

Everyday life with Parkinson's disease

- Module: Introduction to Research (BMHP5005)
- Assessment 2: Presentation
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Introduction

- The focus of this research is on what kind of support patients with Parkinson's disease need in their daily lives.
- Parkinson's disease is a progressive neurological condition that damages parts of the brain and worsens over time (NHS. UK).
- Approximately 1 in 500 people in the United Kingdom is currently affected by Parkinson's disease (Parkinson's UK, 2015).
- This presentation is aimed to present what the needs of people with Parkinson's disease and their families are and how they can be supported.
- The objective of this presentation is to present how health and social care professionals collaborate with the patient and patients' relatives.
- A systematic review methodology, guided by CASP's checklist, is used.

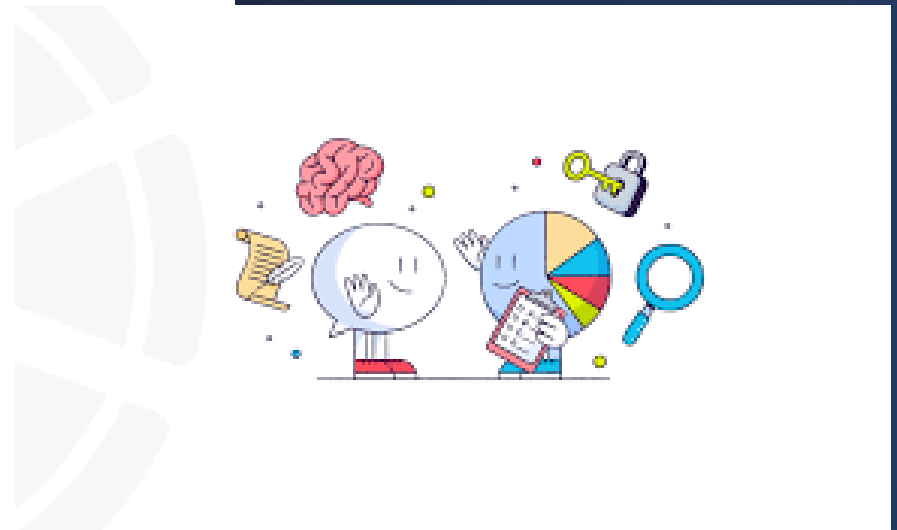
Parkinson's signs and symptoms may include:

- ▶ Tremor.
- ▶ Slowed movement (bradykinesia).
- ▶ Rigid muscles.
- ▶ Impaired posture and balance.
- ▶ Loss of automatic movements.
- ▶ Speech changes.
- ▶ Writing changes.



Methods

- For this study, were used primary research articles from three separate teams.
- Keywords: Parkinson's disease, patient support, caregiver challenges, family impact, quality of life with Parkinson's disease.
- Databases used for this research - UWTSD library and online resources.
- Inclusion criteria - The research used is Academic general and primary research published in the last decade in a UK context, only sources in English were used.
- Exclusion criteria - No sources in other languages were used, no studies related to other countries were included, no books were used as sources of information.



Literature Review

Source citation	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Read et al. (2022)	The experiences of people with Parkinson's and their family members To explore the phases and changes in their lives.	Qualitative study using interviews. Thematic analysis used to identify recurring themes and patterns within the collected data.	The study explored transitions in Parkinson's disease, revealing emotional impacts, communication challenges, and the need for support.
Kang, M. and Ellis-Hill, C. (2015)	To investigate how persons with Parkinson's disease successfully live their lives and what factors contributed to the degree of success.	Interviews with voluntary participants living with Parkinson's disease for 2–16 years.	This study shows us the world of patients and what care is needed for individual patients.
Armstrong et al. (2021)	The study aim is to understand how self-management techniques can improve quality of life Parkinson's disease patients.	Multi-disciplinary teams providing care for people with Parkinson's across London, Coventry and Hertfordshire took part in focus groups conducting individual interviews.	Better understanding of the issues of empowerment, motivation, caregivers, and contextual barriers that prevent people with Parkinson's from using effective self-management approaches.

Results

This study explored the perception of successful living in people with Parkinson's disease.

- Team 1
 - Three main phases of transition from a place of health to greater dependence on others.
- Team 2
 - Factors contributed to the degree of successful live their lives in patients with Parkinson's disease : positive mindset, determination, acceptance of new challenges and family support.
- Team 3
 - Empowerment of patients through holistic care and being person-centered.
 - Maximizing motivation and capability for patients, for example using asset-based approaches and increasing opportunities.
 - Importance of empowerment of carers to support self-management.
 - Barriers to self-management, such as the social context.



Discussion



Key findings:

Information about the subjective experience of living with Parkinson's disease, including the level of self-care success at any given time and what led to that success for the patient.



Key themes:

Emotional impact.

What care is needed for individual patients.

Barriers that prevent people with Parkinson's from using effective self-management approaches.

Conclusion

- This study showed the multifaceted impact of Parkinson's disease on patients, families and caregivers.
- It helps us gain knowledge about the world of people with Parkinson's disease and what it takes to live a fulfilling life.





References

- Armstrong M. et al. (2021), *Health care professionals' perspectives on self-management for people with Parkinson's: qualitative findings from a UK study* [Online], Available at: <https://mail.google.com/mail/u/1/#inbox/KtbxLxglqlndDqqFQlXbDSWVHCjKtrpdgV?projector=1&messagePartId=0.2>, (Accessed: 03. August. 2023)
- Kang, M. and Ellis-Hill, C. (2015), *How do people live life successfully with Parkinson's disease?* [Online], Available at: <https://mail.google.com/mail/u/1/#inbox/KtbxLxglqlndDqqFQlXbDSWVHCjKtrpdgV?projector=1&messagePartId=0.1>, (Accessed: 03. August. 2023)
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