



Spring Greetings

Newsletter:
Issue No. 8
March
2019

SERVICE DEVELOPMENT

Parkinson's UK ran another Parkinson's study day for us in February, for Health and Social Care professionals. Again the response was excellent and instead of reducing the waiting list for this training, it has now increased. We now have over 50 people wishing to attend this training. So to address this, Parkinson's UK also held a 2 day study course "train the trainer" which has provided 9 members of staff in Health and Social Care the skills to educate and raising awareness of Parkinson's with colleagues in their place of work. This means we can run these education sessions more often and spread the word about Parkinson's.



Here are our wonderful newly fledged trainers still smiling after 2 days of study.

We have also increased our number of Parkinson's Champions to 10. They will advocate for Parkinson's patients in their care and be a point of contact for advice. They have been given a poster to put up in their place of work to identify who they are. Some of our champions are holding their posters in the photo.

A BIG thank you to all of them for volunteering to be Champions.

Parkinson's UK has announced the National Audit of Parkinson's services 2019. The Audit is the recognised quality improvement tool for Parkinson's services. It allows measurement of practice against evidence-based standards and patient feedback in a continuous cycle of improvement. Our team has participated in the last 3 audits and the results have been used to plan our service development.

A new addition to our patient information pack is a document to help plan for your clinic appointment. We feel it is important for you to get the most from your consultation and ensure it is patient focused. The document allows you to review your Parkinson's symptoms, covering many aspects of the condition and we hope will help you prepare for health consultations. Additional copies of the document are available in Dr Thomas's clinic and we are planning to add a downloadable copy to the Parkinson's section of the government website. www.gov.uk/categories/health-and-wellbeing/conditions/parkinsons-disease/

Also added to the website are all of our past newsletters. Have a look if you haven't had all 8!

The eagle eyed of you might have noticed a change in our title from "Meet the team" to "Tea with the team". A subtle change but hopefully less confusing as we felt "Meet the team" might infer you could only attend once to meet us. The idea behind these sessions is for anyone to come along, have a chat, get advice and meet other people with Parkinson's in an informal setting. We also hope to get feedback on what you think of our services so we can improve and make sure what we provide is what you need.

Sue, Graihagh and Clare attend each session often with patient representatives from our service development group, the Parkinson's UK local advisor, some of our Champions and a representative from The Parkinson Society IOM. Come along and say hello.



Join us for "tea with the team" on Friday 5th April
at

The Park Hotel, Ramsey 2.00-4.00pm



RESEARCH NEWS FROM PARKINSON'S UK

11 February 2019:

New trial to test if a probiotic drink could improve symptoms

Researchers at King's College London are starting a world-first clinical trial to see if an oral drinkable probiotic called Symprove is able to reduce motor and non-motor symptoms in people with Parkinson's by improving gut health.

Recent studies have shown that gut health is important in people with Parkinson's and previous work has suggested that probiotics may improve gut symptoms. Now researchers want to test if the Symprove probiotic could improve a variety of symptoms, beyond the gut, in a UK-led pilot trial.

This research will help understanding of how gut health is linked to Parkinson's and assess whether this is a potential new treatment to improve motor and non-motor symptoms.

Why not sign up for the 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



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/



DIFFICULTY USING CUPS AND CUTLERY? HERE ARE SOME IDEAS

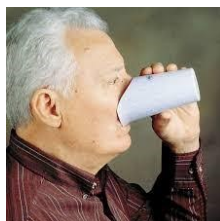
Good Grips cutlery

- larger handle for weakened grip
- slightly heavier helps with tremor



Nosey cup

- cut-out allows easier drinking with limited neck movement



Reusable silicon straws

- available with a cleaning brush
- soft and a larger aperture than plastic straws



For more information look online or ask your Occupational therapist

PARKINSON'S DISEASE SOCIETY IOM HAVE A NEW WEBSITE

Visit www.parkinsons.im

Email: info@parkinsons.im or telephone (07624) 309409 for more information

Or look on their Facebook page

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