

An Introduction to Parkinson's


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CHANGE ATTITUDES.
FIND A CURE.
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**We are Parkinson's UK.
Powered by people
Funded by you. Improving life
for everyone affected by
Parkinson's.**

Together we'll find a cure.

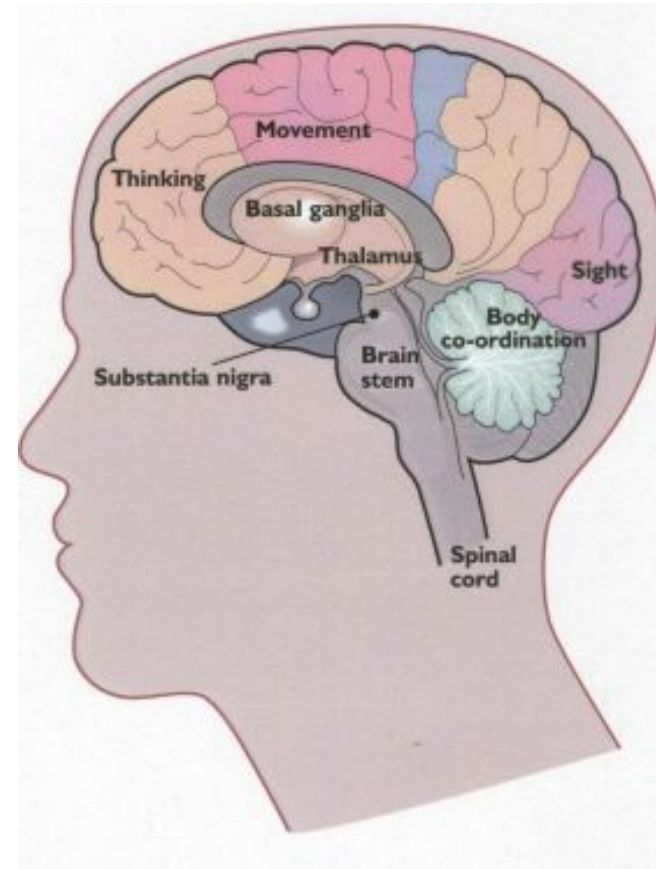
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What is Parkinson's?

- A **neurological** condition for which there is **no cure**.
- A **fluctuating** condition which is **progressive** (gets worse over time).
- Condition which affects **movement**, as well as a range of **non-movement** symptoms.
- Caused by the of **lack of dopamine** in the brain.
- First identified by Dr James Parkinson in **1817**.

What causes Parkinson's?

- Parkinson's occurs when **dopamine producing cells** are lost from the part of the brain that controls movement.
- The cause is **unknown**.
- There's currently **no cure**.
- Only **5%** have a clearly inherited form of Parkinson's.
- Everyone is **different**.



Who does it affect?

- Currently around **145,000 people** in the UK have Parkinson's.
- Due to an ageing population we expect this figure to **grow** by 18% by 2025 to **171, 000 people**
- **Every hour, two more people** are diagnosed with Parkinson's
- Most people will be between **50-69** when diagnosed.
- **Younger people** get Parkinson's too but it's rarer.
- Occurs in **all ethnic groups**.
- Affects more men than women.

Causes of Parkinson's

- We **don't yet know** exactly why people get Parkinson's
- Research suggest it's a **combination** of age, genetic and environmental factors that cause the dopamine-producing nerve cells to die
- A very small number of Parkinson's cases are **hereditary** and researchers are looking into why this happens.



Signs and symptoms of Parkinson's

- **Slowness** of movement
- **Poverty of movement** (hypokinesia); this includes difficulty starting a movement, reduced size of movements and lack of coordination of movements
- **Rigidity**
- Resting **tremor**
- Range of **other non-movement symptoms**

What are the other symptoms?

Parkinson's is more than a tremor



BALANCE
AND FALLS



STRESS AND
ANXIETY



DEMENTIA



MILD THINKING
PROBLEMS



SLEEP
PROBLEMS



DEXTERITY
ISSUES



URINARY
PROBLEMS



AND MORE

These symptoms have a bigger impact on everyday life

Some Impacts of Parkinson's on Daily Life

- Washing body and hair
- Dressing
- Preparing and cooking food
- Climbing stairs
- Speaking in person and on the phone
- Paying for purchases
- Frequent and urgent need to use the toilet
- Writing or typing (keyboard, touch screen etc)

Communication and Parkinson's

- Speech can be quieter and can be slurred
- Voice may sound monotonous and lack emotion
- Ability to smile may be lost
- May have a blank facial expression
- Conversations can be tiring
- People with Parkinson's can take a longer time to respond
- Writing is very hard for some, and often writing can be small
- Typing, using a mouse or touchpad can be very difficult, and for some people impossible

Treatment of Parkinson's

The symptoms can be controlled using the following combination:

- Medication
- Therapies - speech and language, occupational, physiotherapist
- Occasionally surgery
- Exercise

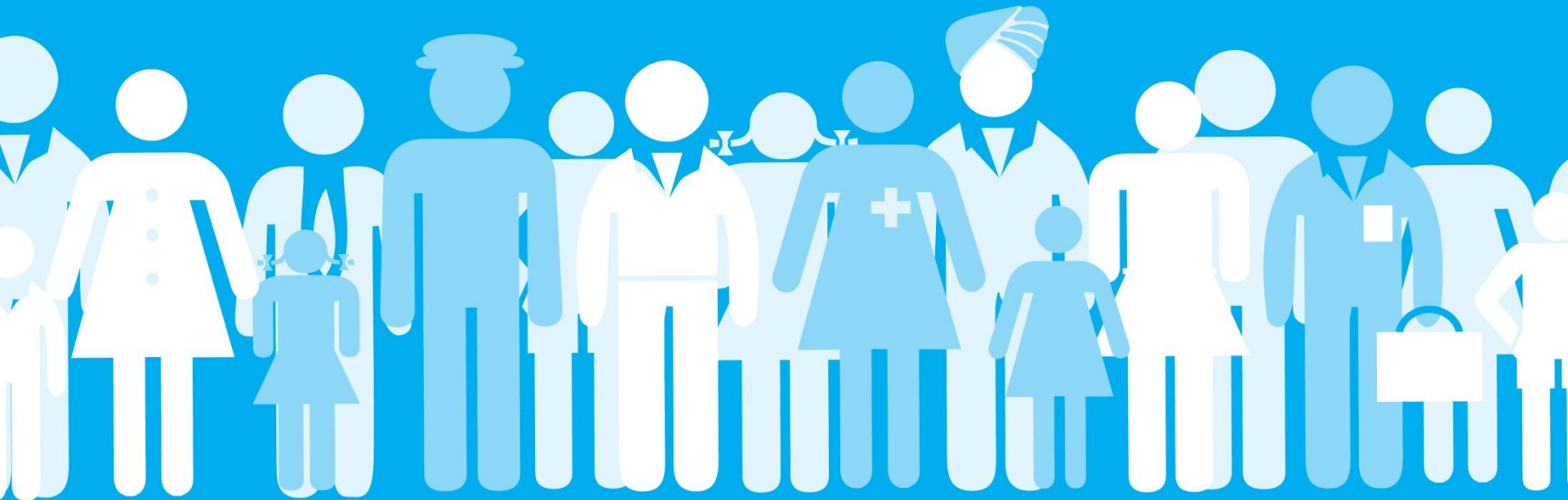


Challenges of medication

- Fluctuations in response (on/off effect)
- Wearing off
- Hallucinations, nightmares and confusion
- Impulsive and compulsive behaviour (ICB's)
- Involuntary Movements
- Timing of medication



Parkinson's UK



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Parkinson's UK

- **Research** - We influence and fund groundbreaking research to advance the understanding of Parkinson's and improve treatments
- **Information & Support** - We provide expert information and advice to support people to live well with Parkinson's
- **Support for People** - We offer support and opportunities to 'live life to the full', for people living with Parkinson's as well as their carers and families
- **Campaigning & Service Improvement**- We raise awareness, change perceptions, and work in partnership to drive better services for people affected by Parkinson's

"I'm not on my own any more – I've got people who understand, people who care. Thanks to them, I've done things I would never have dreamed. Team Parkinson's is my family."

Diane Dowsett
Team Parkinson's member

TEAM PARKINSON'S

is the movement to transform life with Parkinson's.

We care because Parkinson's affects hundreds of thousands of people in the UK. Your mum, son, partner or best friend – anyone can get Parkinson's.

Get your
pin badge



Supporting People

We support people with Parkinson's, their families and carers via:

- Our website www.parkinsons.org.uk
- Information and advice on how to live well with Parkinson's
- Network of local groups and activities
- Free confidential helpline - **0808 800 303** including support about medication, benefits and legal right. Interpreter services for non-english speakers.
- **Accessible formats** large print, audio and other languages



UK PARKINSON'S

Excellence Network



The UK Parkinson's Excellence Network brings together health and social care professionals to transform care for people affected by Parkinson's.



UK Parkinson's
Audit



Local Parkinson's
Excellence
Network groups



Excellence
Network working
groups



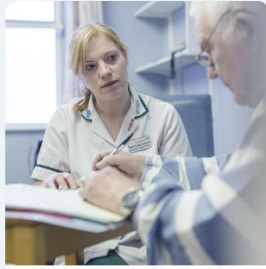
Excellence
Network
Conference and
Awards



Parkinson's nurses

This pathway provides easy identification and access to relevant learning which has been mapped to the 2017 Parkinson's nurse competencies and stratified NHS bands.

[Start pathway >](#)



Occupational therapists, physiotherapists and speech and language therapists

This pathway provides information about training resources and professional development opportunities for therapists.

[Start pathway >](#)



Health and care staff


This pathway identifies and provides easy access to relevant learning by experience level for pharmacy staff, care staff, doctors (all), nurses, HCAs, psychiatrists, psychologists, social workers, social care assessors, dietitians and all other health and care staff.


[Start pathway >](#)

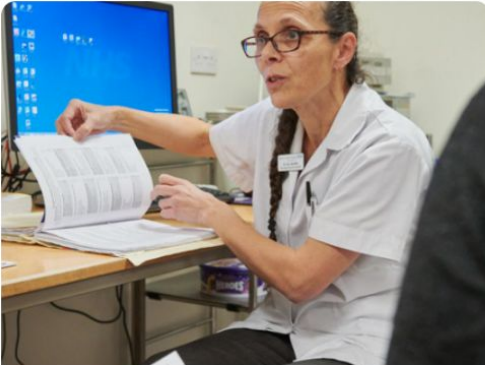
Popular links to information and resources

[Need information for your patients?](#) 

[Giving a new diagnosis of Parkinson's?](#) 

[Do you have a ward patient with Parkinson's?](#) 

[Do you care for someone with Parkinson's in a care home or in their own home?](#) 



Clinical tools and assessments

All of the clinical tools and assessments in the resource directory are listed here for easy access

[See the resources >](#)



Guidelines for professionals

All of the professional guidelines in the resources directory are listed here for easy access.

[See the resources >](#)



[← South East Local Parkinson's E... ↗](#)

Name

South East Local Parkinson's Excellence Network

Local lead

Iain Wilkinson and Clare Addison

Find out more

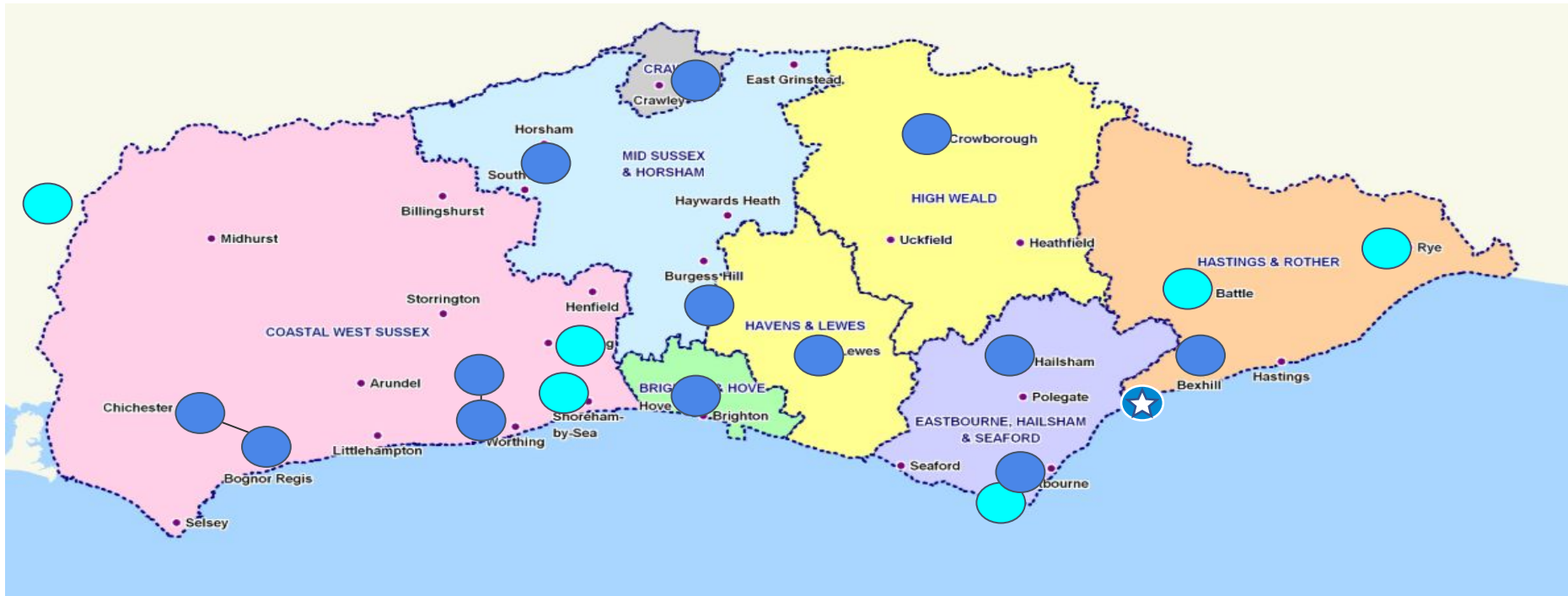
www.parkinsons.org.uk/professionals/south-east-local-parkinsons-excellence-network



Parkinson's in Sussex

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Sussex groups



Sussex

- 11 local Parkinson's UK groups
- 5 Parkinson's Cafes
- approximately 4000 people with Parkinson's (2324 West Sussex 1692 E Sussex)
- approx. 500 people over 45 diagnosed each year



Sussex Priorities 2021-22

Priority One

People should have better access to exercise and physical activity

Priority Two

We need to reach more people who are newly diagnosed

Priority Three

People at all stages of the condition should be better connected to the right support and opportunities

Priority Four

People should be able to access health care professionals and require better care in hospital

PARKINSON'S CAN'T HOLD US BACK

A woman with dark hair, wearing a white lab coat and black gloves, is working in a laboratory. She is focused on a piece of equipment, possibly a biosafety cabinet or a specialized incubator. The background is filled with various laboratory instruments, including a large piece of black equipment with a fan, a computer monitor, and various glassware and containers. The scene is brightly lit, and the overall atmosphere is one of a busy, professional research environment.

Any Questions?