Useful websites

www.parkinsons.org.uk
www.nhs.uk
www.sunderland.nhs.uk/chs

This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not yet be reflected in the guidance and you should discuss this with the clinical staff at the time of your appointment.

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City Hospitals Sunderland NHS
NHS Foundation Trust

PARKINSON'S DISEASE

PATIENT INFORMATION LEAFLET

Sunderland Royal Hospital

What is Parkinson's Disease?

Parkinson's Disease is one of the most common disorders of the nervous system. It affects muscle movement and many of its symptoms are caused by loss of nerve cells within the brain. The main features are tremor, muscle stiffness and slower movements. It can affect movement such as walking, swallowing and writing.

Parkinson's Disease affects people in very different ways. The symptoms vary and you may not experience all or any of them at any given time.

The following pages give an outline of the professionals who may be able to help with your Parkinson's Disease. Details of how you can contact them are provided. Websites which you or your carers may find useful are also included.

Physiotherapy Service for People with Parkinson's Disease

Physiotherapy treatment in Parkinson's disease is directed at specific problems and the prevention of physical complications. This can include looking at muscle strength, posture, balance, mobility and function.

On referral to the Physiotherapy Department an appointment will be arranged for you to be assessed by a physiotherapist to identify any problems that you may be experiencing. A treatment plan will then be agreed, and goals can be prioritised which will help to direct treatment.

Treatment may include a class at the medical day care unit, with exercise as well as advice and support from other health care professionals, and/or one to one individual treatment at the nearest physiotherapy department.

Referrals can be taken from GP's, consultants, other health care professionals or the PD specialist nurse.

Contact names/numbers

Paula Oakes	Clinical Specialist Physio Medical Day Care Unit, SRH Tel 0191 5699704
Mary Twiss	Clinical Specialist Physio Physio Dept, SRH Tel 0191 5656256 ext 42963
Christina Whittenbury	Superintendent Physio Physio Dept, Monkwearmouth Hospital

Speech and Language Therapy Service for people with Parkinson's Disease

Sunderland Speech and Language Therapy Department is situated in the Chester Wing of Sunderland Royal Hospital and provides inpatient and outpatient services to Sunderland and the surrounding area.

We operate an open referral system which means that you can refer yourself for assessment by contacting the **Admin Office on 0191 5699009.** Alternatively you may be referred by a health care professional such as your consultant or your specialist nurse. You will be referred to Ruth Rayner, head of the Adult Speech and Language Therapy Service but we have a number of therapists who have responsibilities for assessing and treating people with Parkinson's Disease.

Once referred you will be asked to arrange a convenient appointment time with one of our therapists to be assessed at the hospital. We offer a home visiting service for those people unable to attend the department. We also offer individual and group therapy programmes. If Speech and Language Therapy treatment is appropriate these options will be discussed with you.

Speech and Language Therapy can help with the following problems in Parkinson's Disease.

Speech including quiet and/or slurred speech.
Swallowing including difficulties eating and drinking and drooling.

Please contact the department or ask your doctor or specialist nurse to refer you for an assessment if you are concerned about your speech or swallowing.

Parkinson's Disease Nurse Specialist

The Parkinson's Disease Nurse Specialist works within the Neurology team within the Directorate of Rehabilitation and Elderly Care based at Sunderland Royal Hospital. His role comprises:

- Providing appropriate, timely and accurate information to patients, families and carers from time of initial diagnosis onwards.
- Working in partnership with people who have Parkinson's Disease.
- Providing education, advice and support for patients and their families.
- Assessing patients, identifying problems and planning care to meet needs.
- Helping to identify appropriate therapies and care services as well as voluntary organisations, as appropriate.
- Provide an effective link between hospital, GPs, patients and other health care professionals involved in care.
- Help with understanding of new drug treatments/drug regimes.
- Providing education and support to promote a wider understanding of Parkinson's Disease.
- Providing review and assessment in nurse led-clinic.
- Offer support, advice and review via telephone helpline.
- Offer advice and support to patients who are inpatients in City Hospitals Sunderland and the staff involved in their care.

Contact number

Steve Dodds Tel 0191 5699854

(Direct line with answer machine).

Occupational Therapy Service for People with Parkinson's Disease

The aim of Occupational Therapy is to enable people to be as independent as possible. The Occupational Therapist will advise on how an individual may achieve or maintain independence by completing an assessment to look at functional ability.

Occupational Therapists can work with a range of people including individuals affected by physical, psychological or social problems. They assess the impact of disability on people's lifestyles and their ability to participate in activities of daily living.

Occupational Therapists work together with patients to highlight needs based on the problems that they are experiencing. Individuals may have their environment modified to enhance their ability to participate in everyday activities through provision of aids and adaptations.

For larger items of equipment or permanent home alterations; for example, stair lifts and ramping; the Community Occupational Therapist may be involved.

Contact	Location and Assistance
Neurological Rehabilitation Occupational Therapist.	Therapists can be located in Parkinson's Disease Class. Therapists can offer advice and information on equipment, adaptations, community services and resources.
Community Liaison Occupational Therapists (CLOT) Occupational Therapy Department Chester Wing Sunderland Royal Hospital Kayll Road SR4 7TP Tel 0191 5656256 Ext 42412	Consultant, GP, Physiotherapist, Occupational Therapist, Speech and Language Therapist and Specialist Nurse can refer into the CLOT Team for home assessments to provide: • Toileting equipment. • Bathing equipment. • Daily living aids. • Wheelchairs (non powered). CLOT can also refer onto the Community OT for larger adaptations.