

2025 UK Parkinson's Audit: Physiotherapy – patient audit case sheet

Use this to record your patient cases before entering the data on the online tool

1. Demographics		
1.1	Patient identifier	
1.2	Gender	<ul style="list-style-type: none"> • Male • Female • Other/patient prefers not to say
1.3	Ethnicity	<ul style="list-style-type: none"> • White <ul style="list-style-type: none"> ◦ British ◦ Irish ◦ Gypsy or Irish Traveller ◦ Roma ◦ Any other White background • Asian/Asian British <ul style="list-style-type: none"> ◦ Bangladeshi ◦ Chinese ◦ Indian ◦ Pakistani ◦ Any other Asian background • Black/Black British/Caribbean/African <ul style="list-style-type: none"> ◦ African ◦ Caribbean ◦ any other Black background • Mixed/Multiple ethnic groups <ul style="list-style-type: none"> ◦ Asian and White ◦ Black African and White ◦ Black Caribbean and White ◦ Any other Mixed/Multiple background • Other ethnic group <ul style="list-style-type: none"> ◦ Arab ◦ Any other ethnic group • prefer not to say
1.4	Year of birth	
1.5	What setting does this client live in?	<ul style="list-style-type: none"> • Own home • Residential care home • Nursing home • Other (please specify)

1.6	In what health setting was the patient seen?	<ul style="list-style-type: none"> • NHS – outpatient • NHS – community • Private clinic • At home • Other (please specify)
1.7	How was this person assessed?	<ul style="list-style-type: none"> • In person • Virtually – by video • Virtually – by telephone
1.8	Parkinson's phase	<ul style="list-style-type: none"> • Diagnosis • Maintenance • Complex • Palliative
2. Referral		
2.1	Year of Parkinson's diagnosis	
2.2	Has the person received previous physiotherapy specifically for Parkinson's?	<ul style="list-style-type: none"> • Yes • No (skip to Q3) • Offered but declined (skip to Q3) • Unknown (skip to Q3)
2.2a	If yes, what was the year of first referral?	
2.3	When the person was first referred to any physiotherapy service, at what stage of their Parkinson's were they?	<ul style="list-style-type: none"> • Diagnosis • Maintenance • Complex • Palliative • Unknown
3. Referral to this episode		
3.1	Who made the referral to physiotherapy for the current episode of care?	<ul style="list-style-type: none"> • Elderly care consultant • Neurologist • Parkinson's nurse specialist • General/non-PDNS nurse • GP • Allied health professional colleague (OT/SLT) • Dietician • Social care worker • Self-referral/relative • Other (please specify) • Unknown

3.2	What was the time between the date of the referral letter and the date of the initial appointment for this episode of care?	<ul style="list-style-type: none"> • 1 to 4 weeks • 5 to 8 weeks • 9 to 12 weeks • 13 to 18 weeks • More than 18 weeks
3.3	Was a letter sent to the referrer?	<ul style="list-style-type: none"> • Yes • No
3.3a	If no:	<ul style="list-style-type: none"> • Not current practice • Therapy ongoing but letter to be sent on completion • No requirement as discussed directly with referrer at MDT review
	If yes:	
3.3b	Did the letter include details of the therapy assessment?	<ul style="list-style-type: none"> • Yes • No
3.3c	Did the letter include therapy outcome scores?	<ul style="list-style-type: none"> • Yes • No
3.3d	Did the letter include an intervention plan?	<ul style="list-style-type: none"> • Yes • No
3.4	If the patient is in the complex or palliative phase, is there evidence of anticipatory care planning in the last 12 months?	<ul style="list-style-type: none"> • Yes • No • Not in complex or palliative phase • Not indicated
4. Implementation of national recommendations		
4.1	Were Parkinson's-specific outcome measures used in this case?	<ul style="list-style-type: none"> • Yes (go to 4.1a) • No (go to 4.2)
4.1a	If yes, please tick all that apply (continues overleaf)	<ul style="list-style-type: none"> • 3-step falls predictor • 10 meter walk • Activities Balance Confidence (ABC) Scale • Berg Balance Scale • Borg Scale • Dynamic Gait Index (DGI)

		<ul style="list-style-type: none"> • Exercise diary • Falls Efficacy Scale International (FES-I) • Falls diary • Five Times Sit to Stand • Functional Gait Assessment • Goal Attainment Scaling (GAS) • History of Falling • Lindop Parkinson's Assessment Scale (LPAS) • Mini-BESTest • Modified Parkinson's Activity Scale (M-PAS) • New Freezing of Gait questionnaire (NFOG-Q) • Patient Specific Index for Parkinson's Disease (PSI-PD) • Push & Release Test • Rapid Turns Test • Six Minute Walk distance • Timed Get up & Go • Tragus to Wall (Posture measure) • Unified Parkinson's Disease Rating Scale (UPDRS) • Other (Please list)
4.2	If no, why were no outcome measures used?	
4.3	Was exercise/activity advice/intervention offered to this individual?	<ul style="list-style-type: none"> • Yes • No • Not appropriate
4.3a	<p>If yes, please tick all that apply</p> <p>(continues overleaf)</p>	<ul style="list-style-type: none"> • Aerobic exercise • Alexander Technique • Boxing • Cycling • Dance • Exercise programme focused on balance • Exercise programme focusing on flexibility • Exercise programme focusing on strength • Function-based exercise (e.g. stair practice) • High Intensity Interval Training • LSVT-BIG • Nordic Walking • PD Warrior • Pilates • PWR!Moves • Tai Chi • Treadmill training

		<ul style="list-style-type: none"> • Yoga • Other (please specify)
4.4	Were any technology/apps used/advised for this individual?	<ul style="list-style-type: none"> • Yes • No
4.4a	If yes - what was used/advised?	<ul style="list-style-type: none"> • Kinetograph • Fitbit or other activity monitor • PKG • Other (please specify)
5. About the physiotherapist		
5.1	What band (grade) is the physiotherapist who carried out the initial assessment of this person?	<ul style="list-style-type: none"> • 4 • 5 • 6 • 7 • 8a • 8b • 8c • Other
5.2	Approximately what percentage of people seen by the audited physiotherapist in a year have Parkinson's?	<ul style="list-style-type: none"> • 0-19% • 20-39% • 40-59% • 60-79% • 80-99% • 100% • Unknown
6. Evidence base		
6.1	<p>Which of the following did the audited therapist use to inform clinical practice or guide intervention?</p> <p>Tick all that apply</p> <p>(continues overleaf)</p>	<ul style="list-style-type: none"> • Own Clinical experience • Advice from colleague or supervisor • European Physiotherapy Guideline for Parkinson's Disease (2013) • Allied Health Professionals' competency framework for progressive neurological conditions • NICE - Parkinson's disease: diagnosis and management in primary and secondary care (2017) • National Service Framework for Long Term Neurological Conditions (NSF - LTNC) guidelines • Allied Health Professionals' competency framework for progressive neurological conditions

		<ul style="list-style-type: none"> • Published evidence in a peer reviewed journal (read within last 12 months) • Information from Parkison's UK website' • Postgraduate training (eg attending course/lectures specific to Parkinson's) within last 24 months • Other (please specify below) • None
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