

Parkinson's Disease Awareness

A half day course

Parkinsonism is an umbrella term used to cover a range of conditions including Parkinson's Disease, Benign Tremor Conditions' Multiple System Atrophy, Progressive Supranuclear Palsy, Vascular Parkinsonism and Drug-induced Parkinsonism. However, Parkinson's Disease is by far the most common of those conditions.

Current evidence suggests that Parkinson's tends to develop gradually and it may be many months, even years, before the symptoms become obvious enough to seek medical advice. This half day course provides an understanding of the nature of Parkinson's Disease, the major signs and symptoms of it and an awareness of the main treatment processes

Who is it for? This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment

Timetable (may be subject to amendment depending on group need)

Session 1 General introduction to subject of Parkinson's Disease
Prevalence of the disease
Types of Parkinsonism
Major disease symptoms
Symptom Categories – Motor and Non-Motor
Motor Symptoms – Rigidity, Dystonia, Akinesia, Bradykinesia
Non-Motor Symptoms – Neuropsychiatric (e.g depression)
Autonomic Symptoms – (e.g. hypotension)

Session 2 An examination of a variety of symptoms and the appropriate essential care interventions including motor symptoms depression/anxiety; sleep disturbances; Parkinson's dementia; Bladder/Bowel problems; Blood Pressure problems; Eating/Swallowing; Communication difficulties
'Freezing' in Parkinson's; Pain Management; Medication and its Management; Movement and Exercise; Surgical interventions

Learning Outcomes

On completion of this course, participants will be able to:

- Understand the nature of Parkinson's Disease and its main forms
- Understand the essential signs and symptoms of Parkinson's Disease
- Understand the major forms of treatment intervention
- Understand the major sources of help and support

Training Techniques

Didactic teaching, group exercises/case studies; DVD, Q & A and discussion

Delegate requirements

Enthusiasm and a willingness to learn and share!