

Dr. Anthony J. Levinson, MD, FRCPC, MSc, MA

Director, Division of e-Learning Innovation

John R. Evans Chair in Health Sciences Educational Research and Instructional Development

Professor, Department of Psychiatry and Behavioural Neurosciences,

Faculty of Health Sciences, McMaster University



Resources

Sites for the public or family/friend care partners

iGeriCare

Simple lessons and helpful resources that allow individuals to learn about all aspects of dementia at their own pace, in their own homes.

igericare.ca

DementiaRisk.ca

Learn about some of the healthy lifestyle behaviours that you can do to reduce your risk of developing dementia.

dementiarisk.ca

McMaster Optimal Aging Portal

Consult evidence-based Blog Posts, Web Resource Ratings and Evidence Summaries for trustworthy information about health and social aspects of aging.

mcmasteroptimalaging.org

DeliriumHelp.ca

Learn about the signs and symptoms of delirium, who is most at risk, and what you can do to help.

deliriumhelp.ca

Anxiety Disorders

Anxiety is common in people of all ages, and for one in four people, anxiety is debilitating. Learn the signs, symptoms, and how it is diagnosed and treated.

mcmasteroptimalaging.org/e-learning/anxiety-disorders

YouTube Channel

A collection of videos with evidence-based information about how we can stay healthy, active and engaged, and how to manage our health conditions, as we grow older.

youtube.com/@mcmasteroptimalagingportal2506

X (formerly Twitter)

Follow us on social media for updates on new programs and upcoming events.

twitter.com/Mac_AgingNews

Sites for health care providers

Dementia Foundations

Designed for unregulated care providers such as personal support workers, healthcare aids, care companions, and others working in home, community, or long-term care settings, and health professions trainees.

dementiafoundations.machealth.ca

Person-Centred Language

Using person-centered language can have a positive impact on your workplace and help to reduce stigma and discrimination.

pcl.machealth.ca

Canadian Geriatric Psychiatry Online Program

Designed for geriatric psychiatry sub-specialty residents, this program is composed of a series of online courses covering core competencies in geriatric psychiatry to complement your training. The program is a multi-university collaboration with courses developed by faculty members across the country. Courses cover a range of topics including approach to assessment; late-life psychosis; depression; dementia; ECT; and others.

geripsych.machealth.ca

Opioids Clinical Primer

Six courses organized into two streams, Managing Opioid Use Disorder and Managing Chronic Pain. Each is comprised of three courses.

opioids.machealth.ca

Primer on Climate Change and Extreme Heat Events

A primer on some of the key issues and impacts of climate change that psychiatry residents should know.

machealth.ca/programs/climate-change

Extreme Heat Events

Info and tools for health care providers on the dangers of extreme heat, and how to properly prevent, diagnose and treat heat-related illnesses.

machealth.ca/programs/ehe/

References

Dr Anthony J Levinson Google Scholar Page

<https://scholar.google.ca/citations?user=w-6kKmwAAAAJ&hl=en>

1. Barbara A, Dobbins M, Haynes R, Iorio A, Lavis J, Raina P, Levinson A J. The McMaster Optimal Aging Portal: Usability Evaluation of a Unique Evidence - Based Health Information Website. *JMIR Hum Factors* 2016;3(1):e14. URL:<https://humanfactors.jmir.org/2016/1/e14> DOI: 10.2196/humanfactors.4800
2. Barbara, A.M., Dobbins, M., Brian Haynes, R. et al. McMaster Optimal Aging Portal: an evidence - based database for geriatrics - focused health professionals. *BMC Res Notes* 10, 271 (2017). <https://doi.org/10.1186/s13104-017-2595-8>
3. Clark RC and Mayer RE. e-Learning and the Science of Instruction: Proven Guidelines for Consumers and Designers of Multimedia Learning, Fourth Edition. Wiley, 2016.
4. Cook, D.A., Garside, S., Levinson, A.J., Dupras, D.M. and Montori, V.M. (2010), What do we mean by web-based learning? A systematic review of the variability of interventions. *Medical Education*, 44: 765-774. <https://doi.org/10.1111/j.1365-2923.2010.03723.x>
5. Cook DA, Levinson AJ, Garside S, Dupras DM, Erwin PJ, Montori VM. Internet-Based Learning in the Health Professions: A Meta-analysis. *JAMA*. 2008;300(10):1181-1196. doi:10.1001/jama.300.10.1181
6. Cook, David A. MD, MHPE; Levinson, Anthony J. MD, MSc; Garside, Sarah MD, PhD; Dupras, Denise M. MD, PhD; Erwin, Patricia J. MLS; Montori, Victor M. MD, MSc. Instructional Design Variations in Internet-Based Learning for Health Professions Education: A Systematic Review and Meta-Analysis. *Academic Medicine* 85(5):p 909-922, May 2010. | DOI:10.1097/ACM.0b013e3181d6c319
7. Levinson AJ, Ayers S, Butler L, Papaioannou A, Marr S, Sztramko R. Barriers and Facilitators to Implementing Web-Based Dementia Caregiver Education From the Clinician's Perspective: Qualitative Study. *JMIR Aging* 2020;3(2):e21264 URL:<https://aging.jmir.org/2020/2/e21264> DOI: 10.2196/21264
8. Levinson AJ, Bousfield J, Douglas W, Ayers S, Sztramko R. A Novel Educational Prescription Web-Based Application to Support Education for Caregivers of People Living With Dementia: Development and Usability Study With Clinicians. *JMIR Hum Factors* 2020;7(4):e23904. URL:<https://humanfactors.jmir.org/2020/4/e23904> DOI: 10.2196/23904
9. Levinson, Anthony J., et al. "Using the iGeriCare Internet-Based Dementia Care Partner Resource to Improve the Management of Dementia in Your Practice." *JOURNAL OF NEUROPSYCHIATRY AND CLINICAL NEUROSCIENCES*. Vol. 34. No. 3, 2022. Livingston G, Huntley J, Sommerlad A, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. Vol 396, Issue 10248, pp.413-446, 2020.
10. Livingston G, Huntley J, Sommerlad A, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. Vol 396, Issue 10248, pp.413-446, 2020.
11. Mayer, Richard E. *Multimedia Learning*. 3rd ed. Cambridge: Cambridge UP, 2020. Print.
12. Owais, S., Saperson, K., Levinson, A.J. et al. Evaluation of the Online Component of a Blended Learning Electroconvulsive Therapy Curriculum for Psychiatry Residents to Treat Depression in Older Adults. *Acad Psychiatry* (2023). <https://doi.org/10.1007/s40596-023-01825-2>
13. Ringer TJ, Wong-Pack M, Miller P, et al. Understanding the educational and support needs of informal care-givers of people with dementia attending an outpatient geriatric assessment clinic. *Ageing and Society*. 2020;40(1):205-228. doi:10.1017/S0144686X18000971
14. Scott A, Ayers S, Pluye P, Grad R, Sztramko R, Marr S, Papaioannou A, Clark S, Gerantonis P, Levinson AJ. Impact and Perceived Value of iGeriCare e-Learning Among Dementia Care Partners and Others: Pilot Evaluation Using the IAM4all Questionnaire. *JMIR Aging* 2022;5(4):e40357. URL: <https://aging.jmir.org/2022/4/e40357>. DOI: 10.2196/40357
15. Sztramko R, Levinson AJ, Wurster AE, Jezrawi R, Sivapathasundaram B, Papaioannou A, Cowan D, St Onge J, Marr S, Patterson C, Woo T, Mosca L, Lokker C. Online Educational Tools for Caregivers of People with Dementia: A Scoping Literature Review. *Can Geriatr J*. 2021 Dec 1;24(4):351-366. doi: 10.5770/cgj.24.506. PMID: 34912490; PMCID: PMC8629496.
16. World Health Organization. Risk reduction of cognitive decline and dementia: WHO guidelines. Geneva: World Health Organization; 2019.