



Excellence Network projects awarded grants in 2022

Aligning management of bone health in Parkinson's with the new 2021 The National Osteoporosis Guideline Group (NOGG) guideline.

University of Bristol

The Ageing and Movement Research Group from the University of Bristol are updating the BONE-PARK algorithm to reflect the most recent research in bone health management and thus improve bone health for people with Parkinson's across the UK. Dr. Emily Henderson and her collaborators Veronica Lyell, Michael O Breasail and Celia Gregson will be undertaking this work. The project promises to provide current and standardised risk assessment protocols and treatment recommendations for improved bone health management along with supporting greater awareness/a bigger call to action among multidisciplinary clinicians through the revised algorithm. People with Parkinson's have helped shape this project and will further be involved in co-producing educational materials in various formats to support a diverse and representative Parkinson's community to make better decisions about their bone health.

Developing and expanding a palliative care service for people living with the impact of Parkinson's disease, in Bristol, South Gloucestershire and North Somerset.

North Bristol NHS Trust

Dr Ed Richfield and his colleagues from North Bristol Trust (Emma Straton) and St. Peter Hospice (Bethany Wright and Caroline Mundy) are developing and expanding the multidisciplinary palliative care service for people living with the impact of Parkinson's within this region. Integrated palliative care models for Parkinson's are lacking compared to other neurodegenerative conditions, and this project has proposed to create a sustainable model which will address this unmet need and provide equitable and timely access to those who most require it. Psycho-social support and communication support are two key areas which the clinic is introducing in this offer. The project proposes support for not just people with Parkinson's but also their carers and loved ones. This model will be commissioned for the region at the end of the project and is highly likely to influence national practice.

Redeveloping PD MedCalc.

Wansbeck General Hospital, Northumbria Healthcare NHS Trust

Dr. James Fisher from the Wansbeck General Hospital (Northumbria Healthcare NHS Foundation Trust) and his collaborators at Manifesto Digital have undertaken the redevelopment and redesign of PD MedCalc to improve the safety, user interface and usability to current treatment standards. PD MedCalc is an online medication calculator that assists with the conversion of a patient's Parkinson's medication to non-oral form. Dr Fisher will also apply to register the tool as a medical device with the Medicines and Healthcare products Regulatory Agency (MHRA) upon completion of the redesign.

To run Exercise and Education Sessions for the Newly Diagnosed Parkinson's patients within 6/12 months of their diagnosis to attend once a week for 10 weeks

Isle of Wight NHS Trust

Physiotherapist Rebecca Verling aims to support people with Parkinson's who are newly diagnosed through a group-based education and exercise programme within 6 to 12 months of their diagnosis through this project. After a successful pilot, the project is now extending the service to a newer patient base and continues to apply quality improvement methodology to the project to make it sustainable and replicable in collaboration with the Excellence Network service improvement team. The project is likely to encourage self-management and enhance knowledge of the condition while impacting Activities of Daily Living and functional mobility. It will also test a cost-effective way of offering support to those newly diagnosed through a group based approach which might reduce waiting times to being seen by AHCPs. Given the geography of the project, it is highly likely to tackle health inequalities.

“Start right; stay well”: a screening tool that ensures that people with Parkinson's Disease have safe and timely nutrition, hydration and medication when acutely unwell.

Buckinghamshire Healthcare NHS Trust (BHT)

Justine Greene, a specialist Speech and Language therapist (SLT) at BHT, aims to develop and pilot a swallow screening tool for the assessment of people with Parkinson's in acute settings. A review of current literature highlighted the lack of validated tools for use in the acute setting with non-stroke patients. The tool will be designed to rapidly identify people with swallowing difficulties within the first few hours of admission to reduce the risks associated with the poor management of dysphagia. The tool will be developed through a Model for Improvement Framework using PDSA (Plan Do Study Act) cycles, with support from the BHT Quality Improvement team. A pharmacist has been included in the project team given the association between dysphagia and access to time critical medications. The hope is that the new tool can easily be picked up by other trusts and health boards. A training programme has been incorporated into the project to raise awareness of dysphagia in people with Parkinson's, an often under-recognised symptom among patients and

professionals alike. The local Parkinson's UK group is very supportive of the project and will be involved throughout to maximise the impact of the project.

**An exploration of service users' perceptions of the Parkinson's Beat Programme.
*Robert Gordon University, Aberdeen***

Dr. Julie Jones in collaboration with Dr. Yoon Irons (University of Derby) have partnered with two people with Parkinson's, Jo Holland and Allison Williams to evaluate service user perceptions of the Parkinson's Beats programme. This is a novel and exciting cardio drumming exercise programme that incorporates drumming a large ball with sticks along with the beats of music. The routine targets flexibility, balance and strength training and the addition of music results in added benefits relating to mood and well-being. The project will further measure the impact of the exercise routine on quality of life, balance and functional mobility.

Please note that this type of project would now fall out of the remit of the Excellence Network Project Grants Scheme, which was revised in 2023.