



Parkinson's UK
Rhwydwaith Rhagoriaeth
Excellence Network

Meddyginiaeth Critigol o ran Amser

**Sut i gefnogi pobl â Parkinson's:
taflen ffeithiau ar gyfer y
Gwasanaeth Ambiwylans**



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Mae meddyginiaeth Parkinson's yn gritigol o ran amser

Mae cleifion â Parkinson's mewn perygl o niwed sylweddol os na fyddant yn cael eu meddyginiaeth ar amser, bob tro. Mae gan y Gwasanaeth Ambiwylans ran allweddol i'w chwarae wrth sicrhau hyn.

Mae 'ar amser' yn golygu o fewn 30 munud i amser penodedig y claf. Gall hyd yn oed oedi byr waethgu symptomau fel anhyblygrwydd, poen a chryndod, gan gynyddu'r risg o gwmpo. Gall oedi hefyd achosi straen, pryder a phroblemau gyda llyncu, gan gynyddu'r risg o fethu anadlu'n iawn.

Nid yw dros hanner y bobl â Parkinson's yn cael eu meddyginiaethau ar amser, bob tro yn yr ysbyty. Mae hyn yn arwain at ganlyniadau gwaeth i gleifion, amseroedd adfer hirach a chostau uwch i'r GIG.

Beth ddylwn i ei wneud os oes gan fy nglaf Parkinson's?

I bobl â Parkinson's sy'n cael eu trin gartref neu'n cael eu cludo mewn ambiwlans i'r ysbyty, mae'n bwysig iawn:

-  **Gwiriwch amseriad meddyginiaeth** – Mae person nodweddiadol sydd â Parkinson's yn cymryd gwahanol fathau o feddyginiaeth, sawl gwaith y dydd. Bydd yr amseriad yn amrywio ar gyfer pob person. Gellir tarfu ar feddyginiaeth pan fydd rhywun yn sâl neu wedi cael damwain. Dylech wirio pryd y cymerodd yr unigolyn ei feddyginiaeth Parkinson's ddiwethaf a phryd sydd angen y dos nesaf. Os ydynt wedi colli dos, gweithiwch gyda'r claf i gywiro hyn.
-  **Dewch â meddyginiaeth Parkinson's y claf** – Yn ddelfrydol yn ei becynnau a gyda phresgripsiwn os yn bosib, i fynd gyda'r person i'r ysbyty.
-  **Ceisiwch gymorth ychwanegol** – Os yw'r person â Parkinson's wedi drysu neu os yw'n ymddangos bod ei wybyddiaeth yn cael ei effeithio, gofynnwch i unrhyw ofalwr neu aelod o'r teulu sy'n bresennol am normau meddyginiaethol y person. Os yw'n bosibl, caniatewch i'r gofalwr neu aelod o'r teulu fynd gyda'r person ar y daith i'r ysbyty.
-  **Caniatáu amser os yw'r person yn rhewi** – Weithiau gall pobl â Parkinson's fynd yn 'sownd' a pheidio â gallu symud eu traed. Efallai y bydd angen amser arnynt. Gall cyfrif yn uchel neu ofyn iddynt roi cynnig ar 'orymdeithio yn y fan a'r lle' eu helpu i symud.
-  **Mynnwch ddosau pellach o feddyginiaeth** – Os oes oedi cyn mynd i'r ysbyty, atgoffwch y person i gymryd ei feddyginiaeth pryd bynnag y maent angen arnynt. Rhowch unrhyw help sydd ei angen arnynt, fel dŵr i gymryd eu dos.
-  **Sicrhau trosglwyddo digonol** – Gwnewch yn siŵr bod y staff sy'n derbyn y claf yn gwybod am Parkinson's y person ac yn cynnwys gwybodaeth am statws meddyginiaeth eu Parkinson's yn eich trosglwyddiad.

Beth yw Parkinson's?

Mae Parkinson's yn gyflwr niwrolegol cymhleth a all effeithio ar bob agwedd ar fywyd bob dydd. Mae symptomau pob person yn wahanol.

Er bod y rhan fwyaf o bobl â Parkinson's yn datblygu symptomau ar ôl 65 oed, mae miloedd o bobl oedran gweithio yn y DU hefyd yn cael eu heffeithio.

Mae pobl â Parkinson's yn aml yn ei chael hi'n anodd symud yn rhydd a gallant 'rewi'. Mae pobl yn disgrifio hyn fel teimlo fel bod eu traed yn cael eu 'gludo' i'r ddaear. Efallai y bydd ganddynt broblemau eraill hefyd, gan gynnwys pryder, iselder, dementia, rhithwelediadau, poen a phroblemau ymataliaeth. Gall Parkinson's hefyd effeithio ar siarad, llyncu ac ysgrifennu.

Gall difrifoldeb y symptomau amrywio o ddydd i ddydd a gall pobl hyd yn oed brofi newidiadau cyflym yn ystod y dydd.

Po hiraf y mae pobl yn byw gyda Parkinson's, yr uchaf yw'r risg o gael eu derbyn i'r ysbyty. Mae pobl â Parkinson's yn cael eu derbyn i'r ysbyty yn aml ar ôl cwymp neu oherwydd bod ganddynt haint aciwt.

Yn 2022-23, cofnodwyd o leiaf 78,500 o dderbyniadau brys i bobl â Parkinson's yn y DU.*

* Sylwch bod y ffigur hwn yn eithrio derbyniadau brys yng Ngogledd Iwerddon oherwydd nad yw'r data ar gael.

Ynglŷn â'r canllaw hwn

Datblygwyd y canllaw hwn gan weithwyr gofal iechyd proffesiynol yn y gwasanaethau ambiwlans ar draws y DU mewn cydweithrediad â Rhwydwaith Rhagoriaeth Parkinson's UK. Ei nod yw cefnogi staff y gwasanaeth ambiwlans i sicrhau bod pobl â Parkinson's yn cael eu meddyginiaeth ar amser, bob tro.

Mae'n seiliedig ar ganllaw a ddatblygwyd yn wreiddiol yn 2023 gan gweithwyr gofal iechyd proffesiynol yng Ngwasanaeth Ambiwylans yr Alban, gan weithio gyda Rhwydwaith Rhagoriaeth Parkinson's UK.

Cafodd y canllaw hwn ei adolygu ddiwethaf ym mis Ionawr 2025.

Ewch i wefan y Rhwydwaith Rhagoriaeth i wirio am ddiwygiadau a diweddariadau.

I gael gwybod am feddyginiaethau critigol o ran amser ewch i **parkinsons.org.uk/time-critical-medication-resources**

Am fwy o wybodaeth am Parkinson's ewch i **parkinsons.org.uk** neu ffoniwch ein llinell gymorth ar **0808 800 0303**



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Time Critical Medication

**How to support people with
Parkinson's: a factsheet for
the Ambulance Service**



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Parkinson's medication is time critical

Patients with Parkinson's are at risk of significant harm if they don't get their medication on time, every time. The Ambulance Service has a key role to play in making this happen.

'On time' means within 30 minutes of the patient's prescribed time. Even short delays can worsen symptoms such as rigidity, pain and tremors, increasing the risk of falls. Delays can also cause stress, anxiety and issues with swallowing, increasing the risk of aspiration.

Over half of people with Parkinson's don't get their medications on time, every time in hospital. This leads to worse patient outcomes, longer recovery times and increased costs to the NHS.

What should I do if my patient has Parkinson's?

For people with Parkinson's being treated at home or being transported by ambulance to hospital, it's really important to:

-  **Check if medication is due** – A typical person with Parkinson's takes different types of medication, several times a day. The timing will vary for each person. Medication can be disrupted when someone is unwell or has had an accident. Always check when the person last took their Parkinson's medication and when the next dose is due. If they've missed a dose, work with the patient to rectify this.
-  **Bring the patient's Parkinson's medication** – Preferably in its packaging and with a prescription if possible, to go with the person to hospital.
-  **Seek additional help** – If the person with Parkinson's is disorientated or their cognition appears to be affected, ask any carer or family member present about the person's medication norms. If possible, allow the carer or family member to accompany the person on the journey to hospital.
-  **Allow time if the person freezes** – Sometimes people with Parkinson's can get 'stuck' and not be able to move their feet. They may need some time to get going again. Counting out loud or asking them to try 'marching on the spot' can help them get moving.
-  **Prompt further medication doses** – If there are delays in admission to hospital, remind the person to take their medication whenever it's due. Give any help they need, such as water to take their dose.
-  **Ensure adequate handover** – Make sure the receiving hospital admissions staff know about the person's Parkinson's and include information on their Parkinson's medication status in your handover.

What is Parkinson's?

Parkinson's is a complex neurological condition that can affect all aspects of daily life. Every person's symptoms are different.

While the majority of people with Parkinson's develop symptoms after the age of 65, thousands of working-age people in the UK are also affected.

People with Parkinson's often find it hard to move freely and may 'freeze'. People describe this as feeling like their feet are 'glued' to the ground. They may also have other issues including anxiety, depression, dementia, hallucinations, pain and continence problems. Parkinson's can also affect talking, swallowing and writing.

The severity of symptoms can fluctuate from day to day and people can even experience rapid changes over the course of the day.

The longer people live with Parkinson's, the higher the risk of hospital admissions. People with Parkinson's are commonly admitted to hospital after a fall or because they have an acute infection.

In 2022-23, there were at least 78,500 recorded emergency admissions for people with Parkinson's in the UK.*

* Please note that this figure excludes emergency admissions in Northern Ireland because the data is not available.

About this guide

This guide has been developed by health professionals in the ambulance services of England, Northern Ireland, Scotland and Wales in collaboration with the Parkinson's UK Excellence Network. It aims to support ambulance service staff to make sure people with Parkinson's get their medication on time, every time.

It is based on a guide originally developed in 2023 by healthcare professionals in the Scottish Ambulance Service, working with the Parkinson's UK Excellence Network.

This guide was last reviewed in January 2025.

Please visit the Excellence Network website to check for revisions and updates.

To find out about time critical medications and Parkinson's visit **parkinsons.org.uk/time-critical-medication-resources**

For more information about Parkinson's, visit **parkinsons.org.uk** or call our helpline on **0808 800 0303**

