

# learning@lunch flex

medicines optimisation learning for healthcare professionals

## Pre-session handout

### Parkinson's disease

Welcome to CPPE's Parkinson's disease *learning@lunch flex* programme.

The *learning@lunch flex* format has been designed as a series of short (one-hour) sessions in response to key training topics and will be delivered locally in your hospital.

Parkinson's disease is a progressive neurodegenerative disorder, affecting 127,000 people in the UK. Drug treatment and input from the multidisciplinary team should be tailored to the needs of individual patients to maximise quality of life. Symptomatic relief of non-motor symptoms are important to patients and include depression, sleep disturbances and autonomic dysfunction, as well as management of disabling motor symptoms (eg, tremor, falls).

How would you support quality medicines optimisation for patients who have Parkinson's? (Throughout this programme we will mirror Parkinson's UK approach by referring to this condition as Parkinson's.)

We have provided details overleaf of the resources that you need to read through ahead of the session. You will also need to complete the pre-session activities – more details are provided overleaf.

Leave yourself enough time to do this pre-session work before the event. We estimate that it will take you about **two hours** in total.

#### **Recording the evidence - your learning portfolio**

At your session, your facilitator will give you a learning portfolio so that you can make relevant notes about your learning in this area. This portfolio will provide you with a personal record which will help to inform your day-to-day practice.

### Task 1 – reflective questions

1. What are the potential adverse effects when using dopamine agonists?
2. What would you discuss with a patient when starting them on a dopamine agonist?
3. Which drug formulation options are available when patients with Parkinson's are unable to swallow oral tablets or capsules?
4. Some drugs should be avoided in patients with Parkinson's. Which drugs would you avoid and what safer alternatives are available?
5. Do you know who the Parkinson's disease nurse specialist (PDNS), specialist pharmacist, neurology and/or elderly care consultant, physiotherapist and occupational therapist are in your trust?

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### Task 2 – reading

1. Read the following *Clinical Pharmacist* articles on Parkinson's for an overview of drug therapy, symptoms and diagnosis:
  - Parkinson's disease: clinical features and diagnosis (December 2011)
  - Parkinson's disease: management (December 2011)

You can access these articles via the CPPE website – visit:

**<http://www.cppe.ac.uk/learning@lunch>** click on the *learning@lunch* portfolio tab and then on Parkinson's disease.

2. Access the NICE website at: **<http://www.nice.org.uk>** and read the following quick reference guide:
  - CG35 Parkinson's disease (June 2006)

Make a note of the key points that relate to: communicating with people with Parkinson's and their carers; pharmacological interventions; and non-motor features of Parkinson's.

3. Access your trust's clinical policies relevant to the care of patients with Parkinson's. Policies may cover, for example, admission, nil by mouth (NBM) medicines, or administration of time-critical medicines. Think about how these local policies should influence your practice.

### Task 3 – activities

1. Watch the following video on the Parkinson's UK website. In the video people with Parkinson's and their carers talk about why it is important to take their medicines on time, as well as citing some of their experiences in hospital:  
**<http://www.parkinsons.org.uk/default.aspx?page=11002>** scroll down the page to: 'Why it's important to get medication on time'.



The Parkinson's UK DVD, *Medicine management for residents with Parkinson's*, includes videos of patients and healthcare professionals explaining how medicines management affects Parkinson's care. Watch or order the 10-minute DVD here:

**[http://www.parkinsons.org.uk/advice/publications/professionals/get\\_it\\_on\\_time\\_hospital\\_dvd.aspx](http://www.parkinsons.org.uk/advice/publications/professionals/get_it_on_time_hospital_dvd.aspx)**

2. Think about the consequences for the patient and their carers when medicines are not given on time and make relevant notes. You will be considering this issue in more detail at the *learning@lunch flex* event.