

Integrating Special Populations: Older Adults

RESEARCH PROJECTS

“Lifespan Inclusion Project” – Study compared protocol and enrollment age ranges at OHSU pre and post implementation of the NIH Inclusion Across the Lifespan policy to determine match levels between participant ages and the disease demographics of the disease being studied.

- Zauflik M, Eckstrom E. Matching Older Research Subjects to Disease Demographics: First You Need to Know the Demographics. *J Am Geriatr Soc.* 2020;68(1):218-219. [doi:10.1111/jgs.16196](https://doi.org/10.1111/jgs.16196)
- Zauflik M, Wenzel E, Zell A, Eckstrom E. 4132 Do Research Studies at Oregon Health & Science University Comply with the New NIH Inclusion Across the Lifespan Policy - A “Look Back” over the last 2 Years. *J Clin Transl Sci.* 2020;4(Suppl 1):83. Published 2020 Jul 29. [doi:10.1017/cts.2020.265](https://doi.org/10.1017/cts.2020.265)
- Eckstrom E, Zauflik M, De Lima B. Matching enrolled trial participants to disease demographics: Using IRB submissions to identify opportunities for researcher training. *J Clin Transl Sci.* 2023;7(1):e114. Published 2023 May 8. [doi:10.1017/cts.2023.539](https://doi.org/10.1017/cts.2023.539)

“Older Adults in Research – Using the 5T Model” – Study utilized the community engagement studios (CES) and 5Ts Framework created by the NIH CTSA at Vanderbilt University and Duke University respectively to conduct facilitated conversations with older adults about older adult inclusion in research.

- Zauflik M, Brown K, Zebroski D, Eckstrom E. 124 Enhancing Inclusion of Older Adults in Research: What do Older Adults Think?. *J Clin Transl Sci.* 2022;6(Suppl 1):6. Published 2022 Apr 19. [doi:10.1017/cts.2022.38](https://doi.org/10.1017/cts.2022.38)
- Thomas J, Eckstrom E, Lam WKK, et al. Recommendations for using the 5Ts Framework to support research inclusion across the lifespan. *J Am Geriatr Soc.* 2023;71(8):2664-2669. [doi:10.1111/jgs.18359](https://doi.org/10.1111/jgs.18359)

“Age Friendly Research: Building Infrastructure and Research Team Skills to Enhance Inclusion of Older Adults” – Study educated researchers through a virtual, interactive seminar series and pilot tested developed tools aimed at optimizing recruitment and retention of older adults.

- De Lima B, Lindauer A, Eckstrom E. Age-Friendly Research: Promoting inclusion of older adults in clinical and translational research. *J Clin Transl Sci.* 2023;1-15. [doi:10.1017/cts.2023.627](https://doi.org/10.1017/cts.2023.627)
- De Lima B, Lindauer A, Eckstrom E. Age-Friendly Research: A Pilot Exploration of Tools to Facilitate Inclusion of Older Adults in Research. *Gerontol Geriatr Med.* 2024; 10. [doi:10.1177/233337214241236037](https://doi.org/10.1177/233337214241236037)

EDUCATION AND RESOURCES

Older Adult Recruitment Resource Kit – This [kit](#) provides research teams with information, tools and guidance materials for recruiting older adults into research studies. Tools developed and tested through the “Age Friendly Research” study.

NCATS Inclusion of Older Adults in Research Toolkit – OCTRI’s ISP Core, as a member of the NCATS Inclusion of Older Adults Working Group, helped to create this [8-part toolkit](#) aimed at increasing the inclusion of older adults into research by equipping investigators with easily accessible training materials.

Research Forum: Including Older Adults in Research (2019) – Recorded panel [presentation](#) from OHSU experts on lifespan and aging research on implementing the NIH Lifespan Policy and recruitment strategies.

Research Forum: Including Older Adults in Research (2018) – Recorded [presentation](#) from OHSU’s Chief of Geriatrics, and Director of OCTRI’s ISP Core, Dr. Elizabeth Eckstrom on the challenges and strategies of recruiting older adults.