

Factoid: Parkinson's disease was named after the British doctor James Parkinson, who in 1817 first described the disorder in detail as "shaking palsy."

Top Tips for Clinicians

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Subject	Parkinson's disease – meds, motor and non-motor symptoms, services available to help
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Disclaimer	Intended as good practice prompts only. If in doubt, shout!
Top Tip 1	Incidence Parkinson's disease (Pd) affects 1 in 500 of the general population. 1 in 20 of these are under the age of 40. The incidence increases with age to 1 in 100, over the age of 75.
Top Tip 2	Tremors 75% of people with Parkinson's disease present with tremor. But not all tremors are Pd and Benign Essential Tremor is 8-10x more prevalent than Pd. www.tremor.org.uk/what-is-tremor
Top Tip 3	Presentation The three diagnostic motor signs of bradykinesia, rigidity and tremor are well known. BUT There are also thirty non-motor signs for consideration, e.g. loss of sense of smell, dysphagia, bladder urgency, constipation, anxiety, depression, cognitive impairment, frozen shoulder, low blood pressure, poor sleep, excessive sweating. BUT Not all symptoms are Pd related, e.g. severe pain in hip and groin when walking.
Top Tip 4	Referral NICE 2006 and 2018: Refer <u>untreated</u> to a specialist. Do not stop existing treatment due to neuroleptic malignancy syndrome. www.nice.org.uk/guidance/neurological-conditions/parkinsons-disease-tremor-and-dystonia
Top Tip 5	Medication <ul style="list-style-type: none"> • Madopar/Co-beneldopa dispersible are not the same as Madopar/Co-beneldopa capsule. The former is quick acting, short lived and used for a boost. The latter is longer lasting and preferred for regular dosing • Half Sinemet CR 25/100mg is not Sinemet CR 50/200mg 'cut in half'. To avoid confusion, search for Co-careldopa MR 125mg, instead.
Top Tip 9	Drugs to Avoid Avoid dopamine depleting drugs, eg; metochlopramide, prochlorperazine, haloperidol. The best anti-emetic for a person with Parkinson's is Domperidone.
Information	www.parkinsons.org is a useful website for patients and professionals YouTube videos of Parkinson's related topics www.youtube.com/user/parkinsonsUK Local support worker for PUK Bradford Branch – email: scrabtree@parkinsons.org.uk
My CPD	<i>Document the key points simply, reflect on what it means for me, so what?</i>