



Autumn Greetings

Newsletter:
Issue No. 3
Nov 2017

SERVICE DEVELOPMENT

The service development group continues to meet each month and our patient representatives who attend have become a valuable addition to our team and ensure our developments are patient focused.

We have completed the Parkinson's UK service audit for 2017 for the services from the medical/nursing, physiotherapy and Occupational Therapy and look forward to the results next year. The feedback from participating in the 2015 audit has fuelled many of our recent service developments. We are pleased to report that the Speech and Language Therapists are, for the first time, completing the same audit retrospectively.

The information packs for newly diagnosed patients have been positively received and we value the feedback we have collected. This has led to the packs being gradually rolled out to include all patients who attend Dr. Thomas's outpatient clinic. If you do not attend his clinic and would like a pack, please contact Susan Lawley.

Susan has been busy updating the Parkinson's information on the government website www.gov.im and a suggestion has been made that we include a frequently asked questions section. If anyone has any questions they feel would be appropriate for this section, please contact Susan.

Susan is also developing a policy for medication administration for patients who are nil by mouth.

We held our first "life skills for Parkinson's" education session in September. This was prompted by a patient suggestion to provide an opportunity for people who have passed the initial diagnosis stage to meet with the team to learn about self management techniques and disease progression. The session included information on medication, exercise, cueing techniques, the role of the dietician and a Q&A with Dr Thomas. The feedback was very positive and we are planning to develop this course and provide more sessions. Watch this space!

Many thanks to all who attended our coffee drop in at the Thie Rosien in May. We were thrilled to see so many people and gained some valuable feedback on how we can improve our service to you. See below for our next coffee drop in.

AS A TEAM WE WANT TO ENSURE YOU GET THE BEST POSSIBLE CARE

We would welcome feedback from service users and carers on how we can improve things for people with Parkinson's on the Isle of Man.



If you need help or advice there are several ways to contact us

Susan Lawley Specialist Nurse

Tel: 01624 642676 Email: susan.lawley@gov.im

Graihagh Betteridge, Physiotherapist and
Clare Collister, Occupational therapist via Community Adult Therapy
Team Tel: 01624 642511

Website: www.gov.im/categories/health-and-wellbeing/therapy-services/

Join us for a coffee on Friday December 8th
at The Park Hotel, Ramsey 2.15 to 4.15pm



RESEARCH NEWS FROM PARKINSON'S UK

6th October RESEARCHERS SOLVE STRUCTURE OF KEY PARKINSON'S PROTEIN

25th September FURTHER EVIDENCE ON THE BENEFITS OF PIMAVANSERIN

4th September ASTHMA DRUGS COULD DECREASE RISK OF PARKINSON'S

3RD AUGUST DIABETES DRUG MAY HAVE POTENTIAL FOR PARKINSON'S

Why not sign up Progress magazine, Parkinson's UK's twice yearly free magazine that keeps you up to date with all that's happening in Parkinson's research?

FOR MORE INFORMATION GO TO WWW.PARKINSONS.ORG.UK/CONTENT/RESEARCH
OR TELEPHONE 0808 800 0303



Sue's top advice

'In some people protein may interfere with the effects of their levodopa medication. If this affects you, you may benefit from taking your levodopa 30 minutes before meals. However, do not stop eating protein altogether as it is vital to help your body to renew itself and fight infection. Reducing protein may cause dangerous weight loss'

Graihagh's top exercise

'Maintaining a good posture will help with your balance and general movement as well as your breathing, voice and swallowing. Monitor your posture and ask your physiotherapist to show you some flexibility stretches to add to your exercise routine.'

Top tips from your team

Clare's top tip:

Difficulties getting in/out of the car? Try



The seat belt helper



Car caddy



The Handybar

For more information see local disability shops, Parkinson's UK online shop, or your Occupational Therapist

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