



Parkinson's Learning Pathway for Therapists

OT, Physio and SLT

[Click to enter](#)



Welcome

Contact
us

How it works

Start

Welcome

Dear colleague,

In collaboration with therapist colleagues and the Parkinson's Academy, Parkinson's UK has created this bespoke Learning Pathway for occupational therapists, physiotherapists and speech and language therapists. This simple roadmap brings together information about relevant resources, professional development and CPD opportunities into one easily accessible place. To navigate the Learning Pathway just read on and select your profession to start to explore according to your interests and learning needs. The pathway is designed to help you find relevant resources, study days and courses to develop your knowledge and skills about Parkinson's.

This tool can help therapists like you to develop professional insights and support you in providing the highest quality care for people living with Parkinson's. As therapists, many of us struggle to find the right training opportunities to develop both our understanding of Parkinson's and about ways to assess and treat people living with the condition. Results from the 2019 UK Parkinson's Audit show that although the majority of services have access to physiotherapy, occupational therapy or speech and language therapy, patients are not consistently being referred. However, having Parkinson's will affect every assessment and intervention required, and understanding the particular challenges and features of the condition will ensure better assessments and treatment.

So, please enjoy exploring this directory of ways to learn about Parkinson's and share it with your colleagues. You are free to look at the paths for the other therapy professions if you wish as you will see there is a lot of overlap between the individual therapies reflecting the diverse roles undertaken by therapists in different settings and services around the UK.

Finally, this is our Learning Pathway so if you discover a training course happening in your area that you think should be added, then please get in touch so that we can keep the pathway up to date.

Best wishes,
Claire Johnson, Specialist Occupational Therapist
Fiona Lindop, Specialist Physiotherapist
Caroline Bartliff, Specialist Speech & Language Therapist

Next

Home

Physio

OT

SLT



Welcome

Contact
us

How it works

Start

Home

Physio

OT

SLT

Contact us

We would love to know what you think of the Learning Pathway and if there are any other courses near you that could be added to it.



Email

You can email us at: education@parkinsons.org.uk



Twitter

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Next

Welcome

Contact
us

How it works

Start

Home

Physio

OT

SLT

How to use the Learning Pathway

This Learning Pathway is for occupational therapists, physiotherapists and speech and language therapists of all levels, working in any setting with people with Parkinson's.

The pathway is designed to be easy to navigate and has three main routes, allowing you to explore according to your therapy profession by clicking on the circular icons on the right (Physio, OT, SLT):

Physio

OT

SLT

You can also explore different learning categories by clicking on the different menu tabs (About Parkinson's, Motor Symptoms and Non-Motor Symptoms) and their sub-tabs (Resources, Clinical Topics and Non-Clinical Topics) for each profession:

About Parkinson's

Resources

Motor Symptoms

Clinical Topics

Non-Motor Symptoms

Non-Clinical Topics

The Learning Pathway contains many resources and courses about Parkinson's, which give useful overviews of the condition, general resources and ways to learn about specific issues.

The sections about motor and non-motor symptoms contain some additional materials about common therapy issues. Further resources will be added in the future.

Please note all course information is correct at the time of publication in January 2024. The next update for this publication is July 2024.

Next

Welcome

Contact
us

How it works

Start

Start



Which profession are you?

Physio

OT

SLT

Back

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms
Clinical Topics

Non-Motor Symptoms
Non-Clinical Topics

Home

Physio

OT

SLT

Physiotherapy

Dear Physiotherapist,

Welcome to this Learning Pathway that has been specifically designed for physiotherapists working with people with Parkinson's.

With the current pressures on the NHS, it has become increasingly difficult for many physiotherapists to access relevant continuing professional development (CPD) which will enable us to develop our knowledge and skills, and to deliver the best standard of care for people with Parkinson's.

In clinical practice it may not be possible to carry out separate physiotherapy assessments when the person with Parkinson's is "off" as well as "on", which would reveal a wide range of ability in most cases. To capture the effects of the condition, it is therefore important to establish what changes in mobility the person with Parkinson's experiences at different times of the day. It is essential to consider hand function (dexterity, co-ordination and power), gait, balance, posture, transfers (both on and off chairs) using a bath or shower and toilets, as these daily activities are also commonly affected by living with Parkinson's.

Check if any individual is able to perform physical actions observed during an assessment to the same level in their own daily life and at different times of the day. Be aware that even if a person with Parkinson's can get on and off a treatment bed or plinth, at home, transfers in and out of bed, and adjusting position in bed, can be problems – especially in the later part of the night. As a physiotherapist, with the right knowledge and skills, you can enable your patients to manage the diverse symptoms of the condition better.

So, let this Learning Pathway inspire and guide you to find out more about Parkinson's and how to address the symptoms of people living with the condition. And finally, please enjoy exploring and sharing this tool with your physiotherapy and other therapy colleagues.

Best wishes,
Fiona Lindop
Specialist Physiotherapist and Clinical Lead Therapist, for the UK Excellence Network

Continue

About Parkinson's

When assessing and devising an intervention plan with a person with Parkinson's it is important to consider the following points:

- It is important for people with Parkinson's to take their medication at the time that is prescribed for them. Timing of the most recent dose of Parkinson's medication can affect all physical and cognitive abilities. Functional ability is also closely linked to context, setting and time of day or night.
- If a person with Parkinson's is admitted to hospital it may be more difficult to ensure medication is taken on time. When working with in patients, ensure they are getting their medication on time. Not getting medication on time (or at all, in some cases) can cause a longer length of stay and temporary or lasting detriment to the person's mobility on discharge from hospital (or other residential settings).
- Functional ability is not fixed and can range between immobility and ability to perform complex movements over the course of a single day and can even fluctuate in a single hour or less. People with Parkinson's can experience periods of being "off". An "off" period happens when medication used to treat Parkinson's is not as effective as it is when the person is "on", may last minutes or hours, and is not always predictable. An "off" period can range in severity from increased motor or non motor symptoms, to the person being unable to walk or transfer at all.
- Physiotherapy assessment should include core areas of gait, balance (including falls risk), transfers and functional ability. The physiotherapist can find guidelines for assessment in the [European Physiotherapy Guideline for Parkinson's Disease](#) . This comprehensive guide includes Parkinson's specific outcome measures for physiotherapy.
- Exercise advice is very important from the outset, and people with Parkinson's should be offered advice and, if necessary, intervention on increasing activity levels, from diagnosis onwards.

Close

Resources (1 of 2)

- [NICE Guidance](#) The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. This 2017 guideline update is about diagnosing and managing Parkinson's in adults.
- [NICE Parkinson's disease quality standard \(QS164\)](#) This quality standard covers the management of Parkinson's in adults.
- [Falls and Parkinson's](#)
- [Lindop Parkinson's Assessment Scale](#) The LPAS is a validated, physiotherapy-specific function measurement tool to assess the gait and bed mobility of people with Parkinson's.
- [Providing better support to people with Parkinson's in the community and preventing unnecessary hospital admissions](#) Interactive guide.
- [Emergency management of patients with Parkinson's](#) Particularly useful for professionals who don't see people with Parkinson's day-to-day.
- [House of Care – a framework for long term condition care](#) A model to be used as a checklist for high-quality person-centred coordinated care
- [Progressive Neurological Conditions Toolkit](#) a toolkit from NHS Rightcare to support systems to understand the priorities in care for people living with progressive neurological conditions
- [2-minute Neuroscience: Basal Ganglia](#) YouTube video
- [Physical Activity and Exercise for people with Parkinson's](#)
- [Swimming as Medicine](#)

[Next](#)[Home](#)[Physio](#)[OT](#)[SLT](#)

About Parkinson's

▶ Resources ◀

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

Non-Clinical Topics

Resources (2 of 2)

- [Signposting from diagnosis](#)
- [Your patient with Parkinson's: Providing evidence to benefits assessors](#) A useful guide on how to support a patient's benefits claim.
- [Anticipatory Care Plan](#) Outlines common complications people with Parkinson's might experience in the community, why these may arise and what actions professionals can take to address them to prevent an unnecessary hospital admission.
- [Caring for your patient with Parkinson's](#) Booklet for hospital staff.
- [AHP Competencies in Long Term Neurological Conditions](#) – (includes specific Parkinson's competencies for Physiotherapists, OTs, Speech & Language therapists and Dietitians)
- [COVID-related resources](#)
- [Exercise Professionals](#)
- [Exercise Hub](#) – find events and activities near you
- [Moving Medicine](#) – a resource to help healthcare professionals integrate physical activity conversations into routine clinical care
- [WHO Parkinson's disease](#) A public health approach technical brief
- [Physical Therapist Management of Parkinson's disease](#) A clinical practice guideline from the American Physical Therapy Association
- [Therapists Induction](#)
- [Kinetics Film](#)
- [The Lancet - Parkinson's Disease](#) Series of articles on Parkinson's epidemiology, pathogenesis, medical, surgical and physical treatment
- [Good Brain, Bad Brain](#)

Close

Home

Physio

OT

SLT

About Parkinson's Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Self-directed learning:

- [Parkinson's Awareness: A 15 Minute Online Presentation For Ward Staff](#)
- [Parkinson's Foundation Modules](#)
- [Understanding Parkinson's Online for Health and Social Care Staff](#)
- [A Map of Parkinson's: Introduction Module](#)
- [Parkinson's: managing palliative and end of life care](#)
- [Managing bone health and fracture risk](#)
- [Podcast: learn about Parkinson's](#)
- [Get it on time: Parkinson's Medication](#)
- [Get it on time – for staff who don't administer](#)
- [Lewy Body Dementia Bitesize](#)
- [Mental health professionals - what you need to know about Parkinson's](#)

Study days and longer courses ranked in order of complexity:

- [Multidisciplinary Management of Parkinson's](#)
- [Foundation Masterclass](#)
- [Advanced Masterclass](#)
- [Multidisciplinary Management of Parkinson's Advanced Course](#)
- [Atypical Parkinson's Course](#)
- [Enhanced Parkinson's Disease Management](#)

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's Awareness: A 15 Minute Online Presentation For Ward Staff

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's awareness: a 15-minute online presentation for ward staff](#)

This presentation is for any staff working on a hospital ward. It pulls together the key symptoms and issues that can impact of a person with Parkinson's and their care when admitted to a hospital ward.

Learning outcomes:

After viewing this presentation you will have:

- An increased knowledge and understanding of Parkinson's
- A better understanding of the needs of people living with Parkinson's, and their families
- Recognition of the importance of time-sensitive drug management
- Knowledge about the resources available to improve practice in hospitals, therefore improving care for people with Parkinson's.

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's Foundation Modules

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: Foundation modules for health and social care staff](#)

This course is suitable for anyone working in health or social care who requires a foundation understanding of Parkinson's. It is self directed learning so you can work through the interactive learning units at a pace suitable to your needs. You can choose to complete the whole course or pick a combination of learning units. You can expect the full course to take a minimum of 10 hours learning.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- What Parkinson's is
- How Parkinson's is diagnosed
- The symptoms of Parkinson's
- Treatments available for the condition, and their potential side effects
- What actions you can take to help make sure that every person with Parkinson's received the best care possible.

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
- The communication and cognitive challenges associated with Parkinson's, their impact and ways to deal with them.

Next

Home

Physio

OT

SLT

A Map of Parkinson's

Course provider: Phoenix-Aragon Education

Cost: Price on application

Web page: [Find out more on A Map of Parkinson's](#)

This innovative, online self-study course enables allied health professionals to work more effectively with people living with Parkinson's.

Learning outcomes:

- To gain awareness of the motor and non-motor nature of Parkinson's
- To explore the modern multidisciplinary approach to the management of people living with Parkinson's, including the basics of anti-Parkinson's medications and the roles of a range of healthcare professionals.
- To consider the process of diagnosis, alternative diagnoses and related conditions.
- To build on foundation knowledge established in the Overview module, to cultivate an in-depth/specialist understanding of the many motor and non-motor symptoms of Parkinson's.
- To learn about the management of Parkinson's symptoms, the role of medication and other approaches to aid people with the condition in coping.
- To spark further self-guided exploration of any chosen topic, according to work roles and interests, through access to additional online resources – and other information signposted within the course.

Next

Home

Physio

OT

SLT

Parkinson's : Managing palliative and end of life care

Course provider: Parkinson's UK and the Open University

Cost: Free

Web page: [Find out more on Parkinson's: Managing palliative and end of life care](#)

This course has been designed for professionals, such as Parkinson's specialist nurses and other clinicians, who work as part of the specialist team during the palliative and end of life phases. This is a self directed course, so you can work through the interactive learning units at a pace suitable to your needs. You can expect the full course to take a minimum of 10 hours to complete.

Learning outcomes:

- To gain an understanding of the principles of palliative and end of life care, and how these can be applied in Parkinson's
- To understand how to identify the challenges in practice of applying palliative and end of life care principles in Parkinson's
- To understand the theory of advance care planning and the issues involved, such as power of attorney or advance decision to refuse treatment
- To understand the symptoms which indicate the end of life phase in Parkinson's and the issues in management of this phase
- To understand the importance of the family/carers of the client and their needs throughout the end of life phase through to bereavement

Next

Home

Physio

OT

SLT

Managing bone health and fracture risk

Course provider: Parkinson's UK and the Open University

Cost: Free

Web page: [Find out more on Parkinson's: Managing Bone Health and Fracture Risk](#)

This course has been designed for professionals who already have a good understanding of Parkinson's. This is a self directed course, so you can work through the interactive learning units at a pace suitable to your needs. You can expect the full course to take a minimum of 10 hours to complete.

Learning outcomes:

- To understand the importance of falls and fracture prevention in Parkinson's
- To be able to determine the general and Parkinson's-specific risk factors that can lead to falls
- To understand the consequences of a fall, particularly the sequelae of hip fracture
- To understand the nature of osteoporosis and identify the particular contributors to osteoporosis in Parkinson's
- To be able to use FRAX and QFracture risk assessment tools appropriately to determine osteoporosis risk in Parkinson's
- To interpret the osteoporosis risk within the current NOGG treatment guidance and understand the limitations of this guidance in Parkinson's
- To be able to devise a management plan for a person with Parkinson's according to the algorithm provided
- To be able to describe the treatment options for osteoporosis, the main side effects, strengths and limitations of each drug class in Parkinson's

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Podcast: learn about Parkinson's

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Podcast: Learn About Parkinson's](#)

Learn about Parkinson's is a free podcast that shares lived experiences from a person with Parkinson's, a carer and a Parkinson's nurse. This learning resource is for all health and social care professionals. This podcast learning is self-directed, and you can complete it at your own pace. There are 3 sections to the podcast, totalling 75 minutes.

Learning outcomes:

After listening to this podcast, you will

- have better knowledge and understanding of Parkinson's
- better understand the needs of people living with Parkinson's and their families
- recognise the importance of time-sensitive drug management
- understand the role of the Parkinson's nurse and what's available to improve practice, therefore improving care for people with Parkinson's.

Next

Home

Physio

OT

SLT

Get it on time: Parkinson's medication

Course provider: Parkinson's UK/Lancashire Teaching Hospitals NHS Foundation Trust

Cost: Free

Web page: [Find out more on Get It On Time – Parkinson's Medication](#)

This is a self directed course, so you can work through the interactive learning units at a pace suitable to your needs. You can expect the full course to take between 1 and 2 hours to complete, and you will be provided with a certificate of completion at the end, giving 1 CPD point.

Learning outcomes:

- To be able to recognise and appreciate key Parkinson's symptoms
- To improve your practice in caring for people with Parkinson's
- To improve your practice in the management of Parkinson's
- understand why it is vital that Parkinson's medication is given on time

Next

Home

Physio

OT

SLT

Get It On Time – Parkinson's medication for staff who don't administer

Course provider: Parkinson's UK

Cost: Free

Duration: 1 hour minimum

Web page: [Find out more on Get It On Time – Parkinson's medication for staff who don't administer](#)

The course focuses on the importance of Parkinson's medications being given on time, with a particular focus for staff who don't administer medications.

Learning outcomes

The course focuses on the following areas:

- What is Parkinson's?
- The symptoms of Parkinson's.
- Treatments for Parkinson's.
- Why medicine should be given on time.

These will enable participants to:

- recognise and appreciate key Parkinson's symptoms
- improve their practice in caring for people with Parkinson's
- understand why it is vital that Parkinson's medication is given on time

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Lewy Body Dementia Bitesize

Course provider: Lewy Body Academy/Neurology Academy

Cost: Free

Duration: Up to 15 minutes each

Web page: [Find out more on Lewy Body Dementia Bitesize](#)

This course is perfect for anyone working in neurology, medicine for the elderly or old age psychiatry. The course is also useful for therapists, those in nursing roles in hospital or the community, and could provide helpful baseline knowledge for those in general practice.

Learning outcomes

Our Lewy Body Bitesize course is intended for anyone looking to develop a basic understanding of Lewy body dementia:

- what it looks like and how to diagnose it
- effective management across different types of symptoms
- future treatment opportunities.

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Mental health professionals - what you need to know about Parkinson's

Course provider: Parkinson's UK

Cost: Free

Duration: 15 minutes

Web page: [Find out more on Mental health professionals - what you need to know about Parkinson's](#)

This 15-minute course provides a background to understanding Parkinson's and discusses the mental health specific aspects of the condition that are of direct relevance to professionals working in mental health services. This course has been developed to assist mental health professionals in continuing to support people with Parkinson's, as effectively as possible.

What will participants learn?

The course covers the following areas:

- What Parkinson's is
- The impact of a diagnosis
- Common psychological difficulties associated with Parkinson's

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Multidisciplinary Management of Parkinson's

Course provider: National Centre of Rehabilitation Education (NCORE)

Cost: Price on application

Contact: dhft.ncore@nhs.net (01332) 254679

Web page: [Find out more on Multidisciplinary Management of Parkinson's](#)

Hosted by Derby Teaching Hospitals, Derby. This is a basic level course, which runs every 2 years.

Learning outcomes:

Learners will come away from this course with an understanding of:

- The aetiology and pathology of Parkinson's.
- Drug actions, options and importance of getting medication on time in Parkinson's.
- The many non-motor symptoms of Parkinson's.
- The best practice and current evidence-based therapy management of Parkinson's, including physiotherapy, occupational therapy, and speech therapy.
- How to use cues and strategies in Parkinson's management.

Next

Home

Physio

OT

SLT

Foundation MasterClass

Course provider: Neurology Academy

Cost: Price on application

Web page: [Find out more on Foundation MasterClass](#)

This course is designed for non-final year registrars, old age psychiatry registrars, Parkinson's nurses within the first 18 months of post, occupational therapists, speech and language therapists, pharmacists, clinical fellows and clinical lecturers. The course is set as one module over two days with one residential evening. The course will advance understanding of Parkinson's and related movement disorders taught through sessions.

Learning outcomes:

Learners will come away from this course with an understanding of:

- Epidemiology, genetics, anatomy and basic pathophysiology of Parkinson's.
- Differential diagnosis including clinical imaging.
- Understand motor and non-motor symptoms.
- Clinical skills, challenge tests and simple neurological examination.
- Early treatment options.
- Management of late-stage disease: drugs, invasive options, surgery.
- Management of non-motor symptoms.
- Issues relating to inpatients with Parkinson's.
- Neuropsychiatric complications.
- Palliative care.

Next

Home

Physio

OT

SLT

Advanced MasterClass

Course provider: Neurology Academy

Cost: Price on application

Web page: [Find out more on Advanced MasterClass](#)

Module 1: <https://neurologyacademy.org/events/course/pdamc42-parkinsons-advanced-masterclass-42-module-1>

This course is designed for consultants, experienced Parkinson's nurses, final year registrars, final year old age psychiatry registrars, GPwSIs, experienced neurosciences pharmacists, associate specialists and staff grade physicians. The course will advance understanding of Parkinson's and related movement disorders through taught sessions and mentorship (a mentor will be appointed for each participant where applicable). The Advanced MasterClass programmes are approved by the Federation of the Royal Colleges of Physicians of the United Kingdom for 27 category 1 (external) CPD credits.

Learning outcomes:

Learners will come away from this course with an understanding of:

- Basic pathology, anatomy, genetics and neurophysiology of Parkinson's.
- The basics of building a Parkinson's service.
- Differential diagnosis.
- The principles of "giving" of the diagnosis to patients and carers.
- Early treatment options.
- Practical aspects of the management of dementia, depression, anxiety and psychosis in Parkinson's.
- Non-motor issues.
- Drug management in complex disease.
- Transition from complex to palliative care.
- Surgical procedures, selection, suitability and practical aspects.
- Current evidence for practice.

Next

Home

Physio

OT

SLT

Advanced Course: Multidisciplinary Management of Parkinson's

Course provider: National Centre of Rehabilitation Education (NCORE)

Cost: Price on application

Web page: [Find out more on Advanced Course: Multidisciplinary Management of Parkinson's](#)

Runs most years in May or June. Hosted by Florence Nightingale Community Hospital, Derby, DE1 2QY. Email: uhdb.ncore@nhs.net. Phone: (01332) 254679.

This 2-day course is aimed at all grades of Allied Health Professionals (AHP), nurses and physicians who have some experience of treating people with Parkinson's and may have previously attended the Derby Parkinson's Courses e.g. NCORE Multidisciplinary Management of Parkinson's or other relevant training. The programme will cover management at each of the 4 stages of Parkinson's – Diagnosis, Maintenance, Complex and Palliative, with emphasis on the latter 2 stages and covering the impact of hospitalisation on people with Parkinson's. It will also cover the principles of multidisciplinary team (MDT) working including integrating an understanding of emotion, behaviour and cognition into MDT working. Motor and nonmotor symptoms will be covered and principles of therapeutic management for different AHP disciplines. Each session will be led by a clinical specialist in the field of Parkinson's.

Aims and Objectives

- Gain understanding of problems and management at each stage of Parkinson's, with emphasis on the complex stage and the palliative approach to management.
- Gain an understanding of multidisciplinary team working in Parkinson's, incorporating an understanding of emotion, behaviour and cognition.
- Understand the impact and implications of hospitalisation on people with Parkinson's.
- Increase knowledge of impact and management of motor and non-motor symptoms
- To gain knowledge of the best practice and current evidence-based management of Parkinson's Disease, including Physiotherapy, Occupational Therapy and Speech & Language Therapy

Next

Home

Physio

OT

SLT

Atypical Parkinson's Course

Course provider: National Centre of Rehabilitation Education (NCORE)

Cost: Price on application

Web page: [Find out more on Atypical Parkinson's Course](#)

Hosted by Derby Teaching Hospitals, Derby, DE1 2QY. Email: dhft.ncore@nhs.net. Phone: (01332) 254679.

A one day course on conditions related to Parkinson's including MSA, PSP and vascular dementia. The next course date is TBC.

These sessions led by Derby Parkinson's Team are recommended for allied health professionals with an interest in neurological conditions. Therapy management will be addressed and workshops for individual disciplines will form part of the day. Patients will give their perspective of some of these conditions.

Learning outcomes:

Learners will:

- Gain an increased knowledge and understanding of multiple system atrophy (MSA), progressive supranuclear palsy (PSP), corticobasal degeneration (CBD) and Lewy body dementia (LBD).
- Understand the management of these conditions.
- Understand and know how to implement therapy interventions.
- Have an understanding of how such conditions can impact an individual.

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Enhanced Parkinson's Disease Management

Course provider: University of Plymouth

Cost: Check with provider

Web page: [Find out more on Enhanced Parkinson's Disease Management](#)

This 40 credit degree-level module enables you to become competent in assessing, planning, delivering, evaluating and leading the care of people with Parkinson's disease; and to give support and advice to their carers. You will develop an enquiring mind for leading and influencing change in Parkinson's disease service. With subject specific knowledge and skill, you will be able to promote high quality care within the clinical setting through dissemination of evidence based information. The course is normally planned to run over a six month period whereby you will attend taught sessions. Delivery consists of keynote lectures, group work, expert patient, student led activities, digital media and blended learning.

Learning outcomes:

At the end of the module the learner will be expected to be able to:

- Demonstrate a significant knowledge and critical understanding of the physical and psychosocial implications of Parkinson's disease for the individual and carer.
- Systematically assess, plan, implement and critically evaluate the care of the Parkinson's disease patient and their carer.
- Lead and work effectively and collaboratively to meet the needs of the individual client and demonstrate leadership to ensure high quality, effective management of Parkinson's.
- Systematically apply an in depth knowledge of the pathophysiology of Parkinson's and analysis of its pharmacological management and use this to support the learning of others.
- Critically apply relevant evidence to support care management and service development.
- Identify, discuss and apply political and professional issues related to this area of healthcare.

Close

Home

Physio

OT

SLT

About Parkinson's Resources

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

▶ Non-Clinical Topics ◀

Non-clinical topics offer ways to learn about Parkinson's and to share your insights with your colleagues. Find out how to improve your knowledge, skills and confidence, improve your clinical practice and increase your organisation's efficiency, and cascade learning throughout your organisation.

- [Understanding Parkinson's Online](#)
- [Parkinson's: Train the trainer](#)
- [Introduction to Clinical Research \(NIHR Learn\)](#)

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

▶ Non-Clinical Topics ◀

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
- The communication and cognitive challenges associated with Parkinson's, their impact and ways to deal with them.

Next

Home

Physio

OT

SLT

Parkinson's: Train the trainer

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: train the trainer](#)

This course is for experienced health and social care trainers who want to learn how to deliver a 3 hour course on Parkinson's to their colleagues. (You can deliver the course in more than one session if required).

In order to become a UK Parkinson's Excellence Network trained trainer you need to complete two courses and attend a webinar. The first course provides the background knowledge and understanding of Parkinson's. Once you've completed and passed this, you can access the second course which teaches you how to deliver the Parkinson's Explained presentation. You'll then be able to deliver the Parkinson's Explained session at your place of work, fully endorsed by PDNSA. You'll also receive a full training pack, allowing you to start delivering the training immediately.

Learning outcomes:

Upon completion of every learning unit, participants will:

- Understand the impact of Parkinson's, including motor and non motor symptoms, communication and cognition issues, and management of Parkinson's
- Evaluate your own practice and care of people with Parkinson's
- Deliver the Parkinson's Explained training session to your staff
- Recognise the role of the UK Parkinson's Excellence Network and how you can work with us.

Close

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

▶ Non-Clinical Topics ◀

Introduction to Clinical Research (National Institute for Health Research)

Course provider: National Institute for Health Research

Cost: Free

Duration: 2 hours 40 minutes

Web page: [Find out more on Introduction to Clinical Research](#)

A free online course, created by the National Institute for Health Research (NIHR), providing an overview of different types of research and the clinical research process. Suitable for anyone wanting to know more about how research trials are carried out, to increase their confidence in talking to patients about research or starting a career in research. This is a self-directed learning course and does not contain any assessment. You can log in at any time and work through the course at a pace that suits you.

Learning outcomes

Upon completing this course you should be able to:

- Identify different types of research
- Understand the research process
- Recall information about clinical trial phases
- Understand clinical research terms such as blinding and placebos
- The course also covers an introduction to study set-up and conduct, data quality and management, and research regulation and governance.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

Non-Clinical Topics

Motor Symptoms

- Transfers in and out of bed, and adjusting position in bed can be problems especially in the later part of the night.
- Hand function (dexterity, co-ordination and power), gait, balance, posture, transfers on and off chairs, using a bath or shower and toilets are also commonly affected by living with Parkinson's.
- Check if an individual is able to perform physical actions observed during an assessment to the same level in their own life and at different times of day.
- Cues and strategies can be implemented to address gait problems (especially freezing).

Red Flags:

- Balance problems and falls are rare in the early stages of Parkinson's, and backwards falls can be a feature of an Atypical Parkinson's condition. If early falls are reported, look for other red flags, and consider asking the consultant managing the Parkinson's or Parkinson's Nurse Specialist to conduct a full medical review, to ensure correct diagnosis and management.
- Trunk rigidity, leading to difficulties with chair transfers whereby the person struggles to achieve the last few centimetres of the stand to sit transfer are not typical, and if reported, a full medical review is recommended to ensure correct diagnosis and management.
- An ataxic gait is not typical and if reported a full medical review is recommended to ensure correct diagnosis and management.
- Posture: If the person with Parkinson's develops a sudden change in posture, especially after a medication change, ensure the consultant managing the Parkinson's or Parkinson's Nurse Specialist is alerted immediately to review the medication change. A posture change may present as an antecollis (forward flexion of head and neck), Pisa syndrome (sideways flexion of the trunk, with or without rotation), or camptocormia (forward flexion of the trunk to an angle of 45 degrees or more which corrects on lying).

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

► Resources ◀

Clinical Topics

Non-Clinical Topics

Resources

- [NICE Guideline](#) The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. This 2017 guideline update is about diagnosing and managing Parkinson's in adults.
- [Lindop Parkinson's Assessment Scale](#) A validated, physiotherapy-specific function measurement tool to assess the gait and bed mobility of people with Parkinson's
- [European Physiotherapy Guideline for Parkinson's Disease](#) This comprehensive guide includes Parkinson's-specific outcome measures for physiotherapy
- [Exercise framework for professionals to help get people with Parkinson's moving](#)
- [Parkinson's and falls: tips and resources](#)
- [PDSAFE: Physiotherapy and Falls Prevention in Parkinson's course](#) (FutureLearn)
- [Unified Dyskinesia Rating Scale](#) Evaluates involuntary movements
- [Unified Dystonia Rating Scale](#) Allows clinicians to evaluate level of dystonia
- [Modified Bradykinesia Rating Scale](#) Assesses speed, amplitude and rhythm of movements.
- [Physiotherapists – what you need to know about Parkinson's](#) 15-minute bitesize course
- [Posture problems in Parkinson's](#)
- [Barriers to exercise](#)

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

- [Parkinson's Awareness: A 15 minute online presentation for ward staff](#)
- [Parkinson's foundation modules](#)
- [Understanding Parkinson's Online for Health and Social Care Staff](#)
- [A Map of Parkinson's](#)
- [Managing Bone Health and Fracture Risk](#)
- [PD Warrior](#)
- [LSVT BIG](#)
- [PWR!Moves](#)
- [PDSAFE: Physiotherapy and Falls Prevention in Parkinson's course \(FutureLearn\)](#)

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's Awareness: A 15 Minute Online Presentation For Ward Staff

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's awareness: a 15-minute online presentation for ward staff](#)

This presentation is for any staff working on a hospital ward. It pulls together the key symptoms and issues that can impact of a person with Parkinson's and their care when admitted to a hospital ward.

Learning outcomes:

After viewing this presentation you will have:

- An increased knowledge and understanding of Parkinson's
- A better understanding of the needs of people living with Parkinson's, and their families
- Recognition of the importance of time-sensitive drug management
- Knowledge about the resources available to improve practice in hospitals, therefore improving care for people with Parkinson's.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's Foundation Modules

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: Foundation modules for health and social care staff](#)

This course is suitable for anyone working in health or social care who requires a foundation understanding of Parkinson's. It is self directed learning so you can work through the interactive learning units at a pace suitable to your needs. You can choose to complete the whole course or pick a combination of learning units. You can expect the full course to take a minimum of 10 hours learning.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- What Parkinson's is
- How Parkinson's is diagnosed
- The symptoms of Parkinson's
- Treatments available for the condition, and their potential side effects
- What actions you can take to help make sure that every person with Parkinson's received the best care possible.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
- The communication and cognitive challenges associated with Parkinson's, their impact and ways to deal with them.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

A Map of Parkinson's

Course provider: Phoenix-Aragon Education

Cost: Price on application

Web page: [Find out more on A Map of Parkinson's](#)

This innovative, online self-study course enables allied health professionals to work more effectively with people living with Parkinson's.

Learning outcomes:

- To gain awareness of the motor and non-motor nature of Parkinson's
- To explore the modern multidisciplinary approach to the management of people living with Parkinson's, including the basics of anti-Parkinson's medications and the roles of a range of healthcare professionals.
- To consider the process of diagnosis, alternative diagnoses and related conditions.
- To build on foundation knowledge established in the Overview module, to cultivate an in-depth/specialist understanding of the many motor and non-motor symptoms of Parkinson's.
- To learn about the management of Parkinson's symptoms, the role of medication and other approaches to aid people with the condition in coping.
- To spark further self-guided exploration of any chosen topic, according to work roles and interests, through access to additional online resources – and other information signposted within the course.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's: Managing Bone Health and Fracture Risk

Course provider: Parkinson's UK and the Open University

Cost: Free

Web page: [Find out more on Parkinson's: Managing Bone Health and Fracture Risk](#)

This course has been designed for professionals, such as Parkinson's specialist nurses and other clinicians, who provide clinical input for people with Parkinson's in outpatient and inpatient settings. Its purpose is to enhance your understanding and recognition of bone health issues in Parkinson's and to guide you in assessing and managing the increased fracture risks associated with the condition. The course aims to improve your confidence in identifying factors which impact on falls risk, to teach you about the structure and metabolism of bone, to explain the reasons why bone may be more vulnerable to fracture in Parkinson's and to outline the options for reducing fracture risk through medication and lifestyle. This is a badged course which will take no more than 10 hours to study and means you can gain the Parkinson's: Managing Bone Health and Fracture Risk digital badge upon successful completion of the course.

Learning outcomes:

- Understand the importance of falls and fracture prevention in Parkinson's.
- Determine the general and Parkinson's specific risk factors that can lead to falls.
- Understand the consequences of a fall, particularly the sequelae of hip fracture.
- Understand the nature of osteoporosis, and identify the particular contributors to osteoporosis in Parkinson's.
- Use FRAX and QFracture risk assessment tools appropriately to determine osteoporosis risk in Parkinson's.
- Interpret the osteoporosis risk within the current NOGG treatment guidance and understand the limitations of this guidance in Parkinson's.
- Devise a management plan for a person with Parkinson's according to a provided algorithm.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

PD Warrior

Course provider: PD Warrior

Cost: On application according to group size

Web page: [Find out more on PD Warrior](#)

Onsite Training for hospitals and private facilities. [A minimum of eight participants required to run the course. Maximum ten participants per Instructor].

The Onsite Training Course has two components, eight modules using online training platform.

Online study - takes up to 15 hours over five weeks to complete and is strongly recommended to be completed prior to the practical course.

The practical course - one day workshop runs from 9am to 5pm. Demonstration of the key components of PD Warrior. Both elements to be completed successfully for accreditation process.

Learning outcomes:

What participants will learn from completing the full 2 stage course - delivered online and in a face to face workshop:

- The latest evidence underpinning intensive and neuro-active exercise prescription
- The pathophysiology of Parkinson's
- How to tailor exercise effectively for the three different types of Parkinson's
- The seven core principals of neuroplasticity and how to implement them effectively
- How to deliver the 10 Core Exercises and how to create your own exercise portfolio
- How to create an enriched and motivating exercise environment
- Learn how to empower your patients and create long-term exercise behaviours
- How to assess and treat someone throughout the various stages of Parkinson's.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

LSVT BIG

Course provider: LSVT Global Inc

Cost: Check with course provider

Web page: [Find out more on LSVT BIG](#)

Contact: support@coursebeetle.co.uk

LSVT Global Inc. offers a range of training including LSVT BIG. This is a system that aims to increase amplitude (Bigness) of upper/lower limbs and body movement, to increase trunk rotation, improve gait speed, improve balance, and quality of life in people with Parkinson's.

Training is available on and offline for people with Parkinson's and for healthcare professionals. Some past free webinar downloads of events held for the public can be also be accessed via their website.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

PWR!Moves

Course provider: Parkinson's Wellness Recovery (PWR!)

Cost: Check with course provider

Web page: [Find out more on PWR! Moves](#)

Contact: info@pwr4life.org

PWR! offer a 2 day course exploring Parkinson's Wellness Recovery, including an overview of Parkinson's and evidence for the beneficial effects of exercise for people living with Parkinson's.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

PDSAFE: Physiotherapy and Falls Prevention in Parkinson's

Course provider: FutureLearn (University of Exeter and University of Southampton)

Cost: Free

Duration: 6 weeks, 3 hours per week

Web page [Find out more on PDSAFE: Physiotherapy and Falls Prevention in Parkinson's](#)

This free online course is designed for any professional with an interest in learning more about the background and research behind the PDSAFE clinical trial, what it concluded and how this can be applied and delivered in a clinical setting.

It looks at the problem of falls in people living with Parkinson's and the development and research behind the PDSAFE falls treatment approach. During this course, you will also go through case study examples, allowing you to apply your learning.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Non-clinical topics offer ways to learn about Parkinson's and to share your insights with your colleagues. Find out how to improve your knowledge, skills and confidence, improve your clinical practice and increase your organisation's efficiency, and cascade learning throughout your organisation.

- [Understanding Parkinson's Online](#)
- [Parkinson's: Train the trainer](#)

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
- The communication and cognitive challenges associated with Parkinson's, their impact and ways to deal with them.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Parkinson's: Train the trainer

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: train the trainer](#)

This course is for experienced health and social care trainers who want to learn how to deliver a 3 hour course on Parkinson's to their colleagues. (You can deliver the course in more than one session if required).

In order to become a UK Parkinson's Excellence Network trained trainer you need to complete two courses and attend a webinar. The first course provides the background knowledge and understanding of Parkinson's. Once you've completed and passed this, you can access the second course which teaches you how to deliver the Parkinson's Explained presentation. You'll then be able to deliver the Parkinson's Explained session at your place of work, fully endorsed by PDNSA. You'll also receive a full training pack, allowing you to start delivering the training immediately.

Learning outcomes:

Upon completion of every learning unit, participants will:

- Understand the impact of Parkinson's, including motor and non motor symptoms, communication and cognition issues, and management of Parkinson's
- Evaluate your own practice and care of people with Parkinson's
- Deliver the Parkinson's Explained training session to your staff
- Recognise the role of the UK Parkinson's Excellence Network and how you can work with us.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

Non-Clinical Topics

Non-Motor Symptoms

Non-motor symptoms, including autonomic symptoms and cognitive changes, often cause greater detriment to quality of life than the motor symptoms of Parkinson's.

Individuals may have difficulty with a few or many non-motor symptoms. Autonomic symptoms can affect bladder and bowel function, blood pressure, sensation, thermoregulation, the gut and sexual functioning.

Pain can be a significant non-motor symptom and is often under-reported. There are five different types of pain associated with Parkinson's, and it is important to try to establish whether any pain being reported by the person with Parkinson's is related to their Parkinson's or has another cause.

Be aware that dopaminergic medication can cause impulsive or compulsive behaviour in some people.

Mental wellbeing can be affected by living with Parkinson's in many ways. Common concerns include:

insomnia, mental fatigue, apathy, anxiety, depression, memory problems or cognitive slowing, and loss of flexibility in thinking. In some cases hallucinations, delusions, psychosis or impulse control disorders may cause particular difficulties. The emotional effects of being diagnosed and living with Parkinson's may also need to be addressed.

Increased understanding of symptoms and the use of appropriate coping and self-management strategies and referral to other health care professions can reduce the burden of many non-motor symptoms.

Red Flags:

Severe autonomic or memory failure in the early stages of Parkinson's is not typical and, if reported, a full medical review is recommended to ensure correct diagnosis and management.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

▶ Resources ◀

Clinical Topics

Non-Clinical Topics

Resources

- [Non-motor Symptoms Questionnaire](#)
- [NICE Guideline](#) The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. This 2017 guideline update is about diagnosing and managing Parkinson's in adults.
- [Impulsive and compulsive behaviour](#)
- [Impulsive and compulsive behaviour in Parkinson's](#) Monitoring and information tool for use during discussions between a healthcare professional and a person with Parkinson's
- [Parkinson's UK – Mental Health Hub](#)
- [Providing better support to people with Parkinson's](#) – how to prevent unnecessary hospital admissions
- [Parkinson's disease fatigue scale](#) A patient-rated scale to measure fatigue
- [Parkinson's disease sleep scale](#) Explore symptoms such as insomnia, restlessness, cramps, incontinence and vivid dreams or hallucinations
- [NHS RightCare Progressive Neurological Conditions Toolkit](#)
- [Psychological interventions for people with Parkinson's](#) Outlines the psychological consequences of Parkinson's and services available to help
- [Mental Health Matters \(APPG report, May 2018\)](#)

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

- [Good Brain, Bad Brain: Parkinson's Disease](#)
- [Parkinson's: Managing Palliative and End of Life Care](#)
- [Palliative Care MasterClass](#)
- [A Map of Parkinson's](#)

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Good Brain, Bad Brain: Parkinson's Disease

Course provider: Future Learn, University of Birmingham

Cost: Free

Web page: [Find out more on Good Brain Bad Brain](#)

This free online course is designed for any professional with an interest in finding out more about the fundamentals of Parkinson's.

It looks at how Parkinson's affects people, what causes it, how symptoms might be improved and what there is still to learn about the condition.

Learning outcomes:

Having completed the course, participants will be able to:

- Identify the key regions of the brain involved in movement control
- Explain how disruption to basal ganglia function can lead to the signs and symptoms of Parkinson's disease
- Investigate the rationale behind current areas of research
- Apply a knowledge of the pathology of Parkinson's disease to explain how current therapies work
- Explore some of the current areas of active research

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's: Managing Palliative and End of Life Care

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Parkinson's: Managing palliative and end of life care](#)

Created by Parkinson's UK and the Open University online, this course takes approximately ten hours to complete. It has been designed for professionals, such as Parkinson's specialist nurses and other clinicians, who work as part of the specialist team during the palliative and end-of-life phases. It may also be useful for health and social care professionals who already have experience of working with people with Parkinson's, but wish to enhance their knowledge of palliative and end of life care in Parkinson's.

Learning outcomes:

Having completed the course, participants will be able to:

- Demonstrate an understanding of the principles of palliative and end of life care and how these can be applied in Parkinson's.
- Identify the challenges in practice of applying palliative and end of life care principles in Parkinson's.
- Confidently discuss the theory of advance care planning and the issues involved, such as power of attorney or advance decision to refuse treatment.
- Identify symptoms which indicate the end of life phase in Parkinson's and highlight the issues in management of this phase.
- Be aware of the family/carers of the client and their needs throughout the end of life phase through to bereavement.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Palliative Care MasterClass

Course provider: Parkinson's Academy

Cost: Price on application

Web page: [Find out more on Palliative Care MasterClass](#)

This MasterClass is aimed at health professionals involved in palliative care for neurological conditions largely focused on Parkinson's and dementia – including allied health professionals, doctors (grade SpR above), specialist nurses, community teams and GPs.

Learning outcomes:

Learners will come away from this course with an understanding of:

- The evidence base for unmet palliative care need.
- Disease-specific issues faced by patients.
- Approaches to assessment and management of specific unmet palliative care needs in Parkinson's and dementia.
- Palliative assessment tools.
- Commonly encountered medications and their side effects.
- Terminal stages, particularly how to identify and manage drug therapies in final days.
- Promoting autonomy: how and when to consider ACP in the context of cognitive impairment.
- Service considerations and delivery.
- How good practice could be spread and incorporated elsewhere.
- Future directions and research quality improvement opportunities.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

A Map of Parkinson's: Introduction Module

Course provider: Phoenix-Aragon Education

Cost: Price on application

Web page: [Find out more on A Map of Parkinson's](#)

This innovative, online self-study course enables allied health professionals to work more effectively with people living with Parkinson's.

Learning outcomes

Upon completion of every learning unit participants will understand around 50 symptoms associated with Parkinson's, including:

- Pain and fatigue
- Impacts of Parkinson's on personal and public life
- Cognition, perception and motivation
- Sleep and night-time issues
- Motor symptoms
- Neuropsychiatric symptoms
- Autonomic, gastrointestinal and sensory symptoms.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Non-clinical topics offer ways to learn about Parkinson's and to share your insights with your colleagues. Find out how to improve your knowledge, skills and confidence, improve your clinical practice and increase your organisation's efficiency, and cascade learning throughout your organisation. These courses offer nationally recognised accreditation on completion.

- [Understanding Parkinson's Online](#)
- [Train the Trainer](#)

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
- The communication and cognitive challenges associated with Parkinson's, their impact and ways to deal with them.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Parkinson's: Train the trainer

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: train the trainer](#)

This course is for experienced health and social care trainers who want to learn how to deliver a 3 hour course on Parkinson's to their colleagues. (You can deliver the course in more than one session if required).

In order to become a UK Parkinson's Excellence Network trained trainer you need to complete two courses and attend a webinar. The first course provides the background knowledge and understanding of Parkinson's. Once you've completed and passed this, you can access the second course which teaches you how to deliver the Parkinson's Explained presentation. You'll then be able to deliver the Parkinson's Explained session at your place of work, fully endorsed by PDNSA. You'll also receive a full training pack, allowing you to start delivering the training immediately.

Learning outcomes:

Upon completion of every learning unit, participants will:

- Understand the impact of Parkinson's, including motor and non motor symptoms, communication and cognition issues, and management of Parkinson's
- Evaluate your own practice and care of people with Parkinson's
- Deliver the Parkinson's Explained training session to your staff
- Recognise the role of the UK Parkinson's Excellence Network and how you can work with us.

Close

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms
Clinical Topics

Non-Motor Symptoms
Non-Clinical Topics

Home

Physio

OT

SLT

Occupational Therapy

Dear Occupational Therapist,

With increasing numbers of people seeking advice and support from OTs in relation to their Parkinson's symptoms, the information you can find through this pathway will support your assessment and interventions. This section of the Learning Pathway is designed specifically for occupational therapists who work at any level and in any setting involving people living with Parkinson's.

For people living with Parkinson's, OTs must take account that functional ability is not fixed and can range between immobility and ability to perform complex movements (such as driving) over the course of a single day. In fact, it is not unusual for functional ability to fluctuate in a single hour or less. This makes it vital to explore the range of ability and range of functional difficulties experienced to enable OT treatment to be well focused and for OT time to be well used.

Carer strain may be a concern for some people and few other professional groups tend to consider impacts on informal carers. Yet OTs are well placed to explore the effects on informal carers of providing support, monitoring, prompting and supervision for daily tasks and activities. The effect of Parkinson's on a spouse, family or friends may need to be explored while the person with Parkinson's is elsewhere, to allow an open and meaningful conversation about the possible strains of caring. If required, OT advice and support should be offered to carers with sensitivity, generally aiming to support the wellbeing of the person with Parkinson's and to reduce the burden of caring roles.

With these simple principles in mind, read on for resources, ideas and information about educational opportunities and about the many ways there are to learn about Parkinson's and its management.

With kind regards,
Ana Aragon
Independent Occupational Therapist

Continue

About Parkinson's Resources

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

Non-Clinical Topics

About Parkinson's

When assessing and devising an intervention plan with a person with Parkinson's it is important to consider the following points:

- Non-motor symptoms, including autonomic symptoms and cognitive changes, often cause greater detriment to quality of life than the motor symptoms of Parkinson's.
- Time since last dose of medication used for the treatment of Parkinson's will affect all physical and cognitive abilities. Functional ability is also closely linked to context, setting and time of day or night.
- Both physical and mental fatigue can confound a standard observation-based approach to OT assessment. Discussion about function and about the range of ability in a person's own life can yield useful information to inform the focus and prioritisation of interventions.
- Discuss the focus for intervention with the person with Parkinson's and follow their agenda and priorities.
- If acceptable to the person with Parkinson's, involve a relative or friend in assessment and intervention sessions.

Close

Home

Physio

OT

SLT

About Parkinson's

▶ Resources ◀

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

Non-Clinical Topics

Resources (1 of 2)

- [Occupational therapy for people with Parkinson's: Best practice guidelines](#)
- [NICE Guideline](#) The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. This 2017 guideline update is about diagnosing and managing Parkinson's in adults. See section 1.7.5 and 1.7.6 for occupational therapy and 1.7.10 to 1.7.15 for recommendations about nutrition.
- [NICE Parkinson's disease quality standard \(QS164\)](#) This quality standard covers the management of Parkinson's in adults.
- [Providing better support to people with Parkinson's in the community and preventing unnecessary hospital admissions](#) Interactive guide.
- [Emergency management of patients with Parkinson's](#) Particularly useful for professionals who do not see people with Parkinson's day to day.
- [Signposting from diagnosis](#)
- [Your patient with Parkinson's: Providing evidence to benefits assessors](#) A useful guide on how to support a patient's benefits claim.
- [Occupational Therapists – what you need to know about Parkinson's](#) 15-minute bitesize course
- [WHO Parkinson's disease](#) A public health approach technical brief
- [2-minute Neuroscience: Basal Ganglia](#) YouTube video

Next

Home

Physio

OT

SLT

About Parkinson's

▶ Resources ◀

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

Non-Clinical Topics

Resources (2 of 2)

- [Anticipatory Care Plan](#) Outlines common complications people with Parkinson's might experience in the community, why these may arise and what actions professionals can take to address them to prevent an unnecessary hospital admission.
- [Caring for your patient with Parkinson's](#) Booklet for hospital staff
- [AHP Competencies in Long Term Neurological Conditions](#) – (includes specific Parkinson's competencies for Physiotherapists, OTs, Speech & Language therapists and Dietitians)
- [COVID-related resources](#)
- [House of Care – a framework for long term condition care](#) A model to be used as a checklist for high-quality person-centred coordinated care
- [Progressive Neurological Conditions Toolkit](#) a toolkit from NHS Rightcare to support systems to understand the priorities in care for people living with progressive neurological conditions
- [Kinetics Film](#)
- [Swimming as Medicine](#)
- [Occupational Therapy Practice Guidelines for people with Parkinson's](#)
- [North of Scotland Parkinson's Research Podcast](#)
- [The Lancet - Parkinson's Disease](#) Series of articles on Parkinson's epidemiology, pathogenesis, medical, surgical and physical treatment

Close

Home

Physio

OT

SLT

About Parkinson's Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Self-directed learning:

- [Parkinson's Awareness: A 15 Minute Online Presentation For Ward Staff](#)
- [Parkinson's Foundation Modules](#)
- [Understanding Parkinson's Online for Health and Social Care Staff](#)
- [A Map of Parkinson's: Introduction Module](#)
- [Lewy Body Dementia Bitesize](#)
- [Get it on time – for staff who don't administer](#)
- [Mental health professionals - what you need to know about Parkinson's](#)

Study days and longer courses ranked in order of complexity:

- [Parkinson's Study Day – Level 1](#)
- [Foundation Masterclass](#)
- [Advanced Masterclass](#)
- [Multidisciplinary Management of Parkinson's Advanced Course](#)
- [Enhanced Parkinson's Disease Management](#)

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's Awareness: A 15 Minute Online Presentation For Ward Staff

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's awareness: a 15-minute online presentation for ward staff](#)

This presentation is for any staff working on a hospital ward. It pulls together the key symptoms and issues that can impact of a person with Parkinson's and their care when admitted to a hospital ward.

Learning outcomes:

After viewing this presentation you will have:

- An increased knowledge and understanding of Parkinson's
- A better understanding of the needs of people living with Parkinson's, and their families
- Recognition of the importance of time-sensitive drug management
- Knowledge about the resources available to improve practice in hospitals, therefore improving care for people with Parkinson's.

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's Foundation Modules

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: Foundation modules for health and social care staff](#)

This course is suitable for anyone working in health or social care who requires a foundation understanding of Parkinson's. It is self directed learning so you can work through the interactive learning units at a pace suitable to your needs. You can choose to complete the whole course or pick a combination of learning units. You can expect the full course to take a minimum of 10 hours learning.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- What Parkinson's is
- How Parkinson's is diagnosed
- The symptoms of Parkinson's
- Treatments available for the condition, and their potential side effects
- What actions you can take to help make sure that every person with Parkinson's received the best care possible.

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
- The communication and cognitive challenges associated with Parkinson's, their impact and ways to deal with them.

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

A Map of Parkinson's: Introduction Module

Course provider: Phoenix-Aragon Education

Cost: Price on application

Web page: [Find out more on A Map of Parkinson's](#)

This innovative, online self-study course enables allied health professionals to work more effectively with people living with Parkinson's.

Learning outcomes:

Upon completion of every learning unit participants will understand around 50 symptoms associated with Parkinson's, including:

- Pain and fatigue
- Impacts of Parkinson's on personal and public life
- Cognition, perception and motivation
- Sleep and night-time issues
- Motor symptoms
- Neuropsychiatric symptoms
- Autonomic, gastrointestinal and sensory symptoms.

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Lewy Body Dementia Bitesize

Course provider: Lewy Body Academy/Neurology Academy

Cost: Free

Duration: Up to 15 minutes each

Web page: [Find out more on Lewy Body Dementia Bitesize](#)

This course is perfect for anyone working in neurology, medicine for the elderly or old age psychiatry. The course is also useful for therapists, those in nursing roles in hospital or the community, and could provide helpful baseline knowledge for those in general practice.

Learning outcomes

Our Lewy Body Bitesize course is intended for anyone looking to develop a basic understanding of Lewy body dementia:

- what it looks like and how to diagnose it
- effective management across different types of symptoms
- future treatment opportunities.

Next

Home

Physio

OT

SLT

Get It On Time – Parkinson's medication for staff who don't administer

Course provider: Parkinson's UK

Cost: Free

Duration: 1 hour minimum

Web page: [Find out more on Get It On Time – Parkinson's medication for staff who don't administer](#)

The course focuses on the importance of Parkinson's medications being given on time, with a particular focus for staff who don't administer medications.

Learning outcomes

The course focuses on the following areas:

- What is Parkinson's?
- The symptoms of Parkinson's.
- Treatments for Parkinson's.
- Why medicine should be given on time.

These will enable participants to:

- recognise and appreciate key Parkinson's symptoms
- improve their practice in caring for people with Parkinson's
- understand why it is vital that Parkinson's medication is given on time

Next

Home

Physio

OT

SLT

Mental health professionals - what you need to know about Parkinson's

Course provider: Parkinson's UK

Cost: Free

Duration: 15 minutes

Web page: [Find out more on Mental health professionals - what you need to know about Parkinson's](#)

This 15-minute course provides a background to understanding Parkinson's and discusses the mental health specific aspects of the condition that are of direct relevance to professionals working in mental health services. This course has been developed to assist mental health professionals in continuing to support people with Parkinson's, as effectively as possible.

What will participants learn?

The course covers the following areas:

- What Parkinson's is
- The impact of a diagnosis
- Common psychological difficulties associated with Parkinson's

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's Study Day – Level 1

Course provider: National Centre of Rehabilitation Education (NCORE)

Cost: Check with provider

Web page: [Find out more on Parkinson's Study Day](#)

Florence Nightingale Community Hospital, Derby. DE1 2QY Email: uhdb.ncore@nhs.net Phone: (01332) 254679

Learning outcomes

- To understand the aetiology and pathology of Parkinson's disease.
- To understand about drug actions, options and importance of getting medication on time in Parkinson's disease.
- To understand about the many non-motor symptoms of Parkinson's disease.
- To reflect on best practice and current evidence based therapy management of Parkinson's disease, including physiotherapy, occupational therapy, and speech therapy.
- To know how to use cues and strategies in Parkinson's disease management.

Next

Home

Physio

OT

SLT

Foundation MasterClass

Course provider: Parkinson's Academy

Cost: Price on application

Web page: [Find out more on Foundation MasterClass](#)

This course is designed for non-final year registrars, old age psychiatry registrars, Parkinson's nurses within the first 18 months of post, occupational therapists, speech and language therapists, pharmacists, clinical fellows and clinical lecturers. The course is set as one module over two days with one residential evening. The course will advance understanding of Parkinson's and related movement disorders taught through sessions.

Learning outcomes:

Learners will come away from this course with an understanding of:

- Epidemiology, genetics, anatomy and basic pathophysiology of Parkinson's.
- Differential diagnosis including clinical imaging.
- Understand motor and non-motor symptoms.
- Clinical skills, challenge tests and simple neurological examination.
- Early treatment options.
- Management of late-stage disease: drugs, invasive options, surgery.
- Management of non-motor symptoms.
- Issues relating to inpatients with Parkinson's.
- Neuropsychiatric complications.
- Palliative care.

Next

Home

Physio

OT

SLT

Advanced MasterClass

Course provider: Parkinson's Academy

Cost: Price on application

Web page: [Find out more on Advanced MasterClass](#)

This course is designed for consultants, experienced Parkinson's nurses, final year registrars, final year old age psychiatry registrars, GPWIs, experienced neurosciences pharmacists, associate specialists and staff grade physicians. The course will advance understanding of Parkinson's and related movement disorders through taught sessions and mentorship (a mentor will be appointed for each participant where applicable). The Advanced MasterClass programmes are approved by the Federation of the Royal Colleges of Physicians of the United Kingdom for 27 category 1 (external) CPD credits.

Learning outcomes:

Learners will come away from this course with an understanding of:

- Basic pathology, anatomy, genetics and neurophysiology of Parkinson's.
- The basics of building a Parkinson's service.
- Differential diagnosis.
- The principles of "giving" of the diagnosis to patients and carers.
- Early treatment options.
- Practical aspects of the management of dementia, depression, anxiety and psychosis in Parkinson's.
- Non-motor issues.
- Drug management in complex disease.
- Transition from complex to palliative care.
- Surgical procedures, selection, suitability and practical aspects.
- Current evidence for practice.

Next

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Home

Physio

OT

SLT

Multidisciplinary Management of Parkinson's Advanced Course

Course provider: National Centre of Rehabilitation Education (NCORE)

Cost: Check with provider

Web page: [Find out more on Multidisciplinary Management of Parkinson's Advanced Course](#)

Email: dhft.ncore@nhs.net. Phone: 01332 254679

This 2-day course is aimed at all grades of Allied Health Professionals (AHP), nurses and physicians who have some experience of treating people with Parkinson's and may have previously attended the Derby Parkinson's Courses e.g. NCORE Multidisciplinary Management of Parkinson's or other relevant training. The programme will cover management at each of the 4 stages of Parkinson's – Diagnosis, Maintenance, Complex and Palliative, with emphasis on the latter 2 stages and covering the impact of hospitalisation on people with Parkinson's. It will also cover the principles of multidisciplinary team (MDT) working including integrating an understanding of emotion, behaviour and cognition into MDT working. Motor and nonmotor symptoms will be covered and principles of therapeutic management for different AHP disciplines. Each session will be led by a clinical specialist in the field of Parkinson's.

Aims and Objectives

- Gain understanding of problems and management at each stage of Parkinson's, with emphasis on the complex stage and the palliative approach to management.
- Gain an understanding of multidisciplinary team working in Parkinson's, incorporating an understanding of emotion, behaviour and cognition.
- Understand the impact and implications of hospitalisation on people with Parkinson's.
- Increase knowledge of impact and management of motor and non-motor symptoms
- To gain knowledge of the best practice and current evidence-based management of Parkinson's Disease, including Physiotherapy, Occupational Therapy and Speech & Language Therapy

Next

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Enhanced Parkinson's Disease Management

Course provider: University of Plymouth

Cost: Check with provider

Web page: [Find out more on Enhanced Parkinson's Disease Management](#)

This 40 credit degree-level module enables you to become competent in assessing, planning, delivering, evaluating and leading the care of people with Parkinson's disease; and to give support and advice to their carers. You will develop an enquiring mind for leading and influencing change in Parkinson's disease service. With subject-specific knowledge and skill, you will be able to promote high-quality care within the clinical setting through dissemination of evidence-based information. The course is normally planned to run over a six month period whereby you will attend taught sessions. Delivery consists of keynote lectures, group work, expert patient, student-led activities, digital media and blended learning.

Learning outcomes

At the end of the module the learner will be expected to be able to:

- Demonstrate a significant knowledge and critical understanding of the physical and psychosocial implications of Parkinson's disease for the individual and carer.
- Systematically assess, plan, implement and critically evaluate the care of the Parkinson's disease patient and their carer.
- Lead and work effectively and collaboratively to meet the needs of the individual client and demonstrate leadership to ensure high-quality, effective management of Parkinson's.
- Systematically apply an in-depth knowledge of the pathophysiology of Parkinson's and analysis of its pharmacological management and use this to support the learning of others.
- Critically apply relevant evidence to support care management and service development.
- Identify, discuss and apply political and professional issues related to this area of healthcare.

Close

Home

Physio

OT

SLT

About Parkinson's Resources

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

▶ Non-Clinical Topics ◀

Non-clinical topics offer ways to learn about Parkinson's and to share your insights with your colleagues. Find out how to improve your knowledge, skills and confidence, improve your clinical practice and increase your organisation's efficiency, and cascade learning throughout your organisation.

- [Understanding Parkinson's Online](#)
- [Parkinson's: Train the trainer](#)
- [Introduction to Clinical Research \(NIHR Learn\)](#)

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

▶ Non-Clinical Topics ◀

Home

Physio

OT

SLT

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
- The communication and cognitive challenges associated with Parkinson's, their impact and ways to deal with them.

Next

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

▶ Non-Clinical Topics ◀

Parkinson's: Train the trainer

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: train the trainer](#)

This course is for experienced health and social care trainers who want to learn how to deliver a 3 hour course on Parkinson's to their colleagues. (You can deliver the course in more than one session if required).

In order to become a UK Parkinson's Excellence Network trained trainer you need to complete two courses and attend a webinar. The first course provides the background knowledge and understanding of Parkinson's. Once you've completed and passed this, you can access the second course which teaches you how to deliver the Parkinson's Explained presentation. You'll then be able to deliver the Parkinson's Explained session at your place of work, fully endorsed by PDNSA. You'll also receive a full training pack, allowing you to start delivering the training immediately.

Learning outcomes:

Upon completion of every learning unit, participants will:

- Understand the impact of Parkinson's, including motor and non motor symptoms, communication and cognition issues, and management of Parkinson's
- Evaluate your own practice and care of people with Parkinson's
- Deliver the Parkinson's Explained training session to your staff
- Recognise the role of the UK Parkinson's Excellence Network and how you can work with us.

Close

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

▶ Non-Clinical Topics ◀

Introduction to Clinical Research (National Institute for Health Research)

Course provider: National Institute for Health Research

Cost: Free

Duration: 2 hours 40 minutes

Web page: [Find out more on Introduction to Clinical Research](#)

A free online course, created by the National Institute for Health Research (NIHR), providing an overview of different types of research and the clinical research process. Suitable for anyone wanting to know more about how research trials are carried out, to increase their confidence in talking to patients about research or starting a career in research. This is a self-directed learning course and does not contain any assessment. You can log in at any time and work through the course at a pace that suits you.

Learning outcomes

Upon completing this course you should be able to:

- Identify different types of research
- Understand the research process
- Recall information about clinical trial phases
- Understand clinical research terms such as blinding and placebos
- The course also covers an introduction to study set-up and conduct, data quality and management, and research regulation and governance.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

Non-Clinical Topics

Motor Symptoms

Transfers in and out of bed, and adjusting position in bed can be problematic, especially in the later part of the night. Gait, balance, posture, transfers on and off chairs, using a bath or shower and toilets are also commonly affected by living with Parkinson's.

Check if an individual is able to perform physical actions observed during an assessment to the same level in their own life and at different times of day.

Standard OT aids and equipment should be carefully assessed if indicated. In general the utility of these devices is often of less benefit to a person with Parkinson's than to others in the general population.

Hand function (dexterity, co-ordination and power), handwriting and using cutlery are common difficulties even in the early phase of the condition. Simple strategies such as printing words, using a steak knife and perhaps a picnic style combined fork/spoon utensil can aid performance of these activities.

Red Flags:

Poor balance and falls are not typical in the early stages of Parkinson's and, if reported, a full medical review is recommended to ensure correct diagnosis and management.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

▶ Resources ◀

Clinical Topics

Non-Clinical Topics

Resources

- [Occupational therapy for people with Parkinson's: Best practice guidelines](#)
- [NICE Guideline](#) The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. This 2017 guideline update is about diagnosing and managing Parkinson's in adults. See section 1.7.5 and 1.7.6 for occupational therapy and 1.7.10 – 1.7.15 for recommendations about nutrition.
- [Exercise framework for professionals to help get people with Parkinson's moving](#)
- [Parkinson's and falls: tips and resources](#)
- [Unified Dyskinesia Rating Scale](#) Evaluates involuntary movements
- [Unified Dystonia Rating Scale](#) Allows clinicians to evaluate level of dystonia
- [Modified Bradykinesia Rating Scale](#) Assesses speed, amplitude and rhythm of movements.
- [Moving medicine](#) Helping healthcare professionals integrate physical activity conversation into clinical care
- [Occupational Therapy Practice Guidelines](#)

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

- [Parkinson's Awareness: A 15 Minute Online Presentation for Ward Staff](#)
- [Parkinson's Foundation Modules](#)
- [Understanding Parkinson's Online for Health and Social Care Staff](#)
- [A Map of Parkinson's](#)
- [Managing Bone Health and Fracture Risk](#)
- [LSVT BIG](#)
- [PD Warrior](#)

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's Awareness: A 15 Minute Online Presentation For Ward Staff

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's awareness: a 15-minute online presentation for ward staff](#)

This presentation is for any staff working on a hospital ward. It pulls together the key symptoms and issues that can impact of a person with Parkinson's and their care when admitted to a hospital ward.

Learning outcomes:

After viewing this presentation you will have:

- An increased knowledge and understanding of Parkinson's
- A better understanding of the needs of people living with Parkinson's, and their families
- Recognition of the importance of time-sensitive drug management
- Knowledge about the resources available to improve practice in hospitals, therefore improving care for people with Parkinson's.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's Foundation Modules

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: Foundation modules for health and social care staff](#)

This course is suitable for anyone working in health or social care who requires a foundation understanding of Parkinson's. It is self directed learning so you can work through the interactive learning units at a pace suitable to your needs. You can choose to complete the whole course or pick a combination of learning units. You can expect the full course to take a minimum of 10 hours learning.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- What Parkinson's is
- How Parkinson's is diagnosed
- The symptoms of Parkinson's
- Treatments available for the condition, and their potential side effects
- What actions you can take to help make sure that every person with Parkinson's received the best care possible.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
- The communication and cognitive challenges associated with Parkinson's, their impact and ways to deal with them.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

A Map of Parkinson's

Course provider: Phoenix-Aragon Education

Cost: Price on application

Web page: [Find out more on A Map of Parkinson's](#)

This innovative, online self-study course enables allied health professionals to work more effectively with people living with Parkinson's.

Learning outcomes:

- To gain awareness of the motor and non-motor nature of Parkinson's
- To explore the modern multidisciplinary approach to the management of people living with Parkinson's, including the basics of anti-Parkinson's medications and the roles of a range of healthcare professionals.
- To consider the process of diagnosis, alternative diagnoses and related conditions.
- To build on foundation knowledge established in the Overview module, to cultivate an in-depth/specialist understanding of the many motor and non-motor symptoms of Parkinson's.
- To learn about the management of Parkinson's symptoms, the role of medication and other approaches to aid people with the condition in coping.
- To spark further self-guided exploration of any chosen topic, according to work roles and interests, through access to additional online resources – and other information signposted within the course.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's: Managing Bone Health and Fracture Risk

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: Managing Bone Health and Fracture Risk](#)

This course has been designed for professionals, such as Parkinson's specialist nurses and other clinicians, who provide clinical input for people with Parkinson's in outpatient and inpatient settings. Its purpose is to enhance your understanding and recognition of bone health issues in Parkinson's and to guide you in assessing and managing the increased fracture risks associated with the condition. The course aims to improve your confidence in identifying factors which impact on falls risk, to teach you about the structure and metabolism of bone, to explain the reasons why bone may be more vulnerable to fracture in Parkinson's and to outline the options for reducing fracture risk through medication and lifestyle. This is a badged course which will take no more than 10 hours to study and means you can gain the Parkinson's: Managing Bone Health and Fracture Risk digital badge upon successful completion of the course.

Learning outcomes:

- Understand the importance of falls and fracture prevention in Parkinson's.
- Determine the general and Parkinson's specific risk factors that can lead to falls.
- Understand the consequences of a fall, particularly the sequelae of hip fracture.
- Understand the nature of osteoporosis, and identify the particular contributors to osteoporosis in Parkinson's.
- Use FRAX and QFracture risk assessment tools appropriately to determine osteoporosis risk in Parkinson's.
- Interpret the osteoporosis risk within the current NOGG treatment guidance and understand the limitations of this guidance in Parkinson's.
- Devise a management plan for a person with Parkinson's according to a provided algorithm.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

LSVT BIG

Course provider: LSVT Global Inc

Cost: Check with course provider

Web page: [Find out more on LSVT BIG](#)

Contact: support@coursebeetle.co.uk

LSVT Global Inc. offers a range of training including LSVT BIG. This is a system that aims to increase amplitude (Bigness) of upper/lower limbs and body movement, to increase trunk rotation, improve gait speed, improve balance, and quality of life in people with Parkinson's.

Training is available on and offline for people with Parkinson's and for healthcare professionals. Some past free webinar downloads of events held for the public can be also be accessed via their website.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

PD Warrior

Course provider: PD Warrior

Cost: On application according to group size

Web page: [Find out more on PD Warrior](#)

Onsite Training - for hospitals and private facilities. [A minimum of eight participants required to run the course. Maximum ten participants per Instructor].

The Onsite Training Course has two components, eight modules using online training platform.

Online study - takes up to 15 hours over five weeks to complete and is strongly recommended to be completed prior to the practical course.

The practical course - one day workshop runs from 9am to 5pm. Demonstration of the key components of PD Warrior. Both elements to be completed successfully for accreditation process.

Learning outcomes

What participants will learn from completing the full 2 stage course - delivered online and in a face to face workshop:

- The latest evidence underpinning intensive and neuro-active exercise prescription.
- The pathophysiology of Parkinson's.
- How to tailor exercise effectively for the three different types of Parkinson's.
- The 7 core principals of neuroplasticity and how to implement them effectively.
- How to deliver the 10 Core Exercises and how to create your own exercise portfolio.
- How to create an enriched and motivating exercise environment.
- Learn how to empower your patients and create long-term exercise behaviours.
- How to assess and treat someone throughout the various stages of Parkinson's.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Non-clinical topics offer ways to learn about Parkinson's and to share your insights with your colleagues. Find out how to improve your knowledge, skills and confidence, improve your clinical practice and increase your organisation's efficiency, and cascade learning throughout your organisation.

- [Understanding Parkinson's Online for Health and Social Care Staff](#)
- [Parkinson's: Train the Trainer](#)

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
- The communication and cognitive challenges associated with Parkinson's, their impact and ways to deal with them.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Parkinson's: Train the trainer

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: train the trainer](#)

This course is for experienced health and social care trainers who want to learn how to deliver a 3 hour course on Parkinson's to their colleagues. (You can deliver the course in more than one session if required).

In order to become a UK Parkinson's Excellence Network trained trainer you need to complete two courses and attend a webinar. The first course provides the background knowledge and understanding of Parkinson's. Once you've completed and passed this, you can access the second course which teaches you how to deliver the Parkinson's Explained presentation. You'll then be able to deliver the Parkinson's Explained session at your place of work, fully endorsed by PDNSA. You'll also receive a full training pack, allowing you to start delivering the training immediately.

Learning outcomes:

Upon completion of every learning unit, participants will:

- Understand the impact of Parkinson's, including motor and non motor symptoms, communication and cognition issues, and management of Parkinson's
- Evaluate your own practice and care of people with Parkinson's
- Deliver the Parkinson's Explained training session to your staff
- Recognise the role of the UK Parkinson's Excellence Network and how you can work with us.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

Non-Clinical Topics

Non-Motor Symptoms

Individuals many have difficulty with some or many non-motor symptoms.

Autonomic symptoms can affect bladder and bowel function, blood pressure, sensation, thermoregulation, the gut and sexual functioning. Parkinson's pain anywhere in the body may also be a concern.

Mental wellbeing can be affected by living with Parkinson's in many ways. Common concerns include:

insomnia, mental fatigue, apathy, anxiety, depression, memory problems or cognitive slowing, and loss of flexibility in thinking. In some cases hallucinations, delusions, psychosis or impulse control disorders may cause particular difficulties. The emotional effects of being diagnosed and living with Parkinson's may also need to be addressed.

Anxiety often affects function and can lead to difficulty in doing any desired activity. If this happens, the individual will need to stop – in order to manage their adrenalin system – before continuing with the activity once they feel less anxious.

Increased understanding of symptoms and the use of appropriate coping and self-management strategies and referral to other health care professions can reduce the burden of many non-motor symptoms.

Red Flags:

Severe autonomic or memory failure in the early stages of Parkinson's is not typical and, if reported, a full medical review is recommended to ensure correct diagnosis and management.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

► Resources ◀

Clinical Topics

Non-Clinical Topics

Resources 1 of 2

- [Non-motor Symptoms Questionnaire](#)
- [Occupational therapy for people with Parkinson's](#): Best practice guidelines
- [NICE Guideline](#) The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. This 2017 guideline update is about diagnosing and managing Parkinson's in adults. See section 1.7.5 and 1.7.6 for occupational therapy and 1.7.10 – 1.7.15 for recommendations about nutrition.
- [Impulsive and compulsive behaviour in Parkinson's](#) Monitoring and information tool for use during discussions between a healthcare professional and a person with Parkinson's
- [Parkinson's UK – Mental Health Hub](#)
- [Providing better support to people with Parkinson's](#)– how to prevent unnecessary hospital admissions
- [Montreal Cognitive Assessment \(MOCA\)](#) A brief cognitive screening tool for mild cognitive impairment
- [Hospital Anxiety and Depression Scale](#)
- [Parkinson's disease fatigue scale](#) A patient-rated scale to measure fatigue
- [Parkinson's disease sleep scale](#) Explores symptoms such as insomnia, restlessness, cramps, incontinence and vivid dreams or hallucinations
- [Parkinson's: Occupational Therapy – strategies for managing fatigue and apathy in Parkinson's](#)

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

▶ Resources ◀

Clinical Topics

Non-Clinical Topics

Resources 2 of 2

- [Best practice guidelines for dietitians on the management of Parkinson's](#) Explains the nutritional consequences of Parkinson's, and strategies for managing nutrition-related symptoms
- [NHS RightCare Progressive Neurological Conditions Toolkit](#)
- [Psychological interventions for people with Parkinson's](#) Outlines the psychological consequences of Parkinson's and services available to help
- [Mental Health Matters \(APPG report, May 2018\)](#)
- [North of Scotland Parkinson's Research Podcast](#)

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

- [Good Brain, Bad Brain: Parkinson's Disease](#)
- [Parkinson's: Managing Palliative and End of Life Care](#)
- [Palliative Care MasterClass](#)
- [A Map of Parkinson's](#)

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Good Brain, Bad Brain: Parkinson's Disease

Course provider: Future Learn, University of Birmingham

Cost: Free

Web page: [Find out more on Good Brain Bad Brain](#)

This free online course is designed for any professional with an interest in finding out more about the fundamentals of Parkinson's.

It looks at how Parkinson's affects people, what causes it, how symptoms might be improved and what there is still to learn about the condition.

Learning outcomes:

Having completed the course, participants will be able to:

- Identify the key regions of the brain involved in movement control
- Explain how disruption to basal ganglia function can lead to the signs and symptoms of Parkinson's disease
- Investigate the rationale behind current areas of research
- Apply a knowledge of the pathology of Parkinson's disease to explain how current therapies work
- Explore some of the current areas of active research.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's: Managing Palliative and End of Life Care

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Parkinson's: Managing palliative and end of life care](#)

Created by Parkinson's UK and the Open University online, this course takes approximately ten hours to complete. It has been designed for professionals, such as Parkinson's specialist nurses and other clinicians, who work as part of the specialist team during the palliative and end-of-life phases. It may also be useful for health and social care professionals who already have experience of working with people with Parkinson's, but wish to enhance their knowledge of palliative and end of life care in Parkinson's.

Learning outcomes:

Having completed the course, participants will be able to:

- Demonstrate an understanding of the principles of palliative and end of life care and how these can be applied in Parkinson's.
- Identify the challenges in practice of applying palliative and end of life care principles in Parkinson's.
- Confidently discuss the theory of advance care planning and the issues involved, such as power of attorney or advance decision to refuse treatment.
- Identify symptoms which indicate the end of life phase in Parkinson's and highlight the issues in management of this phase.
- Be aware of the family/carers of the client and their needs throughout the end of life phase through to bereavement.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Palliative Care MasterClass

Course provider: Parkinson's Academy

Cost: Price on application

Web page: [Find out more on Palliative Care MasterClass](#)

This MasterClass is aimed at health professionals involved in palliative care for neurological conditions largely focused on Parkinson's and dementia – including allied health professionals, doctors (grade SpR above), specialist nurses, community teams and GPs.

Learning outcomes:

Learners will come away from this course with an understanding of:

- The evidence base for unmet palliative care need.
- Disease-specific issues faced by patients.
- Approaches to assessment and management of specific unmet palliative care needs in Parkinson's and dementia.
- Palliative assessment tools.
- Commonly encountered medications and their side effects.
- Terminal stages, particularly how to identify and manage drug therapies in final days.
- Promoting autonomy: how and when to consider ACP in the context of cognitive impairment.
- Service considerations and delivery.
- How good practice could be spread and incorporated elsewhere.
- Future directions and research quality improvement opportunities.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

A Map of Parkinson's: Introduction Module

Course provider: Phoenix-Aragon Education

Cost: Price on application

Web page: [Find out more on A Map of Parkinson's](#)

This innovative, online self-study course enables allied health professionals to work more effectively with people living with Parkinson's.

Learning outcomes

Upon completion of every learning unit participants will understand around 50 symptoms associated with Parkinson's, including:

- Pain and fatigue
- Impacts of Parkinson's on personal and public life
- Cognition, perception and motivation
- Sleep and night-time issues
- Motor symptoms
- Neuropsychiatric symptoms
- Autonomic, gastrointestinal and sensory symptoms.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Non-clinical topics offer ways to learn about Parkinson's and to share your insights with your colleagues. Find out how to improve your knowledge, skills and confidence, improve your clinical practice and increase your organisation's efficiency, and cascade learning throughout your organisation. These courses offer nationally recognised accreditation on completion.

- [Understanding Parkinson's Online](#)
- [Train the Trainer](#)

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
- The communication and cognitive challenges associated with Parkinson's, their impact and ways to deal with them.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Parkinson's: Train the trainer

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: train the trainer](#)

This course is for experienced health and social care trainers who want to learn how to deliver a 3 hour course on Parkinson's to their colleagues. (You can deliver the course in more than one session if required).

In order to become a UK Parkinson's Excellence Network trained trainer you need to complete two courses and attend a webinar. The first course provides the background knowledge and understanding of Parkinson's. Once you've completed and passed this, you can access the second course which teaches you how to deliver the Parkinson's Explained presentation. You'll then be able to deliver the Parkinson's Explained session at your place of work, fully endorsed by PDNSA. You'll also receive a full training pack, allowing you to start delivering the training immediately.

Learning outcomes:

Upon completion of every learning unit, participants will:

- Understand the impact of Parkinson's, including motor and non motor symptoms, communication and cognition issues, and management of Parkinson's
- Evaluate your own practice and care of people with Parkinson's
- Deliver the Parkinson's Explained training session to your staff
- Recognise the role of the UK Parkinson's Excellence Network and how you can work with us.

Close

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms
Clinical Topics

Non-Motor Symptoms
Non-Clinical Topics

Speech and Language Therapy

Dear Speech and Language Therapist,

This area of the Continuous Professional Development (CPD) tool is designed specifically for speech and language therapists. The content is available for you to select what you need, when you need it and you can dip into each module as issues arise or select more of a training overview. Think of this tool as a directory for your learning, it will help you see the key themes and challenges of working in this area and give you the most current best practice advice available.

Parkinson's UK are keen to provide support to therapists to offer a Gold Standard Service to people with Parkinson's. Best practice is influenced by the NICE Parkinson's guidelines (February 2018) and the National Service Framework for Long Term Neurological Conditions quality standards. A UK Speech & Language Therapy Parkinson's Clinical Guideline has not yet been developed, but we can make reference to evidence-based practice, put forward by our Dutch colleagues [in their national guidance](#).

Best wishes,

Caroline Bartliff
Specialist Speech & Language Therapist

Continue

Home

Physio

OT

SLT

About Parkinson's

Resources

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

Non-Clinical Topics

About Parkinson's

The prevalence of speech and swallowing problems in Parkinson's is high with many studies citing these difficulties occurring between 75 – 95% of the time. It is essential that Parkinson's patients are referred early for speech and language therapy advice and treatment.

The diverse nature of the condition makes it very important for speech and language therapists to be aware of the different variations of Parkinson's and how these may impact the individual.

Additionally, speech and language therapists can contribute to the differential diagnosis of patients, for example, early severe dysarthria or ataxic dysarthria which can be indicators of atypical Parkinsonism.

There are many different types of Parkinsonian conditions. Some of these are described on the [Parkinson's UK website](#)

Red Flags: an SLT should be aware of, suggesting a differential diagnosis are:

Progressive supra-nuclear palsy (PSP)

- Early severe dysarthria. Mixed presentation but often spastic elements occur alongside hypokinetic symptoms.
- Expressive language changes (reduced phrase length).
- Typically have early identified swallowing problems.

Multiple system atrophy (MSA)

- Very weak, breathy, hoarse quality voice with difficulties getting any breath or power behind their voice.
- Rapidly deteriorating dysarthria, dysphonia and/or dysphagia.
- Ataxic dysarthria and altered rhythm.
- Inspiratory stridor.
- Need for early AAC.

Close

Home

Physio

OT

SLT

Resources (1 of 2)

- [NICE Guideline](#) The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. This 2017 guideline update is about diagnosing and managing Parkinson's in adults. See section 1.7.7 - 1.7.9 for speech and language therapy and 1.7.10 to 1.7.15 for recommendations about nutrition.
- [NICE Parkinson's disease quality standard \(QS164\)](#) This quality standard covers the management of Parkinson's in adults.
- [About Parkinson's and speech and language therapy](#)
- [Caring for your patient with Parkinson's](#) Booklet for hospital staff
- [Providing better support to people with Parkinson's in the community and preventing unnecessary hospital admissions](#) Interactive guide.
- [Emergency management of patients with Parkinson's](#) Particularly useful for professionals who do not see people with Parkinson's day to day.
- [Speech and Language Therapists – what you need to know about Parkinson's](#) 15-minute bitesize course
- [WHO Parkinson's disease](#) A public health approach technical brief
- [2-minute Neuroscience: Basal Ganglia](#) YouTube video
- [Kinetics Film](#)
- [Swimming as Medicine](#)

[Next](#)

About Parkinson's

▶ Resources ◀

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

Non-Clinical Topics

Resources (2 of 2)

- [Signposting from diagnosis](#)
- [Anticipatory Care Plan](#) Outlines common complications people with Parkinson's might experience in the community, why these may arise and what actions professionals can take to address them to prevent an unnecessary hospital admission.
- [AHP Competencies in Long Term Neurological Conditions](#) – (includes specific Parkinson's competencies for Physiotherapists, OTs, Speech & Language therapists and Dietitians)
- [COVID-related resources](#)
- [House of Care – a framework for long term condition care](#) A model to be used as a checklist for high-quality person-centred coordinated care
- [Progressive Neurological Conditions Toolkit](#) a toolkit from NHS Rightcare to support systems to understand the priorities in care for people living with progressive neurological conditions
- [The Lancet - Parkinson's Disease](#) Series of articles on Parkinson's epidemiology, pathogenesis, medical, surgical and physical treatment
- [SLT Parkinson's Clinical Excellence Network](#)
- Parkinson's Expiratory Muscle Strength Training (EMST) support group online (via MS Teams). Email: uhdb.speechtherapysrs@nhs.net

Close

Home

Physio

OT

SLT

About Parkinson's Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Self-directed learning:

- [Parkinson's Awareness: A 15 Minute Online Presentation For Ward Staff](#)
- [Parkinson's Foundation Modules](#)
- [Understanding Parkinson's Online for Health and Social Care Staff](#)
- [A Map of Parkinson's: Introduction Module](#)
- [Lewy Body Dementia Bitesize](#)
- [Get it on time – for staff who don't administer](#)
- [Management and treatment of chronic sialorrhea \(drooling\) due to Parkinson's. \(Merz Therapeutics in partnership with Parkinson's UK\)](#)

Study days and longer courses ranked in order of complexity:

- [Multidisciplinary Management of Parkinson's](#)
- [Foundation Masterclass](#)
- [Advanced Parkinson's Course](#)
- [LSVT LOUD Course](#)
- [Enhanced Parkinson's Disease Management](#)

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's Awareness: A 15 Minute Online Presentation For Ward Staff

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's awareness: a 15-minute online presentation for ward staff](#)

This presentation is for any staff working on a hospital ward. It pulls together the key symptoms and issues that can impact of a person with Parkinson's and their care when admitted to a hospital ward.

Learning outcomes:

After viewing this presentation you will have:

- An increased knowledge and understanding of Parkinson's
- A better understanding of the needs of people living with Parkinson's, and their families
- Recognition of the importance of time-sensitive drug management
- Knowledge about the resources available to improve practice in hospitals, therefore improving care for people with Parkinson's.

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's Foundation Modules

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: Foundation modules for health and social care staff](#)

This course is suitable for anyone working in health or social care who requires a foundation understanding of Parkinson's. It is self directed learning so you can work through the interactive learning units at a pace suitable to your needs. You can choose to complete the whole course or pick a combination of learning units. You can expect the full course to take a minimum of 10 hours learning.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- What Parkinson's is
- How Parkinson's is diagnosed
- The symptoms of Parkinson's
- Treatments available for the condition, and their potential side effects
- What actions you can take to help make sure that every person with Parkinson's received the best care possible.

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
- The communication and cognitive challenges associated with Parkinson's, their impact and ways to deal with them.

Next

Home

Physio

OT

SLT

A Map of Parkinson's

Course provider: Phoenix-Aragon Education

Cost: Price on application

Web page: [Find out more on A Map of Parkinson's](#)

This innovative, online self-study course enables allied health professionals to work more effectively with people living with Parkinson's.

Learning outcomes:

- To gain awareness of the motor and non-motor nature of Parkinson's
- To explore the modern multidisciplinary approach to the management of people living with Parkinson's, including the basics of anti-Parkinson's medications and the roles of a range of healthcare professionals.
- To consider the process of diagnosis, alternative diagnoses and related conditions.
- To build on foundation knowledge established in the Overview module, to cultivate an in-depth/specialist understanding of the many motor and non-motor symptoms of Parkinson's.
- To learn about the management of Parkinson's symptoms, the role of medication and other approaches to aid people with the condition in coping.
- To spark further self-guided exploration of any chosen topic, according to work roles and interests, through access to additional online resources – and other information signposted within the course.

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Lewy Body Dementia Bitesize

Course provider: Lewy Body Academy/Neurology Academy

Cost: Free

Duration: Up to 15 minutes each

Web page: [Find out more on Lewy Body Dementia Bitesize](#)

This course is perfect for anyone working in neurology, medicine for the elderly or old age psychiatry. The course is also useful for therapists, those in nursing roles in hospital or the community, and could provide helpful baseline knowledge for those in general practice.

Learning outcomes

Our Lewy Body Bitesize course is intended for anyone looking to develop a basic understanding of Lewy body dementia:

- what it looks like and how to diagnose it
- effective management across different types of symptoms
- future treatment opportunities.

Next

Home

Physio

OT

SLT

Get It On Time – Parkinson's medication for staff who don't administer

Course provider: Parkinson's UK

Cost: Free

Duration: 1 hour minimum

Web page: [Find out more on Get It On Time – Parkinson's medication for staff who don't administer](#)

The course focuses on the importance of Parkinson's medications being given on time, with a particular focus for staff who don't administer medications.

Learning outcomes

The course focuses on the following areas:

- What is Parkinson's?
- The symptoms of Parkinson's.
- Treatments for Parkinson's.
- Why medicine should be given on time.

These will enable participants to:

- recognise and appreciate key Parkinson's symptoms
- improve their practice in caring for people with Parkinson's
- understand why it is vital that Parkinson's medication is given on time

Next

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Management and treatment of chronic sialorrhea (drooling) due to Parkinson's. (Merz Therapeutics in partnership with Parkinson's UK)

Course provider: Parkinson's UK

Cost: Free

Duration: 2 hours

Web page: [Find out more on Management and treatment of chronic sialorrhea \(drooling\) due to Parkinson's](#)

An online course examining the management and treatment of chronic sialorrhea in Parkinson's. This educational module has been initiated and funded by Merz therapeutics.

Learning outcomes

The course focuses on the following areas:

- What is sialorrhea?
- Impact of sialorrhea
- Assessing and managing chronic drooling
- Botulinum neurotoxin type A injections

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Multidisciplinary Management of Parkinson's

Course provider: National Centre of Rehabilitation Education (NCORE)

Cost: Price on application

Contact: dhft.ncore@nhs.net (01332) 254679

Web page: [Find out more on Multidisciplinary Management of Parkinson's](#)

Hosted by Derby Teaching Hospitals, Derby. This course runs every 2 years.

Learning outcomes:

Learners will come away from this course with an understanding of:

- The aetiology and pathology of Parkinson's.
- Drug actions, options and importance of getting medication on time in Parkinson's.
- The many non-motor symptoms of Parkinson's.
- The best practice and current evidence-based therapy management of Parkinson's, including physiotherapy, occupational therapy, and speech therapy.
- How to use cues and strategies in Parkinson's management.

Next

Home

Physio

OT

SLT

Foundation MasterClass

Course provider: Parkinson's Academy

Cost: Price on application

Web page: [Find out more on Foundation MasterClass](#)

This course is designed for non-final year registrars, old age psychiatry registrars, Parkinson's nurses within the first 18 months of post, occupational therapists, speech and language therapists, pharmacists, clinical fellows and clinical lecturers. The course is set as one module over two days with one residential evening. The course will advance understanding of Parkinson's and related movement disorders taught through sessions.

Learning outcomes:

Learners will come away from this course with an understanding of:

- Epidemiology, genetics, anatomy and basic pathophysiology of Parkinson's.
- Differential diagnosis including clinical imaging.
- Understand motor and non-motor symptoms.
- Clinical skills, challenge tests and simple neurological examination.
- Early treatment options.
- Management of late-stage disease: drugs, invasive options, surgery.
- Management of non-motor symptoms.
- Issues relating to inpatients with Parkinson's.
- Neuropsychiatric complications.
- Palliative care.

Next

Home

Physio

OT

SLT

Advanced Parkinson's Course

Course provider: National Centre of Rehabilitation Education (NCORE)

Cost: Price on application

Web page: [Find out more on Advanced Parkinson's Course](#)

Runs most years in May or June. Hosted by Derby Teaching Hospitals, Derby, DE1 2QY. Email: dhft.ncore@nhs.net. Phone: (01332) 254679.

This 2-day course is aimed at all grades of Allied Health Professionals (AHP), nurses and physicians who have some experience of treating people with Parkinson's and may have previously attended the Derby Parkinson's Courses e.g. NCORE Multidisciplinary Management of Parkinson's or other relevant training. The programme will cover management at each of the 4 stages of Parkinson's – Diagnosis, Maintenance, Complex and Palliative, with emphasis on the latter 2 stages and covering the impact of hospitalisation on people with Parkinson's. It will also cover the principles of multidisciplinary team (MDT) working including integrating an understanding of emotion, behaviour and cognition into MDT working. Motor and nonmotor symptoms will be covered and principles of therapeutic management for different AHP disciplines. Each session will be led by a clinical specialist in the field of Parkinson's.

Aims and Objectives

- Gain understanding of problems and management at each stage of Parkinson's, with emphasis on the complex stage and the palliative approach to management.
- Gain an understanding of multidisciplinary team working in Parkinson's, incorporating an understanding of emotion, behaviour and cognition.
- Understand the impact and implications of hospitalisation on people with Parkinson's.
- Increase knowledge of impact and management of motor and non-motor symptoms
- To gain knowledge of the best practice and current evidence-based management of Parkinson's Disease, including Physiotherapy, Occupational Therapy and Speech & Language Therapy

Next

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

LSVT LOUD

Course provider: LSVT Global Inc

Cost: Check with course provider

Web page: [Find out more on LSVT LOUD](#)

LSVT Global Inc. offers a range of training including LSVT LOUD. This is a system that trains people to use their voice at a more normal loudness level while speaking at home, work or in the community. Key to the treatment is helping people recalibrate their perceptions so they know how loud or soft they sound to other people.

Online training and face-to-face certification courses are designed to train and certify speech-language clinicians in the LSVT LOUD treatment method.

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

▶ Clinical Topics ◀

Non-Clinical Topics

Enhanced Parkinson's Disease Management

Course provider: University of Plymouth

Cost: Check with provider

Web page: [Find out more on Enhanced Parkinson's Disease Management](#)

This 40 credit degree-level module enables you to become competent in assessing, planning, delivering, evaluating and leading the care of people with Parkinson's disease; and to give support and advice to their carers. You will develop an enquiring mind for leading and influencing change in Parkinson's disease service. With subject specific knowledge and skill, you will be able to promote high quality care within the clinical setting through dissemination of evidence based information. The course is normally planned to run over a six month period whereby you will attend taught sessions. Delivery consists of keynote lectures, group work, expert patient, student led activities, digital media and blended learning.

Learning outcomes:

At the end of the module the learner will be expected to be able to:

- Demonstrate a significant knowledge and critical understanding of the physical and psychosocial implications of Parkinson's disease for the individual and carer.
- Systematically assess, plan, implement and critically evaluate the care of the Parkinson's disease patient and their carer.
- Lead and work effectively and collaboratively to meet the needs of the individual client and demonstrate leadership to ensure high quality, effective management of Parkinson's.
- Systematically apply an in depth knowledge of the pathophysiology of Parkinson's and analysis of its pharmacological management and use this to support the learning of others.
- Critically apply relevant evidence to support care management and service development.
- Identify, discuss and apply political and professional issues related to this area of healthcare.

Close

Home

Physio

OT

SLT

About Parkinson's Resources

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

▶ Non-Clinical Topics ◀

Non-clinical topics offer ways to learn about Parkinson's and to share your insights with your colleagues. Find out how to improve your knowledge, skills and confidence, improve your clinical practice and increase your organisation's efficiency, and cascade learning throughout your organisation. These courses offer nationally recognised accreditation on completion.

- [Understanding Parkinson's Online](#)
- [Train the Trainer](#)
- [Introduction to Clinical Research \(NIHR Learn\)](#)

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

▶ Non-Clinical Topics ◀

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
- The communication and cognitive challenges associated with Parkinson's, their impact and ways to deal with them.

Next

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

▶ Non-Clinical Topics ◀

Parkinson's: Train the trainer

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: train the trainer](#)

This course is for experienced health and social care trainers who want to learn how to deliver a 3 hour course on Parkinson's to their colleagues. (You can deliver the course in more than one session if required).

In order to become a UK Parkinson's Excellence Network trained trainer you need to complete two courses and attend a webinar. The first course provides the background knowledge and understanding of Parkinson's. Once you've completed and passed this, you can access the second course which teaches you how to deliver the Parkinson's Explained presentation. You'll then be able to deliver the Parkinson's Explained session at your place of work, fully endorsed by PDNSA. You'll also receive a full training pack, allowing you to start delivering the training immediately.

Learning outcomes:

Upon completion of every learning unit, participants will:

- Understand the impact of Parkinson's, including motor and non motor symptoms, communication and cognition issues, and management of Parkinson's
- Evaluate your own practice and care of people with Parkinson's
- Deliver the Parkinson's Explained training session to your staff
- Recognise the role of the UK Parkinson's Excellence Network and how you can work with us.

Close

Home

Physio

OT

SLT

About Parkinson's
Resources

Motor Symptoms

Non-Motor Symptoms

Clinical Topics

▶ Non-Clinical Topics ◀

Introduction to Clinical Research (National Institute for Health Research)

Course provider: National Institute for Health Research

Cost: Free

Duration: 2 hours 40 minutes

Web page: [Find out more on Introduction to Clinical Research](#)

A free online course, created by the National Institute for Health Research (NIHR), providing an overview of different types of research and the clinical research process. Suitable for anyone wanting to know more about how research trials are carried out, to increase their confidence in talking to patients about research or starting a career in research. This is a self-directed learning course and does not contain any assessment. You can log in at any time and work through the course at a pace that suits you.

Learning outcomes

Upon completing this course you should be able to:

- Identify different types of research
- Understand the research process
- Recall information about clinical trial phases
- Understand clinical research terms such as blinding and placebos
- The course also covers an introduction to study set-up and conduct, data quality and management, and research regulation and governance.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

Non-Clinical Topics

Motor Symptoms

The main clinical features of speech and communication difficulties in Parkinson's are:

- Fast/mumbled speech
- Reduced pitch range
- Quiet voice, or a voice that fades over time
- Hoarse or breathy voice quality
- Neurogenic stammering and/or palilalia
- Difficulty initiating speech in a timely manner in conversation
- Difficulties keeping up with quick changes in topic
- Hypomimia, reduced vocalisations and a reduction in gestures
- Difficulties multitasking.

Swallowing problems commonly include:

- Reduced lip seal
- Piecemeal chewing
- Tongue rocking
- Difficulty initiating the backward pull of the tongue
- Delayed or absent swallow reflex
- Presbylarynx or bowed vocal folds
- Reduced cricopharyngeal sphincter opening
- Reduction in spontaneous swallowing due to positioning/lip seal resulting in drooling
- High prevalence of oesophageal problems.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

▶ Resources ◀

Clinical Topics

Non-Clinical Topics

Resources

- [About Parkinson's and speech and language therapy](#)
- [Information and support: speech and language therapy](#)
- [NICE Guideline](#) There is currently no UK guidance about Parkinson's for SLTs, but the [Dutch guidelines](#) give plenty of useful information and ideas. See section 1.7.7 – 1.7.9 for speech and language therapy and 1.7.10 – 1.7.15 for recommendations about nutrition.
- [Giving Voice](#) A leaflet from the Royal College of SLT.
- [iQoro](#) useful device for tongue strengthening and reducing drooling
- [Hard to Swallow](#) report from NCEPOD

Information about singing:

- [Singing Away Symptoms](#)
- [Sing for Your Life](#)
- [Sing to Beat Parkinson's](#)

Information about voice:

- [Voice aerobics](#)
- [LSVT homework helper videos](#)
- [LSVT companion clinician edition](#)
- [Parkinson's voice exercises](#)

Various apps are now available for management of swallowing – search online to see more details, for example LSVT Global. See more details in this article: Baijens, LWJ & Speyer, R. Dysphagia (2009) [Effects of Therapy for Dysphagia in Parkinson's Disease: Systematic Review](#). Dysphagia, 24:91.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

- [Parkinson's Awareness: A 15 Minute Online Presentation for Ward Staff](#)
- [Parkinson's Foundation Modules](#)
- [Understanding Parkinson's Online for Health and Social Care Staff](#)
- [A Map of Parkinson's](#)

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's Awareness: A 15 Minute Online Presentation For Ward Staff

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's awareness: a 15-minute online presentation for ward staff](#)

This presentation is for any staff working on a hospital ward. It pulls together the key symptoms and issues that can impact of a person with Parkinson's and their care when admitted to a hospital ward.

Learning outcomes:

After viewing this presentation you will have:

- An increased knowledge and understanding of Parkinson's
- A better understanding of the needs of people living with Parkinson's, and their families
- Recognition of the importance of time-sensitive drug management
- Knowledge about the resources available to improve practice in hospitals, therefore improving care for people with Parkinson's.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's Foundation Modules

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: Foundation modules for health and social care staff](#)

This course is suitable for anyone working in health or social care who requires a foundation understanding of Parkinson's. It is self directed learning so you can work through the interactive learning units at a pace suitable to your needs. You can choose to complete the whole course or pick a combination of learning units. You can expect the full course to take a minimum of 10 hours learning.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- What Parkinson's is
- How Parkinson's is diagnosed
- The symptoms of Parkinson's
- Treatments available for the condition, and their potential side effects
- What actions you can take to help make sure that every person with Parkinson's received the best care possible.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
- The communication and cognitive challenges associated with Parkinson's, their impact and ways to deal with them.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

A Map of Parkinson's

Course provider: Phoenix-Aragon Education

Cost: Price on application

Web page: [Find out more on A Map of Parkinson's](#)

This innovative, online self-study course enables allied health professionals to work more effectively with people living with Parkinson's.

Learning outcomes:

- To gain awareness of the motor and non-motor nature of Parkinson's
- To explore the modern multidisciplinary approach to the management of people living with Parkinson's, including the basics of anti-Parkinson's medications and the roles of a range of healthcare professionals.
- To consider the process of diagnosis, alternative diagnoses and related conditions.
- To build on foundation knowledge established in the Overview module, to cultivate an in-depth/specialist understanding of the many motor and non-motor symptoms of Parkinson's.
- To learn about the management of Parkinson's symptoms, the role of medication and other approaches to aid people with the condition in coping.
- To spark further self-guided exploration of any chosen topic, according to work roles and interests, through access to additional online resources – and other information signposted within the course.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Non-clinical topics offer ways to learn about Parkinson's and to share your insights with your colleagues. Find out how to improve your knowledge, skills and confidence, improve your clinical practice and increase your organisation's efficiency, and cascade learning throughout your organisation.

- [Understanding Parkinson's Online for Health and Social Care Staff](#)
- [Parkinson's: Train the Trainer](#)

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Understanding Parkinson's Online for Health and Social Care Staff

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Understanding Parkinson's for health and social care staff - online](#)

This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
- The impact Parkinson's can have on the person with the condition and those around them
- The processes, procedures, methods, techniques and services used to manage Parkinson's
- The issues, side effects and related procedures commonly associated with Parkinson's medication
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Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Parkinson's: Train the trainer

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: train the trainer](#)

This course is for experienced health and social care trainers who want to learn how to deliver a 3 hour course on Parkinson's to their colleagues. (You can deliver the course in more than one session if required).

In order to become a UK Parkinson's Excellence Network trained trainer you need to complete two courses and attend a webinar. The first course provides the background knowledge and understanding of Parkinson's. Once you've completed and passed this, you can access the second course which teaches you how to deliver the Parkinson's Explained presentation. You'll then be able to deliver the Parkinson's Explained session at your place of work, fully endorsed by PDNSA. You'll also receive a full training pack, allowing you to start delivering the training immediately.

Learning outcomes:

Upon completion of every learning unit, participants will:

- Understand the impact of Parkinson's, including motor and non motor symptoms, communication and cognition issues, and management of Parkinson's
- Evaluate your own practice and care of people with Parkinson's
- Deliver the Parkinson's Explained training session to your staff
- Recognise the role of the UK Parkinson's Excellence Network and how you can work with us.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

Non-Clinical Topics

Non-Motor Symptoms

The main non-motor features of speech and communication difficulties in Parkinson's are:

- Changes to auditory self monitoring
- Memory changes and processing speed, for example losing the thread when talking
- Word finding difficulties
- Fatigue
- Anxiety

Red Flags: an SLT should be aware of, suggesting a differential diagnosis are:

Cortico-basal degeneration (CBD):

- Language processing difficulties can be either receptive or expressive dysphasia.
- Oral dyspraxia.
- Alien limb.
- Swallowing problems tend to develop later in the disease. Dyspraxia may be evident in a formal swallowing assessment and not replicated in a more natural eating assessment.

Parkinson's disease dementia complex or Lewy body dementia:

- Presence of hallucinations and memory problems at diagnosis or within a year.
- Significant word finding difficulties in conversation.
- Forgetting what they are saying.
- Very slow response to questions.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

► Resources ◀

Clinical Topics

Non-Clinical Topics

Resources

- [Non-motor Symptoms Questionnaire](#)
- [Supporting people affected by Parkinson's – speech and language therapy](#)
- [NICE Guideline](#) The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. This 2017 guideline update is about diagnosing and managing Parkinson's in adults. See section 1.7.7 to 1.7.9 for speech and language therapy and 1.7.10 – 1.7.15 for recommendations about nutrition.
- [Impulsive and compulsive behaviour in Parkinson's](#) Monitoring and information tool for use during discussions between a healthcare professional and a person with Parkinson's
- [Parkinson's UK – Mental Health Hub](#)
- [Providing better support to people with Parkinson's](#) – how to prevent unnecessary hospital admissions
- [Montreal Cognitive Assessment \(MOCA\)](#) A brief cognitive screening tool for mild cognitive impairment
- [NHS RightCare Progressive Neurological Conditions Toolkit](#)
- [Psychological interventions for people with Parkinson's](#) Outlines the psychological consequences of Parkinson's and services available to help
- [Best practice guidelines for dietitians on the management of Parkinson's](#) Explains the nutritional consequences of Parkinson's, and strategies for managing nutrition-related symptoms
- [Mental Health Matters \(APPG report, May 2018\)](#)

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

- [Good Brain, Bad Brain: Parkinson's Disease](#)
- [Parkinson's: Managing Palliative and End of Life Care](#)
- [Palliative Care MasterClass](#)
- [A Map of Parkinson's](#)

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Good Brain, Bad Brain: Parkinson's Disease

Course provider: Future Learn, University of Birmingham

Cost: Free

Web page: [Find out more on Good Brain Bad Brain](#)

This free online course is designed for any professional with an interest in finding out more about the fundamentals of Parkinson's.

It looks at how Parkinson's affects people, what causes it, how symptoms might be improved and what there is still to learn about the condition.

Learning outcomes:

Having completed the course, participants will be able to:

- Identify the key regions of the brain involved in movement control
- Explain how disruption to basal ganglia function can lead to the signs and symptoms of Parkinson's disease
- Investigate the rationale behind current areas of research
- Apply a knowledge of the pathology of Parkinson's disease to explain how current therapies work
- Explore some of the current areas of active research.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Parkinson's: Managing Palliative and End of Life Care

Course provider: Parkinson's UK and Open University

Cost: Free

Web page: [Find out more on Parkinson's: Managing palliative and end of life care](#)

Created by Parkinson's UK and the Open University online, this course takes approximately ten hours to complete. It has been designed for professionals, such as Parkinson's specialist nurses and other clinicians, who work as part of the specialist team during the palliative and end-of-life phases. It may also be useful for health and social care professionals who already have experience of working with people with Parkinson's, but wish to enhance their knowledge of palliative and end of life care in Parkinson's.

Learning outcomes:

Having completed the course, participants will be able to:

- Demonstrate an understanding of the principles of palliative and end of life care and how these can be applied in Parkinson's.
- Identify the challenges in practice of applying palliative and end of life care principles in Parkinson's.
- Confidently discuss the theory of advance care planning and the issues involved, such as power of attorney or advance decision to refuse treatment.
- Identify symptoms which indicate the end of life phase in Parkinson's and highlight the issues in management of this phase.
- Be aware of the family/carers of the client and their needs throughout the end of life phase through to bereavement.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

Palliative Care MasterClass

Course provider: Parkinson's Academy

Cost: Price on application

Web page: [Find out more on Palliative Care MasterClass](#)

This MasterClass is aimed at health professionals involved in palliative care for neurological conditions largely focused on Parkinson's and dementia – including allied health professionals, doctors (grade SpR above), specialist nurses, community teams and GPs.

Learning outcomes:

Learners will come away from this course with an understanding of:

- The evidence base for unmet palliative care need.
- Disease-specific issues faced by patients.
- Approaches to assessment and management of specific unmet palliative care needs in Parkinson's and dementia.
- Palliative assessment tools.
- Commonly encountered medications and their side effects.
- Terminal stages, particularly how to identify and manage drug therapies in final days.
- Promoting autonomy: how and when to consider ACP in the context of cognitive impairment.
- Service considerations and delivery.
- How good practice could be spread and incorporated elsewhere.
- Future directions and research quality improvement opportunities.

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

▶ Clinical Topics ◀

Non-Clinical Topics

A Map of Parkinson's: Introduction Module

Course provider: Phoenix-Aragon Education

Cost: Price on application

Web page: [Find out more on A Map of Parkinson's](#)

This innovative, online self-study course enables allied health professionals to work more effectively with people living with Parkinson's.

Learning outcomes

Upon completion of every learning unit participants will understand around 50 symptoms associated with Parkinson's, including:

- Pain and fatigue
- Impacts of Parkinson's on personal and public life
- Cognition, perception and motivation
- Sleep and night-time issues
- Motor symptoms
- Neuropsychiatric symptoms
- Autonomic, gastrointestinal and sensory symptoms.

Close

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

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- [Understanding Parkinson's Online](#)
- [Train the Trainer](#)

Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

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Cost: Free

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This course is suitable for anyone working in health or social care who requires an understanding of Parkinson's. It is self-directed learning, so you can work through the interactive learning units at a pace suitable to your needs. It takes approximately 24 hours to complete and covers a wide range of topics, helping you to understand Parkinson's better and provide top-quality care for people with the condition. You will have an opportunity to reflect on your practice and to connect with your peers.

Learning outcomes:

Upon completion of every learning unit, participants will understand:

- The common signs, symptoms and progression of Parkinson's
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Next

Home

Physio

OT

SLT

About Parkinson's

Motor Symptoms

Non-Motor Symptoms

Resources

Clinical Topics

▶ Non-Clinical Topics ◀

Parkinson's: Train the trainer

Course provider: Parkinson's UK

Cost: Free

Web page: [Find out more on Parkinson's: train the trainer](#)

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Learning outcomes:

Upon completion of every learning unit, participants will:

- Understand the impact of Parkinson's, including motor and non motor symptoms, communication and cognition issues, and management of Parkinson's
- Evaluate your own practice and care of people with Parkinson's
- Deliver the Parkinson's Explained training session to your staff
- Recognise the role of the UK Parkinson's Excellence Network and how you can work with us.

Close

Home

Physio

OT

SLT