

Enhancing Care for Older People Webinar Series. Session 35

Friday 11th April 2025

Title: Parkinson's: A guide to getting it right

Presenter:

Dr James Fisher,

Consultant Geriatrician

Northumbria Healthcare NHS Foundation Trust



EnCOP Strategic Lead: Angela Fraser



Housekeeping

- Please ensure microphones are muted and during presentation cameras are turned off.
- The event will be recorded and shared.
- The webinar recording and presentation will be circulated and uploaded on to the website following the event.
- If you have any questions during the session then please use the chat facility. We will attempt to address questions, if we can't then we will follow up after the event.
- Please also use the chat facility to inform us of any technical issues as this will be monitored closely throughout by one of the EnCOP team.
- Occasionally you may have difficulty seeing or hearing video clips that are played, this will usually be due to your own device or software settings and not something we can influence during the webinar session. Please be assured all content will be shared following the event so you will have an opportunity to view afterwards.
- If you need to take a break at any time throughout the session please feel free to do so.



Session aims and linked EnCOP Competencies

- **Aim:** To celebrate world Parkinson's Day and raise awareness and understanding of Parkinson's Disease
- **Linked EnCOP Domains:**

Domain A. Values, Attitudes, Safe and Ethical Practice

Domain B: Partnership Working and communication with older people, families, and others

Domain C: Inter-professional and inter-organisational working, communication and collaboration

Domain D1. Ageing Well – Understanding Frailty - Prevention, Identification and Recognition

Domain D2: Ageing Well – Assessing, Planning, Implementing and Evaluating Care & Support with Older People

Domain D3: Ageing Well – Promoting and supporting holistic physical health and wellbeing with older people

Domain D4: Ageing Well – Promoting & Supporting Holistic Psychological Health & Wellbeing with Older People

Domain D5: Ageing Well - Promoting & Supporting Independence, Autonomy & Community Connectivity for Older People

Domain D6. Ageing Well – Promoting & Supporting Older People with Medicines Optimisation

Domain D7. End of life care: older people and frailty – Recognition, assessment & care planning

Parkinson's: A guide to getting it right

11/04/2025

EnCOP Webinar

James Fisher

Consultant Geriatrician, Northumbria Healthcare

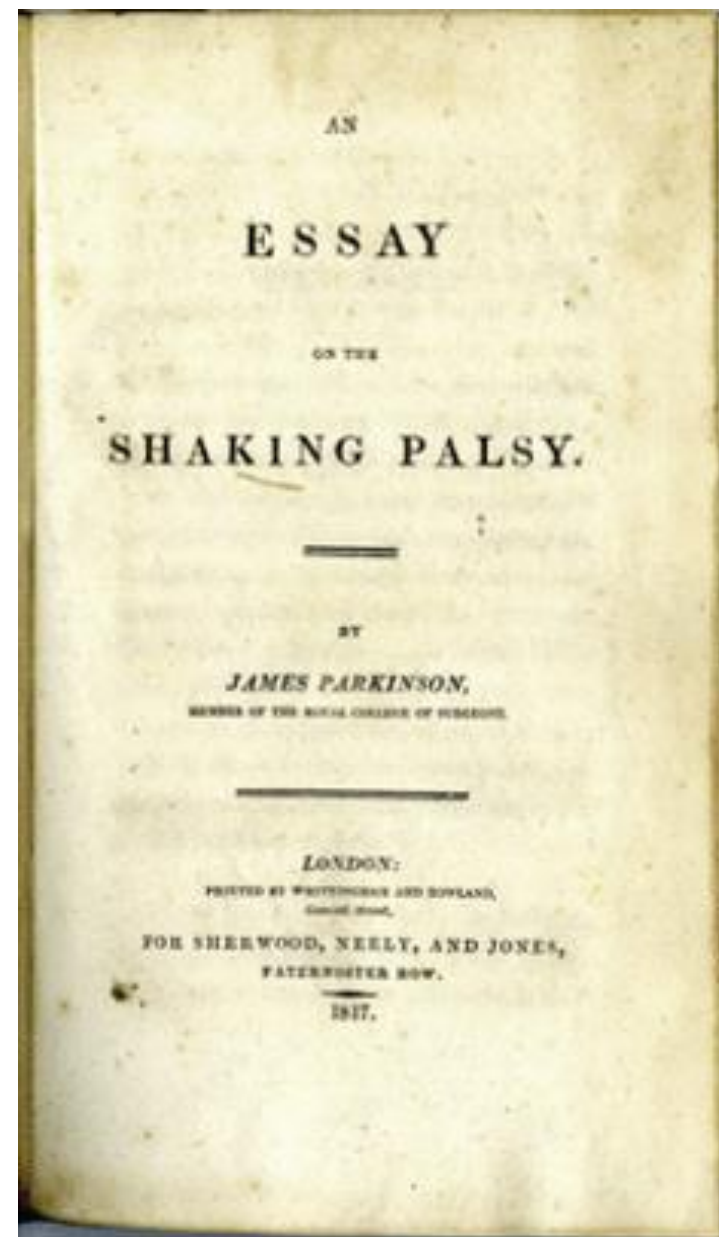
Learning Outcomes

- ✓ Recognise the challenges associated with the care of patients with Parkinson's
- ✓ Recall ten top tips for managing Parkinson's

Overview for the session

- A task to get you thinking about Parkinson's
- What are the symptoms of Parkinson's?
- How do we diagnose Parkinson's?
- What have you found tricky when it comes to people with Parkinson's?
- Ten top tips to take away
 - And some videos along the way

**Using the chat function, please type
the word that comes to mind when
you hear “Parkinson’s”**



- Fastest growing neurodegenerative condition in the world
 - 2nd most common
- Biggest risk factor is increasing age



Symptoms of Parkinson's

```
graph TD; A[Symptoms of Parkinson's] --> B[Motor]; A --> C[Non-motor]
```

Motor

Non-
motor

Bradykinesia

- Slowness of movement – includes loss of rhythm of movements and freezing

Rigidity

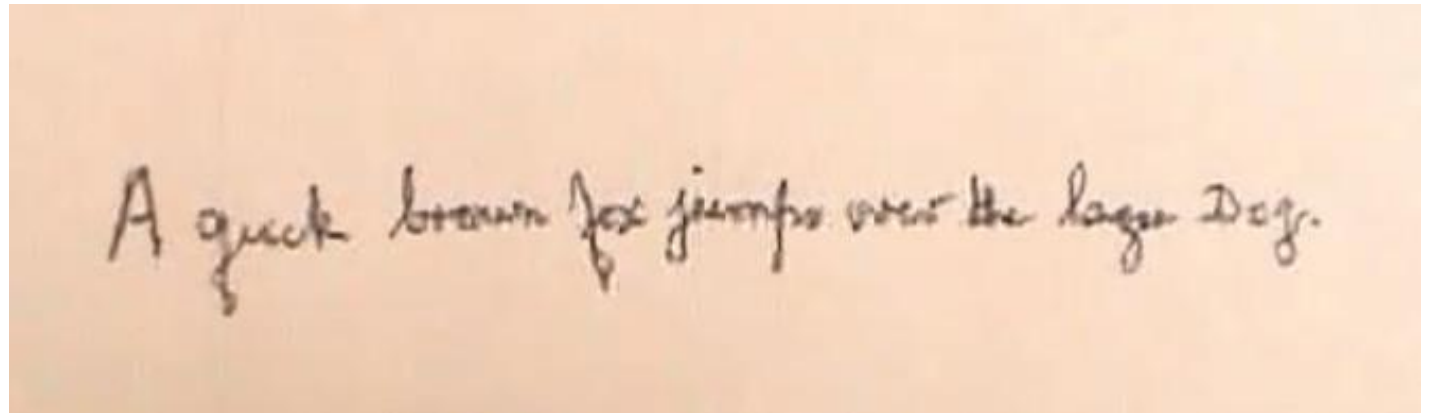
- Constant through range of movement (unlike spasticity)

Tremor

- Upper limb, 'pill-rolling', typically rest, sometimes postural, 3-5Hz

Other manifestations of bradykinesia

- Micrographia
- Dysphagia
- Drooling
- Speech problems



Symptoms of Parkinson's

```
graph TD; A[Symptoms of Parkinson's] --> B[Motor]; A --> C[Non-motor]
```

Motor

Non-
motor

Non-motor symptoms

- Autonomic
 - Orthostatic hypotension
 - Urinary dysfunction
 - Erectile dysfunction

Non-motor symptoms

- Neuropsychiatric
 - Depression
 - Anxiety
 - Apathy
 - Dementia
 - Psychosis

Symptoms of Parkinson's

```
graph TD; A[Symptoms of Parkinson's] --> B[Motor]; A --> C[Non-motor];
```

Motor

Non-
motor

Scale proportional to impact on patient's quality of life

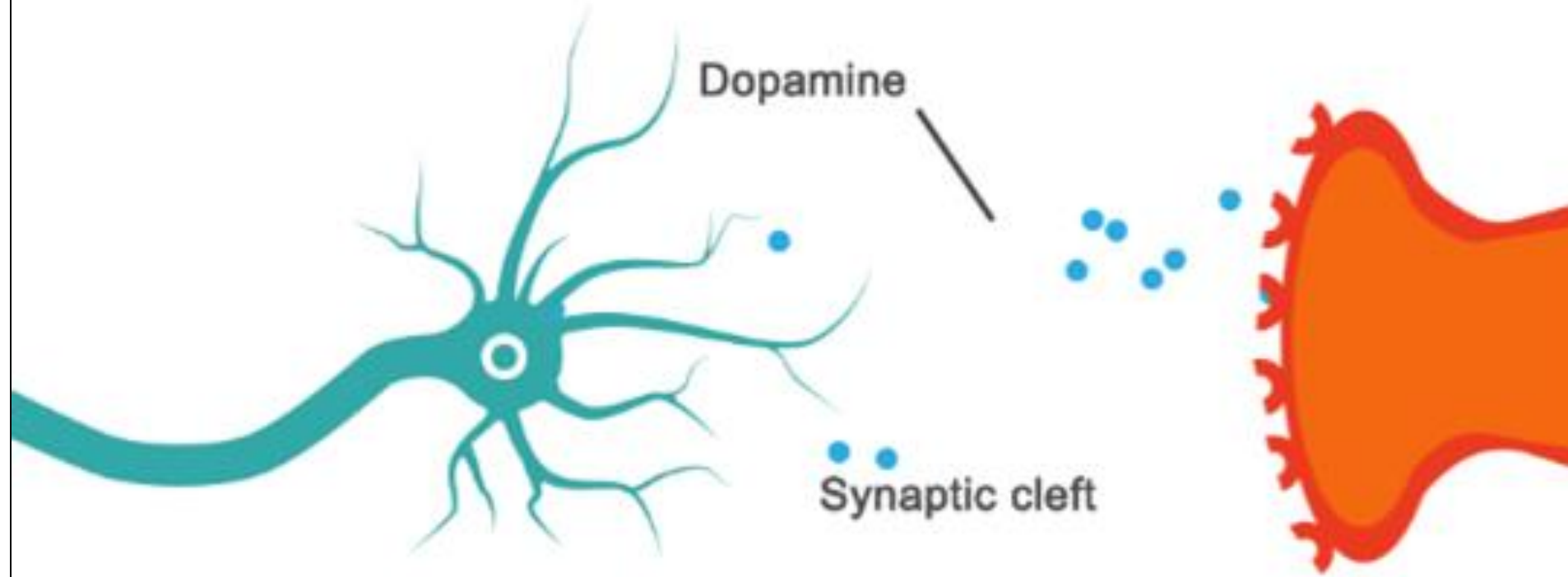
Diagnosis of Parkinson's disease

It's a clinical diagnosis



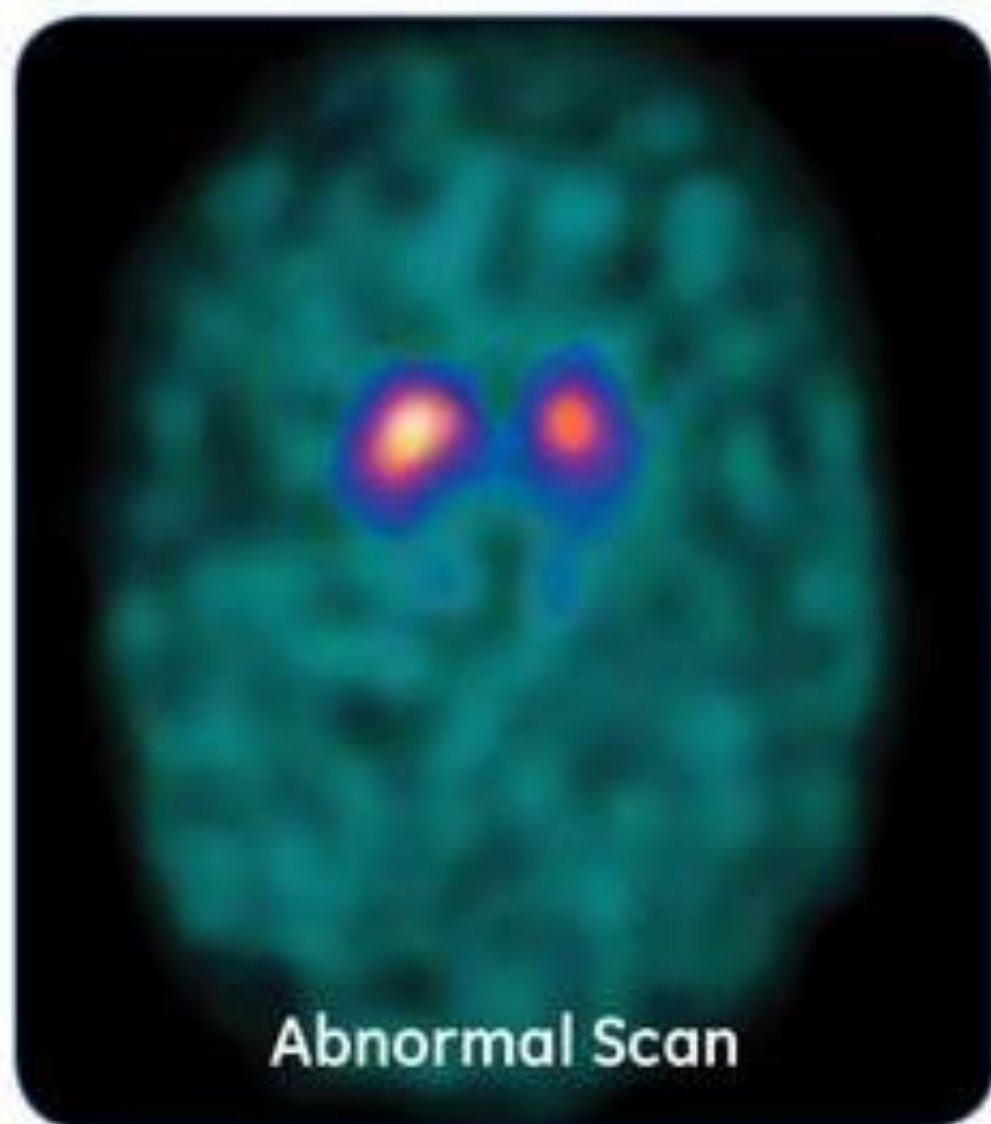
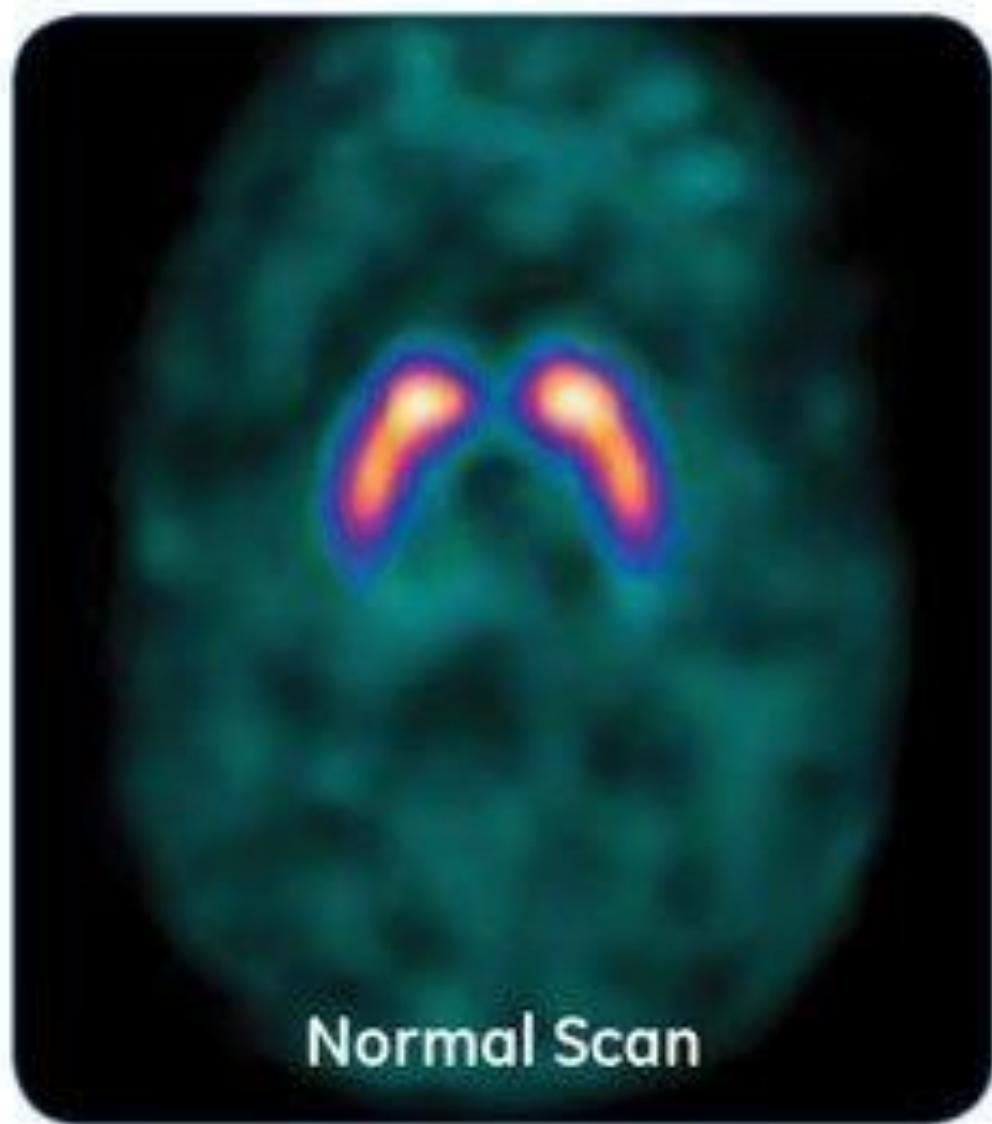
Transmitting

Receiving



Neuron affected
by Parkinson disease

Abnormal movement



**What have you found difficult
about looking after patients with
Parkinson's disease?**

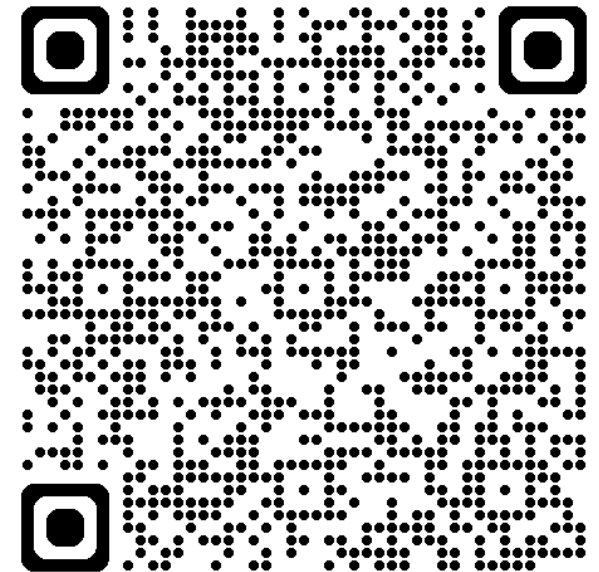
**1. Be on the lookout for
undiagnosed patients**

- a) Think about distribution
- b) Refer to the PD team
- c) Don't start treatment



2. Get it on time

- Timings are crucial
- Communication is key
- Check out Parkinson's UK's resources
- Self administration?



3. Understand motor fluctuations

ON

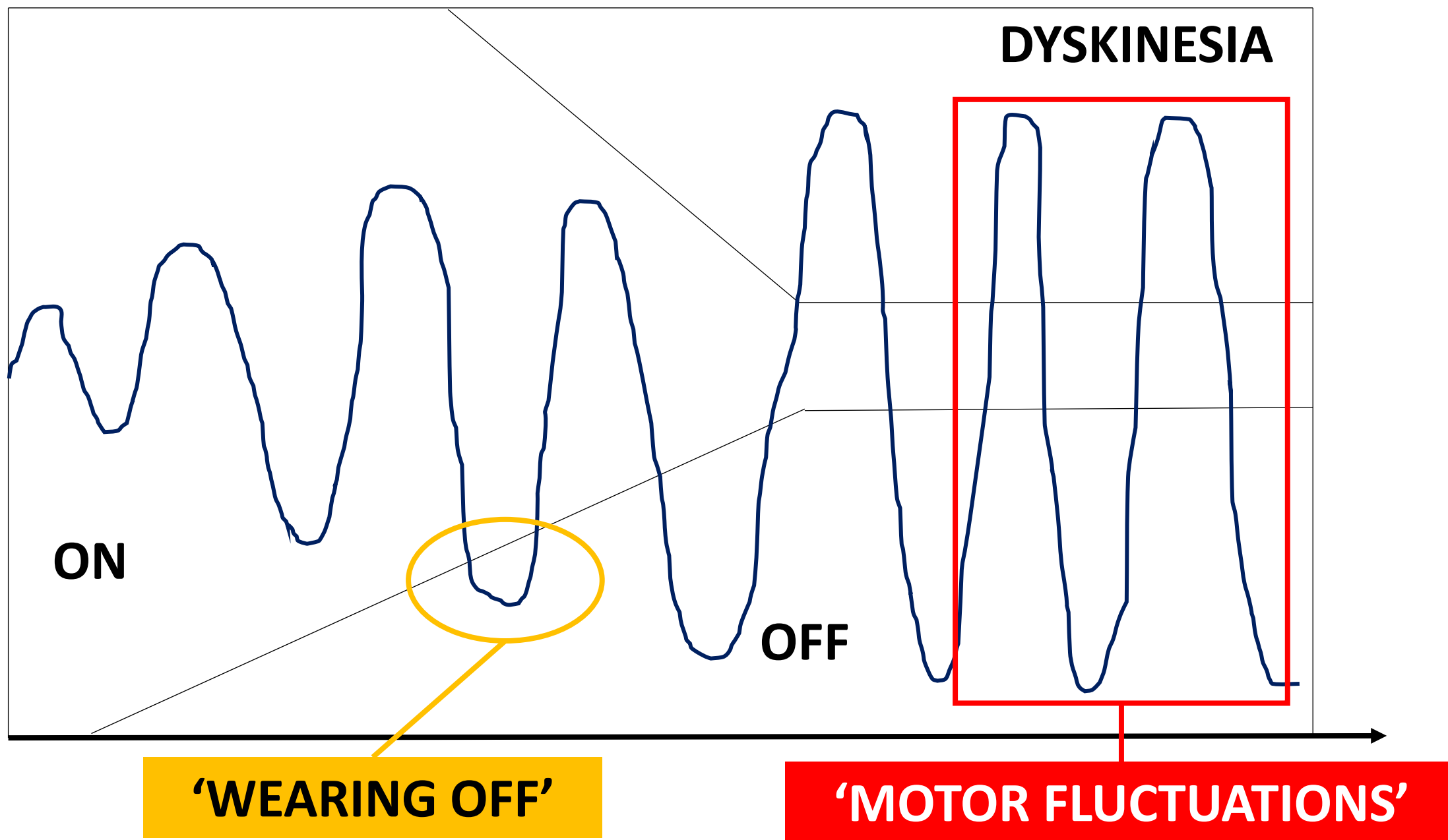
Symptoms
controlled



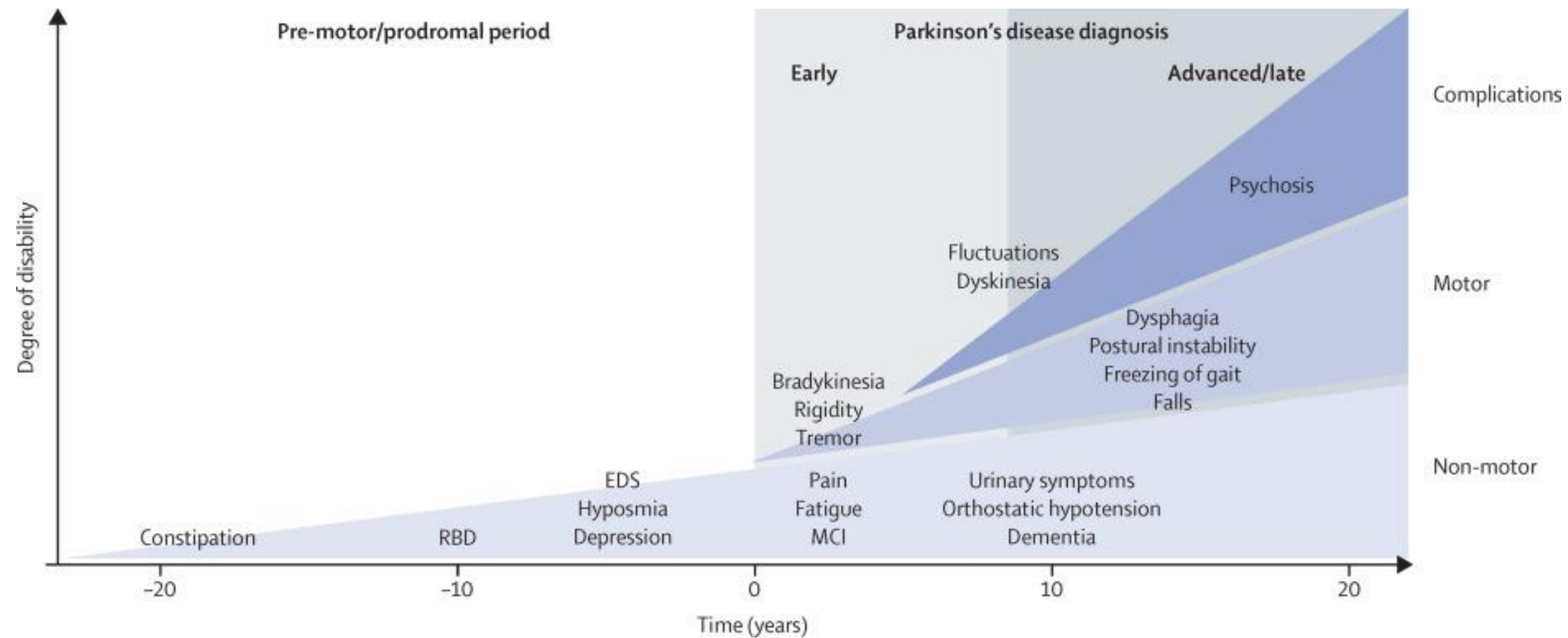
OFF

Symptoms
worse





4. Harness the power of the physio...



**5. Don't' let 'NBM' become
'no bloody meds'...**

- a) Beware the missed medication /
poor swallow vicious circle...
- b) Consider aspiration pneumonia

pdmedcalc.co.uk

PDMedCalc

Who is this tool for?

Doctors, nurses and pharmacists who are looking after patients with Parkinson's Disease (PD) who have been admitted to hospital and are unable to take their medications orally.

What is the purpose of the tool?

- Suddenly stopping PD medications can be extremely dangerous and due to the risk of neuroleptic malignant syndrome, potentially even fatal.
- In patients unable to take their usual PD medications orally, this tool is designed to convert a patient's usual PD medications to a 'Levodopa equivalent dose' (LED).
- The LED is then used to calculate the dose of dispersible madopar to be given via a nasogastric tube to provide a patient with their usual amount of PD medication.

Dose Calculator

Enter each medication and the frequency (per day)

Dose	Number per 24 hours	Add/Remove
Madopar (Co-beneldopa) 125mg (25/100mg)	4	<div>Remove</div>
Select ▾	Select ▾	<div>Add</div> <div>Clear</div>

Calculate

Your Results

Based on the entry of the following medications:

Name	Frequency
Madopar (Co-beneldopa) 125mg (25/100mg)	4 per day

the total levodopa equivalent dose for this patient is **400 mg per day**.

Option 1:

Conversion of medications for administration via a naso-gastric tube using dispersible madopar (co-beneldopa)

0800	1200	1600	2000
1 x Madopar Dispersible 125mg (100mg/25mg)	1 x Madopar Dispersible 125mg (100mg/25mg)	1 x Madopar Dispersible 125mg (100mg/25mg)	1 x Madopar Dispersible 125mg (100mg/25mg)

Option 2:

Conversion of medications for administration via a rotigotine trans-dermal patch

N.B. This option may be considered if a NG tube is contraindicated or unsuitable, or if the patient is for palliation.

0800

1 x Rotigotine Patch 2mg (Replace every 24 hours)

Caution with Rotigotine Patch

**6. Heed a cautionary
tale...**

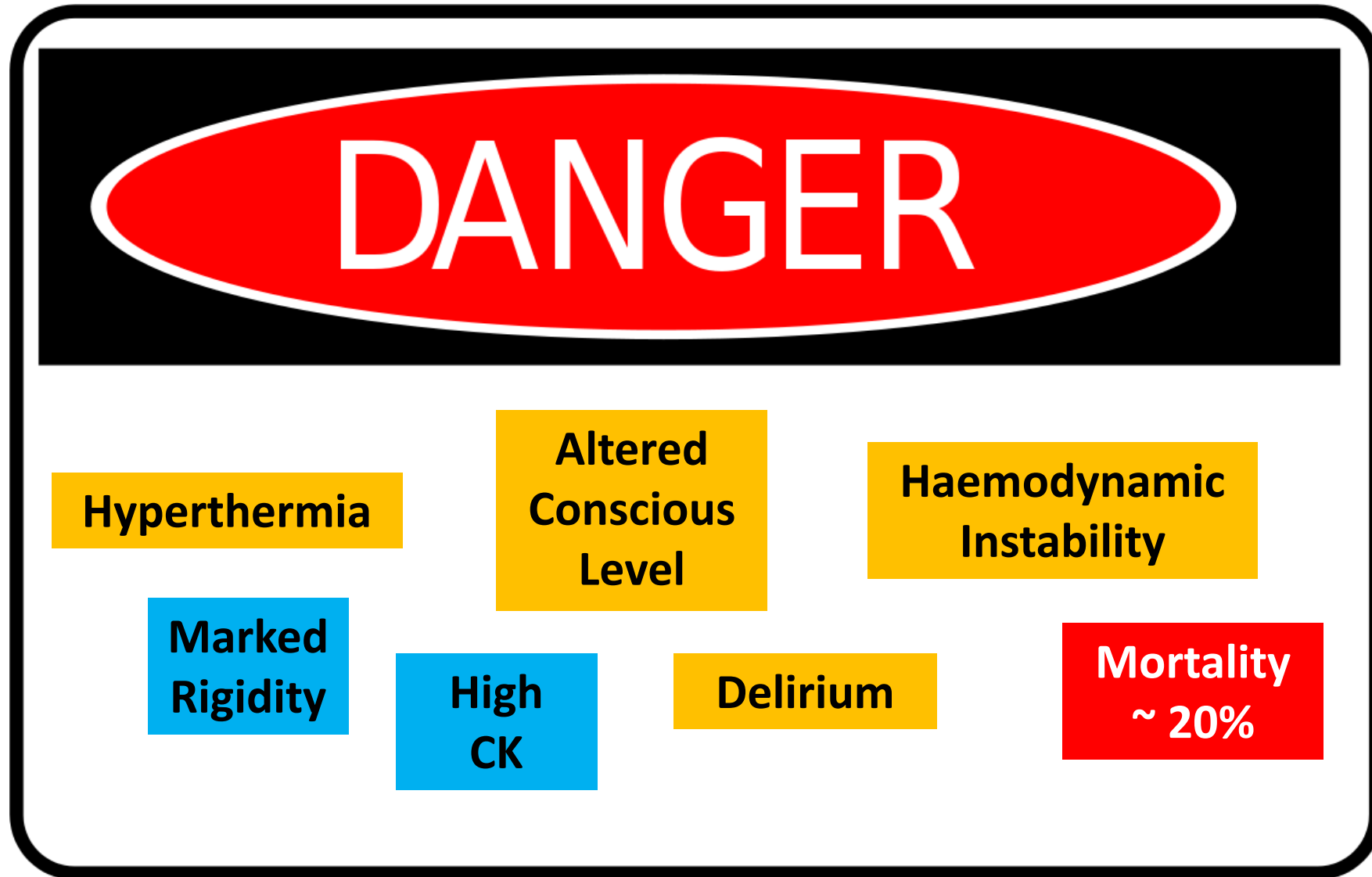
Sound Familiar?

Background

- 78 year old man with PD
- Admitted from nursing home: “drowsy”
- Confused speech
- Carer present: “poor intake”, “strong smelling urine”
- Treated with IV Tazocin for ?UTI
- Concerns re swallow -> NBM

ATSP 24 hours later – High EWS

- RR 32/min, SaO₂ 96% (air)
- HR 120/min, BP 190/110
- T 39.7°
- Dehydrated
- Sweating
- Delirious
- Rigid
- Myoclonic jerks

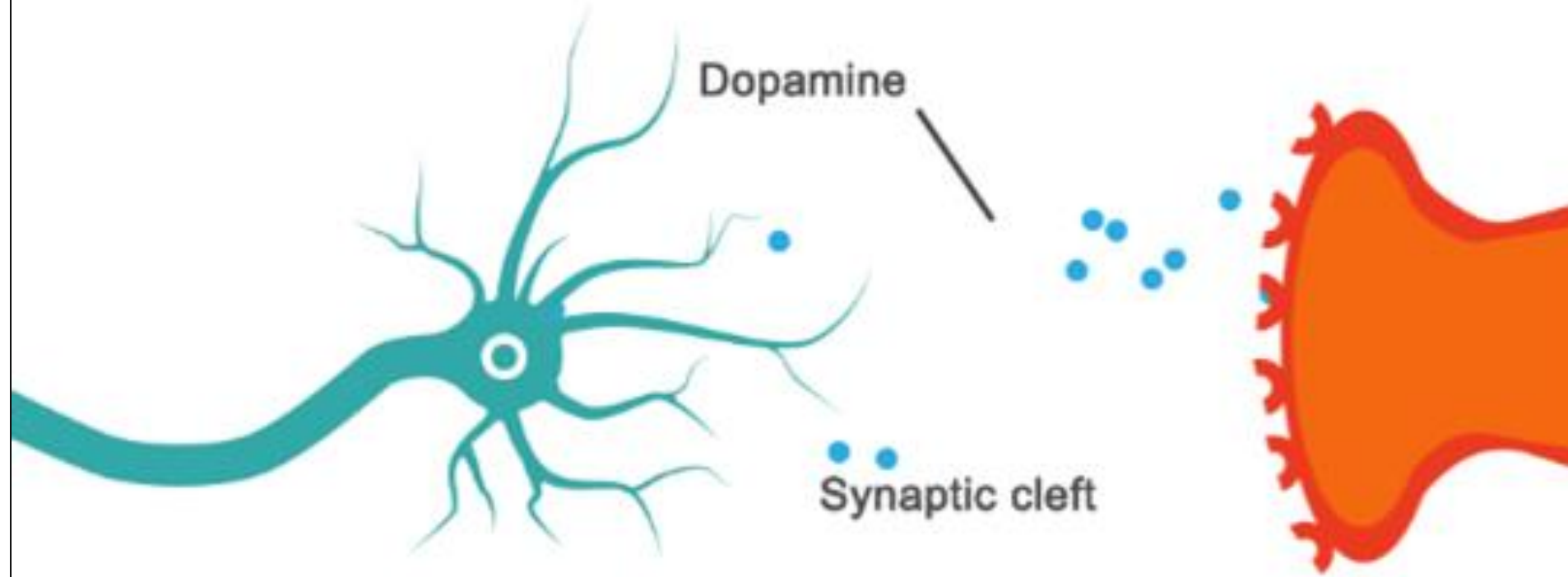


Neuroleptic malignant syndrome

7. Be aware of the types of PD medications (including complex stuff)

Transmitting

Receiving



Neuron affected
by Parkinson disease

Abnormal movement



Dispersible

Dopamine Agonists

- Ropinirole
- Pramipexole
- Rotigotine

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Parkinson's drug side-effects turned IT manager into a 'sex-crazed, gambling addict who likes to dress as a woman'

By CHRIS BROOKE FOR THE DAILY MAIL
UPDATED: 11:22, 30 November 2010



79
View comments

A former IT manager told yesterday how he blew £400,000 on a luxury lifestyle and became a sex-crazed transvestite because of a drug he took to combat the effects of Parkinson's disease.

Peter Shepherd, 60, was prescribed the drug Cabergoline by his GP in 2001 and had an astonishing personality change that devastated his life.

He became a violent, attention-seeking, sex-addicted gambler with delusions of grandeur and an overwhelming compulsion to spend money he didn't have.



Getting more out of levodopa...

MAOBI

- Rasagiline
- Selegiline
- Safinamide

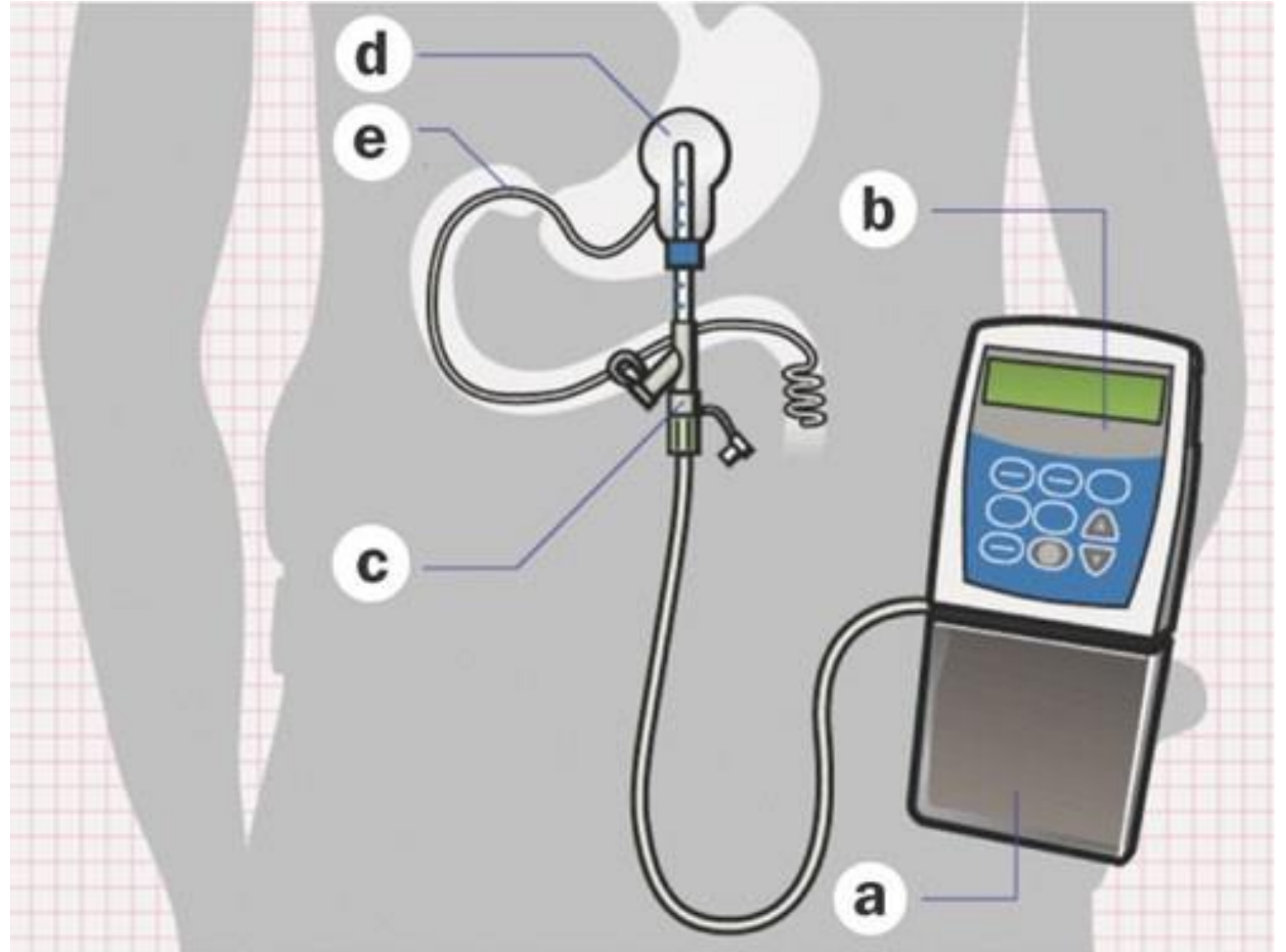
COMTi

- Entacapone
- Tolcapone
- Opicapone

Apomorphine



Duodopa



Produodopa



8. Beware culprit drugs

DATE				DRUG	OTHER INSTRUCTIONS	SIGNATURE	PHARMACY
ROUTE				Metoclopramide		JF	
INITIALS							
08							
13							
17							
22							
DATE				DRUG	OTHER INSTRUCTIONS	SIGNATURE	PHARMACY
ROUTE				Haloperidol		JF	
INITIALS							
08							
13							
17							
22							
DATE				DRUG	OTHER INSTRUCTIONS	SIGNATURE	PHARMACY
ROUTE				Prochlorperazine		JF	
INITIALS							
08							
13							
17							
22							

**9. Harness the power of
speech and language
therapy...**

10.?

My Ten Top Tips for Managing PD in Hospital

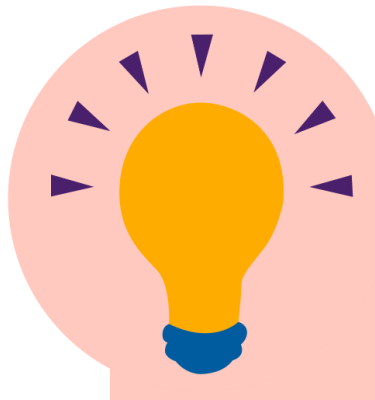
1. Be on the lookout for undiagnosed patients
2. Get it on time
3. Understand motor fluctuations
4. Harness the power of the physio
5. Don't let 'NBM' become 'No Bloody Meds'
6. Heed a cautionary tale
7. Be aware of the types of PD medications (including complex stuff)
8. Beware culprit drugs
9. Harness the power of speech and language therapy
- 10....?

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EnCOP

Enhanced Care for Older People



Consolidating Learning:

Reflection on the session & considering application to practice & what this means 'your people'

- Think about this session in relation to your own role
- How much of this was revision?
- What have you learned today?
- How will this help you in your role?
- Think about your EnCOP self–assessment; consider which performance indicators this session may relate to and how this can be used as part of your own development/ competency achievement.



Reminder of linked EnCOP domains

Domain A. Values, Attitudes, Safe and Ethical Practice

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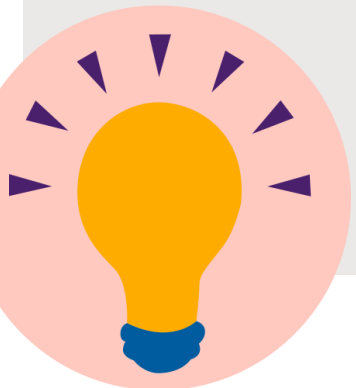
Domain D3: Ageing Well – Promoting and supporting holistic physical health and wellbeing with older people

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Domain D7. End of life care: older people and frailty – Recognition, assessment & care planning





Professional Network for Physiotherapists Working with Older People
This year's AGILE Conference spans two days and promises to be an unmissable event for anyone with an interest in the rehabilitation of older people.

The event is open to non-members, although AGILE membership is just £25 for the year and offers a £32 discount on a two-day ticket—so well worth considering! Students welcome.

Confirmed speakers:

Friday 16th May

Prof Brian Dolan OBE - Keynote Speaker
Prof Vicki Goodwin MBE - CHART and HERO trials
Colin Cook (Nottingham Forest Community Trust) - Walking Football
Prof Liz Williams - Nutrition and Ageing
Bob Laventure - Falls & Exercise
Community Rehab Alliance
Jo Jennings - Older People and Advanced Practice

Saturday 17th May

Prof. Adam Gordon MBE - The Ageing Landscape in the UK
Dr Daniele Magistro - Physical Activity and Ageing
Polio Survivor Network
Dr Melrose Stewart MBE - Sleep Study
BEPOP Team - Benchmarking Exercise Prescription in Older People Update
Fiona Lindop MBE - Parkinson's Disease: Adding Life to Years



Early bird tickets are now on sale! Don't miss out—secure your place today!
Book here - <https://tinyurl.com/agileconf2025>

Year - 2025	Session Title	Presenter(s)
May 15th	My Journey to Delirium Research	Dr. Ahmad Khundakar, Teesside University

Feedback about today's session and any future sessions you may like to see included in our webinar series....

All feedback welcomed; You may want to consider the following –

Was it easy to book onto the session?

Did you find the session went well in this online format ?

Was the content of the session relevant to your area of practice / job role?

Did you enjoy the session?

Thinking about future webinar's, which topics linked to older person's care would you be most interested in? Please put any suggestions in the chat.

Please comment in the chat today or feel free to email us: ghnt.encop@nhs.net



[More information can be found within the Frailty icare website](#)

www.frailtyicare.org



Our EnCOP pages are located in the workforce section

EnCOP Library of Learning & Development Resources can be found at:

[EnCOP Assessment Toolkit](#)
[Domains « I-Care](#)
 [\(frailtyicare.org.uk\)](http://frailtyicare.org.uk)