

## Community Parkinsons Nurse Specialist Service

The Community Parkinsons Nurse Specialists provide medical care and support for people with movement disorders, including Parkinson's disease, Multiple System Atrophy (MSA) and Progressive Supranuclear Palsy (PSP). Parkinson's disease (PD) is a movement disorder; a condition that can cause tremor, stiffness in muscles and slow movements. It is a very individual condition, with symptoms and rates of progression varying from person to person.

We offer an open access service providing you have a confirmed diagnosis for Parkinsons or an associated condition.

### I cannot get to a clinic; can I still see a member of the team?

Home visits can be arranged for housebound patients unable to attend any outside appointments. Exceptions maybe made at the nurse's discretion in extreme circumstances. Patients reviewed at home must have a formal diagnosis from a Consultant as per NICE guidelines. Arrival time for home visits will be within an hour of appointment time, we appreciate your understanding of the need to be flexible due to unforeseen circumstances.

### Telephone support

Telephone clinics are available. Please ring your Community Parkinson's Nurse Specialist. For out-of-hours, please ring the Parkinson's UK Helpline: 0808 800 0303.

### Who do I call?

If you notice a sudden change in your Parkinson's symptoms this is usually due to an underlying cause (for example - an infection or constipation), please follow the chart provided for guidance.



### General Information:

- You must inform the DVLA and Insurance company of any diagnosis.
- It is also important to monitor for side effects such as compulsive behaviours, hallucinations or increased dizziness, please contact your team if you develop these issues.
- It is important to keep hydrated, avoid constipation and take medications on time.

## Commonly used medical terms:

- Tremor – Involuntary, rhythmic muscle contraction and relaxation, can affect hands, arms, eyes, face, head, vocal cords and trunk, Legs.
- Dyskinesia - Involuntary movements often a side effect of taking Parkinson's medication for a long time.
- Freezing - A symptom where someone may stop suddenly while walking or initiating movement.
- ON/OFF State - 'On' means the drugs are working and you feel at your most able. 'Off' when you feel unable to move or function as normal and medication feels as though it isn't working.
- Hypomimia - Lack of facial expression.
- Hypophonia - Quiet speech.
- Dysarthria - Difficult or unclear speech.
- Aphasia/ Dysphasia - Impairment of language affecting the production or comprehension of speech.
- Dyspepsia – Indigestion.
- Rhinorrhoea - Runny nose.
- Sialorrhea - Drooling or excessive salivation.
- Bradykinesia - Slowing of voluntary movements.
- Akinesia - Loss of ability to move muscles voluntarily.
- REM sleep Disorder - Acting out of dreams that may be vivid, intense or violent.
- Impulse Control Disorder (ICD) - Behaviour resulting from an uncontrollable need to perform a particular action.
- Restless leg syndrome (RLS) - Uncomfortable or unpleasant sensations in your legs and an irresistible urge to move them.
- Hallucinations - when a person see's, hears feels or tastes something that doesn't exist.

- Dysphagia - Swallowing difficulties.
- Cognitive processes - Mental process involving thinking and memory

## Contact Details

The Community Parkinson's Nurse Specialists are divided into community localities based on GP practice.

### **Claire Soper Community Parkinson's Nurse Specialist**

Exeter, Okehampton, Crediton

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Mid and East Devon

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## Local support / branch groups

### **Parkinson's UK.**

Helpline: 0808 800 0303

Website: [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

### **PSP Association**

Helpline: 0300 0110 122

Website: [www.pspassociation.org.uk](http://www.pspassociation.org.uk)

### **MSA Trust**

Helpline: 0333 323 4591

Website: [www.msatrust.org.uk](http://www.msatrust.org.uk)

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