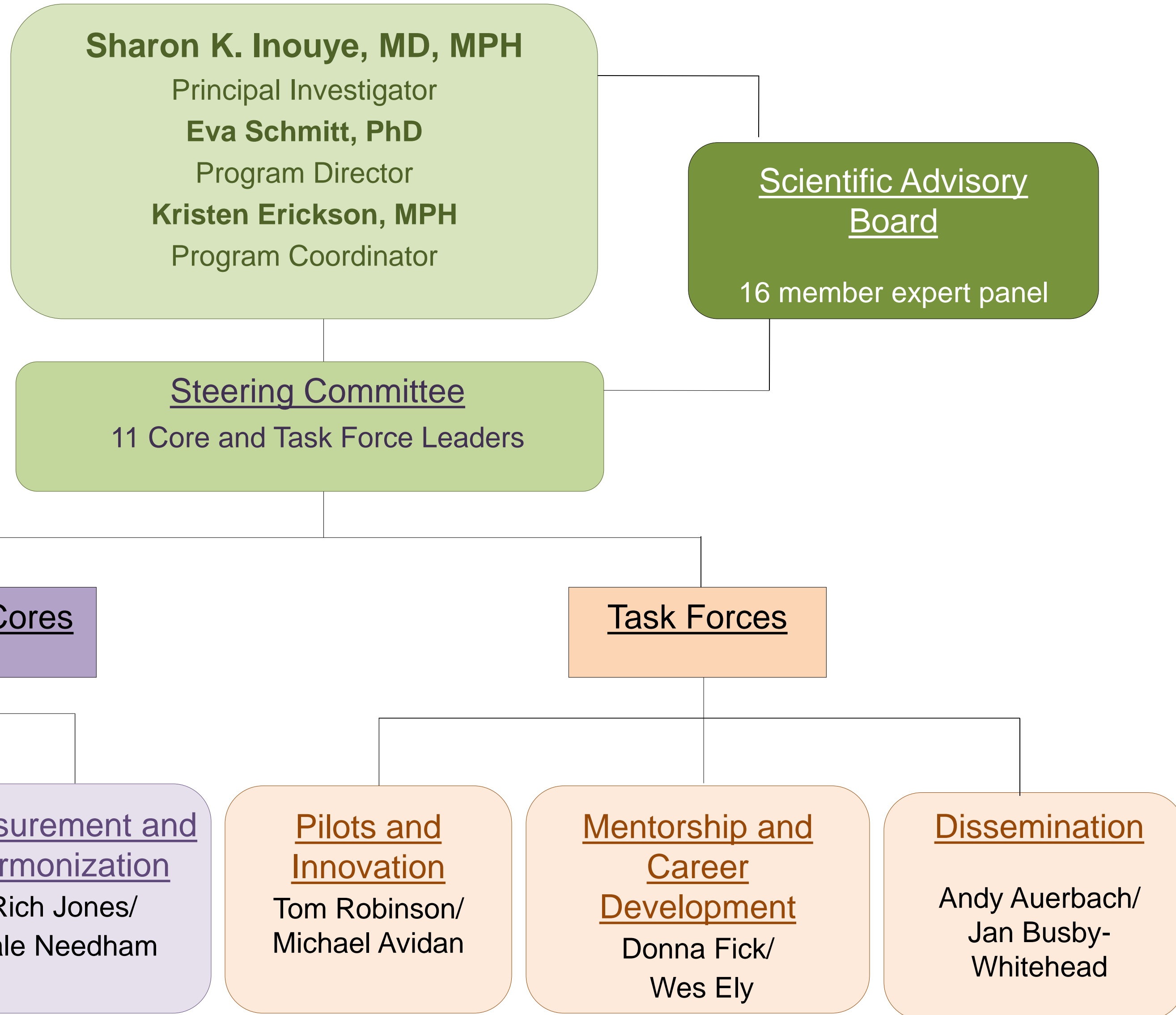
Many Collaborative Groups

- Aging Brain Center Working Group: weekly research working group—10-12 interdisciplinary investigators
- Hospital Elder Life Program (HELP): HELP Central and >200 hospital sites; Advisory Board, Centers of Excellence. Now AGS CoCare HELP
- R24-NIDUS Program-- Network for Investigation of Delirium: Unifying Scientists (just renewed)
- PO1-SAGES Study—Successful Aging after Elective Surgery Program Project



NIDUS Structure

Launched on
9/30/16



Engaging Colleagues

- How to bring people to the table—across disciplines, across organizations
- Pearl #1: Make the ask clear and meaningful
 - Inspire: Communicate the significance of the work and the importance of their part in it
 - Communicate: 1:1 to engage
 - Be respectful of their time: detailed agreement up front about expectations in terms of time, work, timeline. Spell out what's needed by when

Sustaining Collaborations

- How to keep people at the table
- Pearl #2: Make it worth their while
 - I make the promise: I will not waste your time, and we will be productive
 - Start meetings on time and end on time
 - Deliver on promises: be productive (no one leaves when grants, papers, impact are happening)
 - Hear everyone's voice (go around the room): weigh in for key decisions; seek and honor all input
 - Celebrate everyone's successes!!!!

Lots and lots of cake

Leadership Tips

- Develop a meeting structure that works for all and meets the aims of the program/project
- Agenda, materials, and preparation for every meeting: no wasted time
- Chair and timekeeper for every meeting
 - Notetaker for key decisions and follow-up needed
- For problems (members unengaged, disagreeing): separate 1:1 meeting to address

Keep your eye on the target

- For some projects: Timeline and aims on back of each agenda
- Final pearl: Keep the mission and goals front and center with regular reviews with the group to keep things on track



Breakout Groups!