

anecdotal benefits have been reported and no study has rigorously measured the effects of this program. The purpose of this research is to measure the effects of the CWA program on happiness and quality of life of LTC home residents, through observation of an existing program in a Canadian LTC home. A total of 24 residents were purposefully recruited in a biking group (n=23) who were biked twice a week for 12 weeks, and a strolls group (n=16) who went for outdoors walks or wheelchair rides for the same period of time. Data on pain, cognition, social engagement, and aggressive behaviour was harvested from the Resident-Assessment Instrument – Minimum Data Set (RAI-MDS). Happiness was measured pre and post all bike rides and strolls using a visual analogue scale, and the LTC QoL assessment was used to assess QOL. Findings show that biking group scored higher on happiness after bike rides compared to before, as well as compared to strolls. Bike group QOL scores are higher at the end of the 12 weeks than were strolls group. In summary, CWA shows potential to increase QOL and happiness of residents living in LTC.

KEY LEARNING FOR TWELVE UNECOM MEDICAL STUDENTS IMMERSSED FOR 48 HOURS IN AN ACUTE CARE HOSPICE HOME DURING 2017-18

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Introduction: Most US medical schools are not able to provide practical experiences in end-of-life or palliative care. The University of New England College of Osteopathic Medicine Learning by Living 48 Hour Hospice Home Immersion (HHI) Project provides intense learning for second through fourth year medical students. Students are immersed into an acute care 18-bed in-patient hospice home for 48 hours to provide patient care, family support, and post-mortem. Students work with an Interprofessional staff team and independently. **Methods:** The HHI utilizes qualitative ethnographic/autobiographic research designs. Two key research questions include: (1) What is it like for ME to live in the Hospice Home for 48 hours? and (2) What will I take from this experience to my future as a practitioner? Each student writes a journal during the three research stages; pre-fieldwork; fieldwork; post-fieldwork. Twelve 2nd year medical student journals randomly selected from 2017-18 immersions (N=24) were analyzed 5/2019-7/2019. Detailed qualitative manual and content analysis utilizing established interrater-reliability procedures were conducted on 300+ pages of data (UNECOM Morgane Student Research Fellowship). **Results:** Of the many themes identified, three key themes were notable for all 12 students for question one: Religion/Spirituality; Acceptance; and Reactions to Death. Key takeaways for question two included being: (a) able to have conversations about death; (b) at peace with death; (c) present with death, and knowing death is a part of life. **Conclusion:** Each student experienced his/her immersion differently, but all expressed this was a life-altering project providing critical education on hospice and end-of life care.

A TYPICAL WEEK WITH MILD COGNITIVE IMPAIRMENT: A PHOTO-ELICITATION STUDY

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Mild cognitive impairment (MCI) is an important precursor to dementia syndromes and carries with it both public and personal health significance, yet affected individuals may experience stigma, fear, and reluctance to participate in research or access services. Identifying the experience of people with MCI may help develop research agendas, interventions, and other supports to better match patients' needs. To this end, we conducted photo-elicitation interviews with 11 community-dwelling adults aged 57-79 years with diagnosed MCI. Interviews took place remotely using teleconferencing software to reduce access barriers. Each semi-structured interview used 5-10 participant-generated photographs to elicit the experience of living with MCI, barriers to daily activities, and facilitators and supports. Interviews were transcribed, coded, and analyzed using Dedoose software. Qualitative analysis revealed themes of important activities, including physical activity, social engagement, and cognitive stimulation. Barriers presented by MCI included difficulty with former routines (e.g., cooking, finances), reduction of activities, and perceived stigma or fear of disclosure. Facilitators of daily activities included increased use of new strategies and environmental supports (e.g., calendars, smartphones), in addition to social and familial support. Multiple participants noted that the diagnosis of MCI led to opportunities for inner reflection and seeking a sense of inner calmness. Incorporating participant-generated images aided in data collection and facilitated discussion of sensitive topics with a cognitively impaired sample. Clinicians and researchers should support engagement in meaningful activities, assess barriers to important daily activities, and consider support to match the experience and needs of those with MCI.

DO BLUEBERRIES ACTUALLY IMPROVE COGNITIVE PERFORMANCE? AN ANALYSIS OF PUBLICATION BIAS IN PUBLISHED RESEARCH

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A recent published systematic review (Hein et al., 2019) found that consumption of blueberries could improve memory, executive function, and psychomotor function in healthy children and adults, as well as adults with mild cognitive impairment. However, attention to questionable research practices (QRPs; such as selective reporting of results and/or performing analyses on data until statistical significance is achieved) has grown in recent years. The purpose of this study was to examine the results of the studies included in the review for potential publication bias and/or QRPs. p-curve and the test of insufficient variance (TIVA) were conducted on the 22 reported p values to test for evidential value of the published research, and publication bias and QRPs, respectively. The p-curve analyses revealed that the studies did not contain any evidential value for the effect of blueberries on cognitive ability, and the TIVAs suggested that there was evidence of publication bias and/or QRPs in the studies. Although these findings do not indicate that there is no relationship between blueberries and cognitive ability, more high-quality research that is pre-registered and