



Parkinson's Association of Ireland

www.parkinsons.ie

Winter 2020



TOGETHER EVERY STEP OF THE WAY





Paula Gilmore

A WORD FROM OUR CEO

DEAR MEMBERS

As many of you are aware, I resigned from my post as CEO in March 2020 after five years working for the PAI. This was a very difficult decision. I felt that the outgoing board and I did not have the same vision or management style and I believed that stepping down was the best course of action at the time. I was invited back to the PAI by the interim board in late October and I accepted their offer to return to my position as CEO.

I want to re-assure you all that I am as committed to the PAI as I have always been and believe we can move past this difficult time of change. 2020 is not what any of us expected with a global pandemic followed by the isolation and uncertainty we all face. For many members PAI is a lifeline, a social network and a place to access services that only the PAI provide. We will continue to be that for you.

The PAI at the end of 2019 was in a strong financial position with no borrowing and a strong balance sheet.

Since year end there have been effectively two boards in place. The first Board took over after the last Annual General Meeting in 2019. This board implemented several changes. However there was a breakdown in communication between the board of directors and some of the branches. As a result of this breakdown in communication the board stepped down as they were unable to implement the changes without the support of the branches and the general membership. A new board took over with a mandate from the branches and membership to re-establish clear lines of communication.

The newly elected board have worked in a voluntary capacity meeting daily to ensure all information needed by the auditors was provided to the best of their ability. The main issues with the accounts is how we record income and expenditure. A new policy and procedures will be introduced to all branches and national office to address this. Many people have asked why in 2018 was the system we worked with good enough. My response to this is that every year we as an Association improved the systems we had in place to ensure good financial management. The guidelines are getting more stringent with charity regulations and accountability is needed now more than ever.

In 2019 there was many issues that led to the problems we faced. A change in management, lack of communications with the branches, insufficient handover from one bookkeeper to another and a change of auditors.

As branches of the PAI you have not done anything wrong as you were working with the systems that have been in place for many years. We now need to improve that with the assistance of Tax Assist and with the commitment from the PAI network we can do this. We will put this plan in place over the next two years and work closely with the branch committees and treasurers to ensure compliance. We aim as always to stay true to our ethos and ensure that all funding raised locally stays locally. We will put in place a recording system that ensures that the bulk of this work is done at a national level and we will ensure training for all treasurers. This corrective action will ensure that proper policies and procedures are put in place and we are confident that with the support and co-operation of the individual branches, there will be no financial issues going forward. I want to re-iterate that there is no suggestion that there was any misappropriation of funds or financial loss to this Association.

The company has a strong balance sheet and no borrowings. It is in a strong financial position to survive the Covid impact. The board is committed to improving financial information systems for income and expenditure in line with best practice in the charity sector and to working closely with the charity regulator.

The company has had a positive year and delivered a vast range of services to its members including the nursing support line and various therapies such as voice therapy, physiotherapy, set dancing and exercise classes through its branch network. There was an increase in the number of members meeting and health promotion and education meetings. We availed of a number of media and advocacy opportunities.

As an organisation we must face the fact that we cannot be all things to all people. We have limited funding, a small staff team and we depend so much on the hard work of the volunteers at branch level throughout the country. However in the context of our limited resources we manage to deliver essential services and support to our members living with Parkinson's Disease.

Now is the time to focus our energy and develop a new strategic plan. We can show excellence in a number of areas and as the Parkinson's community we need to prioritise the key areas that we want to develop and we will do this as a community moving forward together.

I wish you all a very peaceful and healthy Christmas and may 2021 be a year that we can celebrate together, face to face and shoulder to shoulder.

PAULA GILMORE

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CHRISTMAS CLOSING

Our closing times over the Christmas period will be 24th December 2020 to Jan 4th 2021 when we will re-open.

We would like to wish all in the Parkinson's Community a very safe, healthy and happy Christmas and a bright 2021



MEET THE BOARD



MICHAEL BURKE:

Chairman of the Board of Directors and the chair of the Tipperary branch. Has an extensive history with PAI. Comfortable with compliance and the ever changing landscape and requirements of a charity in terms of regulation.



ANN FOXE:

Was instrumental in setting up the North-West branch over 20 years ago and is the current serving secretary of the North-West branch. She has over 20 years' experience with PAI and is well-versed in compliance.



UNA ANDERSON RYAN:

Is a founding member of the original board for PAI. Has worked with the Midwest Branch for over 30 years, implementing and developing their vision for a Parkinson's Disease nurse service in the meantime.



MARIE CAHILL:

Works professionally as an Emergency Department clerical officer in University Hospital Galway, with expertise in administrative and IT skills. Works closely with the neurology department and HSE to improve local services to rural members living with Parkinson's. Marie has been the chairperson of Galway branch for 15 years.



JAKE MCDONNELL:

Dublin branch chairperson and currently working in medical healthcare, advocating for PwP in the process. Academically inclined, having published in multiple major medical journals and presented at multiple national and international meetings.

A MESSAGE FROM OUR CHAIR

WELCOME TO THE WINTER & CHRISTMAS EDITION of our magazine and I trust all are keeping well and staying safe in these difficult times due to Covid 19.

On behalf of the Board I wish to express our appreciation to the large number of members who participated in the Extraordinary General Meeting and completing the adjourned Annual General meeting on Saturday 21st November 2020.

The Interim and now new Board were given a very strong mandate by the large positive vote endorsing our future aims and promises for the benefit of all affected by Parkinson's Disease. The members, through their strong vote left no doubt of the trust they were placing in the New Board to implement new policies which will improve communication and inspire all to work together as one unit.

Individual Board members will take on responsibility for a group of Branches which will ensure direct communication with members, staff at Carmichael Centre and the Board.

On behalf of the Board, Paula Gilmore CEO, Jake McDonnell, Dublin Company Secretary, Una Anderson Ryan, Mid West Limerick, Treasurer, Ann Foxe Donegal Vice Chairperson, Marie Cahill, Galway Assistant Secretary, and myself, Michael Burke, Tipperary Chairperson we wish all a Happy Christmas & Happy New Year.

Please contact the Helpline on 1800359359 for assistance or if you wish to speak to a member of staff or Parkinson's Nurse specialist.

Michael Burke
Chairperson to the Board

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We make every effort to be as accurate as possible, and in the event of a mistake being made, it is our policy to acknowledge it in the following quarter's publication.

The material herein is for your information only, and does not represent advice. No changes to your treatment regime should be made without the prior agreement of your consultant or GP.



STUDY ON THE IMPACT OF THE COVID-19 PANDEMIC on sleep, mood and activities of daily life in Irish people with Parkinson's.

Professor Aideen Sullivan, University College Cork

Sleep problems are very common in people with Parkinson's, and can lead to significant issues with activities of daily life. Many people with Parkinson's have trouble falling asleep or staying asleep at night. In fact, research has shown that over two-thirds of people with Parkinson's experience insomnia. Insomnia can be defined as difficulty falling asleep, waking frequently during the night, and /or waking early and not being able to go back to sleep. Sleep problems lead to people not getting enough sleep overall, which causes daytime sleepiness. Some people with Parkinson's experience troubling hallucinations, or uncontrollable leg movements, when they are trying to fall asleep.

Some sleep problems are caused by Parkinson's symptoms. For example, difficulty turning in bed, pain, and needing to go to the toilet at night are common features of Parkinson's which can impact sleep quality. Other sleep issues may be the result of the medications that people take to treat their Parkinson's symptoms. Factors unrelated to Parkinson's can also affect sleep, including other medical conditions, normal ageing or poor sleep habits.

Studies have consistently shown that sleep disturbances are key predictors of health-related quality of life in Parkinson's patients. People's ability to carry out normal activities during the day can be affected by lack of sleep, as can their concentration, eating habits and mood. Frequently, insomnia is associated with anxiety and depression. Many long-term studies on the general population have suggested that sleep dysfunction, particularly insomnia, is a significant risk factor for both the development and persistence of depression. However, the relationship between depressive symptoms and sleep dysfunction specifically in people with Parkinson's is poorly understood.

In association with the Cork branch with the Parkinson's Association of Ireland, Professor Aideen Sullivan and her research team at University College Cork conducted a study on sleep, mood and diet in people with Parkinson's. Over a period of two



years, two medical students in Professor Sullivan's group, Sean Affonso and Philip Mulryan, completed extensive surveys with 49 people from the Cork group, asking them detailed questions about their sleep, their mood and their diet. They also asked participants to wear an Actigraph watch for a week, which could objectively measure their sleep by measuring total sleep time, as well as the number and length of wakings each night.

The primary aims of this study were to subjectively and objectively assess sleep, and to evaluate mood symptoms and diet, in an Irish population of people with Parkinson's. Very few published studies have used a combination of subjective and objective sleep measures, to explore the relationship between sleep, mood and diet. Their analysis of the data showed that sleep dysfunction and depressive symptoms were highly prevalent in this population, at rates that are consistent with those seen in international studies on people with Parkinson's. Consistent with studies in other countries, correlations were identified between mood-related symptoms and objective and subjective sleep measures. Larger studies are now necessary to expand the datasets and to explore the reasons for these correlations.

With support and funding from the Cork branch of the PAI, Professor Sullivan's team are now beginning a larger, follow-on study to assess sleep and mood in people with Parkinson's all over Ireland. They are also really interested in discovering whether the current Covid-19 pandemic is having an impact on these aspects of life for Irish people with



Parkinson's. The restrictions on public life which have been imposed on people since March 2020 have affected people's ability to travel, to socialise and to go about many of their usual daily activities. Professor Sullivan's research will specifically assess whether sleep, mood and daily activities have been affected in the Irish Parkinson's population by the current COVID-19 pandemic situation.

This study will survey people with Parkinson's using online questionnaires. They will be asked questions about their sleep, their mood and their overall daily activities and functioning, such as exercise and work. They will also be asked questions about the impact of the COVID-19 pandemic and lockdowns on each of these activities. When the survey is ready for people to complete, the link to the questionnaires and to all information about the study will be available on the PAI website.

Good habits to improve sleep:

There are a number of things that people can do to improve their sleep quality, such as avoiding caffeine, alcohol and exercise in the later parts of the day, limiting daytime naps, avoiding television and other electronic devices close to bedtime, creating a bedtime routine, and trying to go to bed



and get up at the same time each day. Keeping a sleep diary can be really helpful and can give you really useful information to discuss with your doctor. In this, you should record the time you go to bed and get up, how many times you awaken during the night and why, and also to keep track of your intake of tea, coffee and other caffeinated drinks, as well as daytimes naps and exercise. Exercise has been shown to improve sleep quality in people with Parkinson's, but it is better not to exercise too close to bedtime.

A NEW PARKINSON'S DISEASE NURSE SPECIALIST FOR ST. JAMES'S HOSPITAL, DUBLIN



Ann Mullen is a Clinical Nurse Specialist. She started her training in St James's Hospital in 2000 and has been there ever since! She has worked in a broad range of areas of older adult nursing completing her PG Dip in Gerontological nursing in 2013. Parkinson's is an area she has always had an interest/passion for so it's very exciting for her to be part of this much needed new service in SJH.

The Parkinson's disease and related disorders service was established in September 2020 in the Mercers Institute of Successful Ageing (MISA) and sees a collaboration between Neurology, Gerontology and Psychiatry services. It is an exciting time for a service that will enable coordination of the established expertise that already exists here in St James's hospital. Their motto in MISA is successful ageing, Ann's plan is to ensure people with Parkinson's disease are included in that.

She sees her role primarily as being a first point of contact for patients to support them through their whole journey with Parkinson's disease. There are many established care pathways available in St James's and her vision is to ensure an integrated and responsive service for people with Parkinson's disease.

Most referrals into Neurology and Geriatrics are through GP's.



PARKINSON'S AND ME

By Joe Fitzsimons

IT started out quite innocently, as most things do. At first, a slight tremor in the right hand, then difficulty coming out of a sitting position. 'Not to worry,' I thought, 'I do a lot of weight training!' Then the horrible debilitating back ache. 'What can you expect when you're seventy years of age' I mused. But then, change in the voice; then dreadful anxiety; then I noticed a slight slowness and then, yes, something was beginning to dawn.

But not yet. I had been running for fifty years and when it came to banishing the blues and restoring body and mind composure running had never let me down. But, unfortunately not so this time.

The symptoms were now out in force. My handwriting was cramped. My wife began to notice my stooped walk and I began to suffer a strange kind of fatigue. My voice, with which I had made a living for so long was slurring and weakening. Now there was no option but raise the white flag.

Forward one week and I'm in my gp's surgery. I made several efforts to speak but each one released a cascade of unstoppable stammering. 'Can you write your name here, Joe?' she asked. My fingers stiffened and cramped. I failed the test. I was referred straight away to a neurologist.

Sitting in the neurologist's surgery, caught in a paralysis of tension between hope and expectation and the options narrowing, after a series of tests, the diagnosis was made.

Yes, I have Parkinson's disease.

My immediate feeling was one of relief. At least it wasn't brain cancer from which my young brother had died five years beforehand. Now relief turned to a frantic search to escape. Might I have been misdiagnosed? Might I have a less harmful subset of Parkinson's? Not a chance: the medication was working well and the symptoms had become more pronounced. Now, another turn.

This time a desperate search on the internet for an intervention, natural or drug based which might help as a treatment. After all, I thought, Google knows everything!! Naturally, I trawled up lots of misinformation, incomplete.

Information but despite my bewilderment a solid understanding began to form. The Davis Phinney



foundation, the Parkinson's foundation were just a few of the many great sources who all pointed to three basic tools of symptom management: medication, nutrition and exercise. Let's start with exercise.

I have been a runner for fifty years, so the effects, the health benefits, mental and physical I was very well aware of. Notwithstanding my advanced years, looking back my running style had deteriorated. The exaggerated forward lean, the stilted stride, the inability to change pace were a consequence of old age, I thought. Now with the benefit of hindsight they were partly, at least, symptoms of early onset Parkinson's. Armed with the knowledge that exercise needed to be dynamic, intensive, mentally challenging if it is to become an effective intervention, I changed my training methods and returned to interval training which I had quit some forty years ealier. First 200s gradually increasing to 300s and all the time working on form.

Improvements began to dramatically appear. My stride became big and bold, hand leg action synchronised. Gone was the plodding stride and heel to toe action returned.' 'Where has all the Parkinson's gone?' I wondered.

A marvellous feeling, a mixture of elation and relaxation infuses the body and mind as any athlete experiences after an interval session. Gone was the aching encrustedness of Parkinson's, at least for the moment. The relief indeed was wonderful, if temporary.

The mornings became torture times. Stiffness in the neck, in the joints, pain in the wrists and shoulders



became as predictable as a rainy day in November and made me just as miserable. I had a good yoga practice some years ago which regrettably I dropped but to which I now returned. Neck stretches, spinal twists, cat poses etc., all made a noticeable contribution but the effect was not quite adequate. There was something missing, something undefined something incomplete about my efforts. Then out of the west came an idea.

I had discovered many interesting programmes during my internet searches. All of them had great appeal but the one that appealed most was rock steady boxing. Integrated and comprehensive as well as dynamic and using boxing routines it challenged all the main muscle groups as well as the wrists ankles knees and arms with specific stretching and strengthening exercises. The boxing routines develop complex motor skills such as balance and coordination and voice activation completing the comprehensive programme. But what about the undefined something?

Taking action alone can be drudgery giving rise to negativity, to a weakening of the will and leading to eventual surrender.

By contrast group action energises, motivates and makes what was impossible alone possible together. The satisfaction of being impelled into action by group dynamism is immense, and that carefree feeling of long lost youth returns. In the heat of the fight there's nothing quite as empowering as landing a solid punch on a punch bag and seeing Parkinson's at arm's length and on the back foot. Still, the regime was not complete.

A recent review demonstrated that dietary interventions significantly reduced symptoms of depression. The recommended dietary changes were based on the Mediterranean diet which recommends high intake of fruit and veg, grain seeds. I was impressed so I shifted more completely

• towards a Mediterranean diet. Cultivating good
• brain and mental health seemed a compelling
• option for one suffering from Parkinson's disease. I
• was nearly there, I thought.

• But change is not easy and we sometimes falter
• or worse still, we retreat from the challenge,
• succumbing to the voice of stereotypes and stigma
• – I'm too old for exercise; it's too late to change; I
• could never live without my few drinks etc., Such
• thinking spreads like a virus in the mind and if a
• lockdown is not imposed it will leave you hapless
• in the face of its debilitating effects. So how was all
• this change to be managed?

• Was I to force myself, square up, gird my loins
• impose new habits and force myself into change?
• No.

• The management approach had to be different. My
• interest in mindfulness was a happy coincidence.
• Mindfulness simply means nonjudgemental
• awareness and I first began to use it to form my
• relationship with my Parkinson's symptoms. The
• stiffness the anxiety, the poor gait, the low moods
• all became the subject of my nonjudgemental
• awareness. Thus, I managed to avoid getting caught
• in a reactive response and gently let the symptoms
• be. Surprisingly, many of them moderated. If
• mindfulness helped to depersonalise the symptoms
• could it become a general management approach?
• I wondered.

• As I applied the skills of mindfulness to the
• symptoms my relationship with them changed.
• They remained present and active but the reactive
• catfight between myself and the Parkinson's
• symptoms was gone. Parkinson's was still present
• but at arm's length.

• Extending the mindfulness approach into a general
• lifestyle is still a work in progress. So far I have found
• it to be a very useful approach in managing everyday
• sensations like annoyance, anxiety and frustration
• which if left unmanaged can greatly aggravate my
• symptoms, and get me caught in a reactive spiral.

• Don't get me wrong it's not life as normal anymore,
• but, rather life as 'new normal' requiring many new
• survival skills - the strength, balance and suppleness
• of the fighter and the fine skills of mindfulness and
• perhaps most of all the faith to carry the cross.



pressure, and the flow of stress hormones, such as cortisol. When a young child's stress response system is activated within an environment where a supportive adult or primary care figure exists, these physiological and other effects are shielded, permitting feelings of stress to be reduced, normally in the body. A parent or primary care giver helps the child to emotionally regulate and calm stress, when they extend affection by giving a hug, soothing the child with positive and soft words. Long term emotional support from a parent permits the child to develop an array of healthy stress responses and coping mechanisms to sustain him/her for life.

How do I know if I am suffering depression and/or anxiety?

Read the following statements and rate each on a scale of one to five, with one being never/no to five being always or very definitely.

- 1 Do you ever eat too much or too little?
- 2 Do you feel - sad, anxious, guilty, overwhelmed?
- 3 Do you cry more than usual?
- 4 Have you increased and disturbed thoughts?
- 5 Do you find it difficult to motivate yourself to talk to people?
- 6 Do you find it difficult to motivate yourself to do your usual around the house activities?
- 7 Do you sleep too much or too little?
- 8 Do you experience your energy as low or high energy?
- 9 Do you feel numb or like nothing matters?
- 10 Do you have unexplained aches and pains?
- 11 Do you find that existing pain symptoms are worse?
- 12 Do you have feelings of being helpless or hopeless?
- 13 Do find it difficult to find a break from disturbing feelings?
- 14 Do you smoke, drink, or use drugs more than usual?
- 15 Do you feel unusually confused, forgetful, on

edge, angry, upset, worried, or scared?

- 16 Do you find yourself giving out or fighting with others?
- 17 Do you experience severe mood swings that are causing problems in relationships?
- 18 Do you have persistent thoughts and memories you can't get out of your head?
- 19 Do you hear voices or believe things that are not true during the day and night?
20. Do you have increased fearful thoughts and visualisations more than usual, or that might not be linked to your medication?
21. Do you think about harming yourself or others?
22. Have you caused physical or other harm to yourself or others?
23. Do you have an inability to perform daily tasks like taking care of your kids or getting to work or school more so than usual?
24. Do you find your thinking is disturbed?
25. Do you have poor concentration?
26. Do you have delayed or slowed down thoughts?
27. Are you thinking about death more than usual?
28. Do you have suicidal thoughts? (if you do, seek support straight away from GP, A&E department, Emergency services, The Good Samaritans, a good supportive friend or family member).

It is essential to create or maintain a positive mental health attitude in order to cope with life and live life to the full regardless of what circumstances we might find ourselves in. The first port of call is to get professional help if you need it, but then to reflect upon the ways in which you normally deal with threats or things that seem outside of your control. This information can support you to make more informed decisions. Connect with others in ways that are permitted during this pandemic. Make use of whatever digital platforms, phones, letters that are available to you. If you need support to learn how to use newer ways of communication outside of your established norm, challenge yourself to learn how to use them, again get help where you can.

What Else Can I Do?

Lifestyle changes, talk therapies, medication or a combination of these can be useful, and by the way, there are loads of these supports on line if you cannot access them nearby. Counselling and psychotherapy are seen as necessary and essential services in the community. There are therapists available seeing clients in person. It can also help to have your vitamin D levels checked. The amount

Continued on page 10



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of people who are vitamin D deficient in Ireland is huge. This vitamin is essential to good mental health. Lifestyle changes can come in all sorts of ways and again are particular to individuals. In my opinion a lifestyle change is like going to a tailor, an analysis of your person, height, weight etc. needs to be taken into consideration. What fits one person will not fit all, there is no top shop fix to a lifestyle change. People are unique and with particular attributes, features, physiological and psychological histories that require understanding. A cultivated awareness of personal attributes can facilitate good decision-making ensuring life changes and new ways of thinking about situations. Exercise is beneficial as this activity helps to release endorphins in your body which are known to improve your mood and also known to be key in the treatment.

Try to eat a balanced and nutritious diet less carbohydrates, and eat calming foods; get support from a dietitian.

You might find it useful to write down three things you achieved at the end of each day. This can contribute towards building your self-esteem and sense of gratitude, just like Michael J. Fox, find things in your life that can support a feel-good factor. Remember to find good things about yourself even if you feel challenged to do so, get help from those you trust.

Try to focus on what is going well in your life. Even on a bad day, there are good moments in it. Recently 'The New York Times' newspaper ran a piece suggesting that if one accepts that their worries are part of them and there will be plenty of worries in life, then it's about getting to grips with what is worth really worrying about. As much as there are things in our lives to worry us there is as much that fails to worry us. Spend some time focusing on what is not worrisome. Try writing your worries down on paper, to observe them from outside of your-self; get them out of your head. You may see them as neutral manifestations when they are on paper; you can decide if you want to continue to keep them as part of your worry system, when you see them in front of you. Ask yourself is your worry worth acting on or not. In my practice, I have always invited clients to list their worries on paper, then put them away for a time in the day that you feel you can give them some attention. Maybe 30 minutes at 7pm in the evening. Why? When you write your worries down you have not



ignored them, they stop controlling you as you have decided when is appropriate to give them some time. You have scheduled them in. Choosing to deal with them when is best for you ensures that worry is not controlling you and your time, instead you control worry, in your own time.

Above all, do not try to deal with depression or anxiety on your own. Reach out to family and friends, and use the help and support that is available to you. Be mindful that when you feel like keeping to yourself in low mood and anxiety that is when you might need to give yourself the supportive push to get help. If suffering panic attacks, they may be more prevalent during off periods from your meds, learn how to breathe your way back to feeling calm in body and mind. Talking to someone who understands mental health issues and who understands mental health issues in conjunction with Parkinson's can bring about reassurance and enable you to learn new ways of coping in the now.

Deirdre Daly

Post-Graduate Researcher
Lecturer in Psychology
Humanistic Integrative Psychotherapist
MSciACP

References

Tsehay. M, Necho. M, Werkua. M, (2020) "The Role of Adverse Childhood Experience on Depression Symptom, Prevalence, and Severity among School Going Adolescents", Depression Research and Treatment, vol. 2020, Article ID 5951792, 9 pages, 2020. <https://doi.org/10.1155/2020/5951792> relationship between psychological and physical well-being.





PD-MITOQUANT RUN VHI VIRTUAL WOMEN'S MINI-MARATHON TO RAISE FUNDS FOR PAI

Women involved in the PD-MitoQUANT (www.pdmitoquant.eu) Parkinson's research project completed the Vhi Virtual Women's Mini-Marathon to raise funds to benefit the Parkinson's Association of Ireland. Partners at the RCSI, Royal College of Surgeons in Ireland and Pintail Limited coordinated their efforts on October 2, 2020. Clad in bright green Parkinson's Association of Ireland tee shirts, the team included Orla Watters, Niamh Connolly, Helena Bonner, Patsy Connolly, Elena Langa, Giorgia Conte and Elisabeth Jirstrom of the RCSI, and Kylie O'Brien and Danielle Nicholson of Pintail Limited. Runners completed their routes in counties Dublin, Sligo, Meath and Offaly.

PD-MitoQUANT is an Innovative Medicines Initiative (IMI) project that brings together academic experts, SMEs, pharmaceutical companies from the European Federation of Pharmaceutical Industries and Associations (EFPIA) and the patient advocacy organization Parkinson's UK to:

- Improve our understanding of mitochondrial dysfunction in Parkinson's,
- Identify and validate molecular drivers and mechanisms in Parkinson's, and
- Discover innovative therapeutic targets that can be further progressed by the EFPIA partners in the future.

PD-MitoQUANT has received funding from the Innovative Medicines Initiative 2 Joint Undertaking under grant agreement No 821522. This Joint Undertaking receives support from the European Union's Horizon 2020 research and innovation programme and EFPIA and Parkinson's UK. The material presented and views expressed here reflect the author's view and neither IMI nor the European Union, EFPIA, or any Associated Partners are responsible for any use that may be made of the information contained herein.





VITAMIN D, PARKINSON'S AND COVID-19

By Richelle Flanagan, BA Hons (Physiology), MSc (Nutrition & Dietetics) PgCert (Allergy), MINDI

Vitamin D helps build and maintain healthy bones and teeth and supports nerve and muscle function. Without vitamin D, only 10-15% of the calcium we eat is absorbed into our bodies versus 30-40% of calcium when vitamin D is available.

Vitamin D is sometimes called the 'sunshine vitamin' because it is created when our skin is exposed to sunlight. However, Ireland's northerly latitude means little UV light reaches the country between October and March which results in low levels of naturally produced Vitamin D among the Irish population. So, we must also use foods to ensure we get adequate amounts of this vitamin. However, there are only a small range of foods that provide Vitamin D so many Irish people are not meeting their Vitamin D needs through food alone and they need to take a Vitamin D supplement particularly during the winter months.

Where do you get Vitamin D from?

- Vitamin D is made in the skin from 10-15 minutes per day of sun exposure - in Ireland this is only made from late March to late September
- Vitamin D is available in oily fish (salmon, mackerel etc.), eggs, liver, fortified foods such as cereals and dairy products.

AMOUNT OF VITAMIN D IN FOODS

Food examples	Vitamin D (approx. µg per day)
Fortified milks (200mls)	2 - 4 µg
1 tin tuna/sardines (100g)	4 - 5.0 µg
Grilled salmon/trout (100g)	10 µg
2 x cooked eggs	2 µg
Pork, lamb and beef (100g)	0.7 µg

Vitamin D deficiency and low bone mass are common in people with Parkinson's Disease (PD). Vitamin D deficiency is when the blood levels of Vitamin D are below <30 nmol/L. Insufficiency is between 30 and 50 nmol/L and sufficient Vitamin D is when blood levels are above 50 nmol/L.

The Irish TILDA study of older people in Ireland has shown 47% of all adults 85 and over are



deficient in winter, with 1 in 8 adults over 55 being deficient all year round. 27% of the over 70s who are 'cocooning' during the Covid-19 pandemic are likely to be deficient.

Research shows that people with PD have lower levels of Vitamin D. This of course is a huge concern due to the risk of falls and associated bone fractures which can lead to hospital stays and further health complications.

There is research indicating that people who have Vitamin D deficiency may be at a higher risk of developing PD. However, the research is unclear as to the benefit to people with PD with the current exception of protecting bone health.

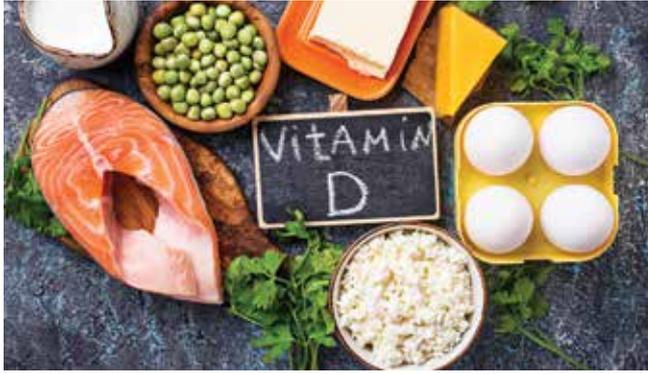
Several of the risk factors for Vitamin D deficiency apply to people with PD, especially those now cocooning due to Covid-19:

- People who are housebound/confined/get little sun exposure and/or eat inadequate amounts of fortified foods
- People who do not take vitamin D supplements - currently over 91% of older adults 55+ in Ireland do not take a supplement during the winter. Only 4% of men and 15% of women take a supplement
- People who are obese, physically inactive, have asthma or chronic lung disease.

Vitamin D and Covid-19

There is a lot of debate in the media currently about whether people should take Vitamin D to protect themselves from getting Covid-19. This debate has arisen from research evidence that has shown





that Vitamin D has played a role in mitigating other flu viruses and respiratory tract infections. More recently it has been noted that those with severe Vitamin D deficiency were twice as likely to develop Covid-19 complications. In addition, those in the BAME group (Black, Asian and Minority Ethnic) and those in care-homes are disproportionately affected by Covid-19 and they also happen to be more at risk of Vitamin D deficiency. However, the evidence is currently based upon association rather than research interventions that imply causation.

Should you take a Vitamin D supplement?

Everyone with PD should be meeting the requirements for good bone health. During the winter this would be taking 10 micrograms of Vitamin D a day for those whose Vitamin D levels are sufficient (i.e. over 50nmol/L). From March to September, technically you should get enough Vitamin D from 15 minutes of sun exposure in the midday without sun cream.

However, with many people with PD perhaps not even getting this exposure during Covid-19, it would seem prudent to take Vitamin D supplements during the summer months.

For those who have insufficient and deficient Vitamin D levels, the amount of Vitamin to be taken will need to be higher. This would need to be discussed with your GP or neurologist/healthcare team. If you wish to check your Vitamin D levels, you will need to attend your GP for a blood test.

With the association between Vitamin D levels and Covid-19 mounting, it would seem prudent to take a Vitamin D supplement of 10 microgram a day as it will at least help to protect your bones.

Can you overdose on Vitamin D?

You cannot overdose on Vitamin D through the sunshine as the body has an internal mechanism to ensure against this. However, one could potentially overdose on Vitamin D if you were to consume lots of foods that contain Vitamin D in addition to a 10 microgram

• supplement of Vitamin D a day. Please note that if you happen to be taking a multi vitamin, many of them contain Vitamin D, so ensure you do not double dose. However, most people will find it hard to achieve the daily upper tolerable levels of Vitamin D of 100 micrograms a day as outlined by the Food Safety Authority of Ireland.

• This does not mean that people should take high dosages of Vitamin D in the hope that they may prevent contraction of Covid-19 as there is no evidence for this currently. For some people, excessive intake of Vitamin D may cause other health issues such as hyperparathyroidism and cancer. You are more likely to develop hypervitaminosis D (toxic levels of Vitamin D) if you take excessive vitamin D supplements and have other existing health problems, such as kidney disease, liver disease, tuberculosis, hyperparathyroidism, sarcoidosis or histoplasmosis.

• So, in summary, if you have been instructed to take Vitamin D supplements by your GP, neurologist or healthcare team continue taking them as instructed. If you are not currently taking Vitamin D supplements, you can take a Vitamin D supplement of 10 microgram a day or take foods on a daily basis which supply this amount. However, as people with PD are known to have low Vitamin D levels, it would be ideal to get your Vitamin D levels checked first so your GP or neurologist can advise the correct dosage for you.

• Finally, try to get outdoors for some sunshine in the middle of the day (15 mins only without sun cream) and ensure you are doing good weight bearing exercise to protect your bones along with eating calcium rich foods.

Stay safe and keep well.

• This article is by Richelle Flanagan, BA Hons (Physiology), MSc (Nutrition & Dietetics) PgCert (Allergy), MINDI, Richelle is a registered Dietitian who also has Parkinson's. She is Secretary of the Dublin branch and a member of YPI.



BRANCH NEWS

DONEGAL BRANCH NEWS



Ann Foxe pictured receiving a contribution towards Physio Classes from Mary Quinn.

A very generous donation was received from Concepta Devenney, Ballylast Lifford. This donation was given in memory of her brother, Thomas Harper and sister, Bernie Harper, who were both PD patients.

The Branch would like to acknowledge receipt of the proceeds from the concert "A Night with Gerry Grennan". The concert took place in the Hawkswell Theatre Sligo. €4000 was lodged to our account by the theatre from the sale of tickets for the event. A raffle took place on the night and a further €1080 was lodged. A big "Thank You" to Gerry, his family and all of the artists who participated and gave us all a night to remember.

The past few months have been very difficult for our members. Not being able to carry on our lives as normal and many having to "cocoon" has not been easy. As the saying goes "It's life Jim but not as we know it!!!!" Thankfully, due to our generous contributors, we have been able to continue our physio classes online. It is not ideal as members enjoyed the social aspect of the classes as much as the classes themselves however our members embraced the "new normal".

Many thanks to the following for their generous donations:

Claire Wallace and the Beltra Country Market

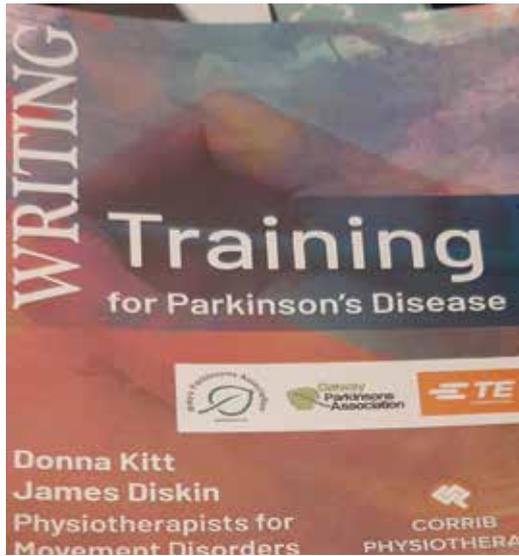
- The TY Students from Sligo Grammar School.
- Keep smiling and stay safe and don't forget to "Wash your hands!!!"
- Here are a few things to remember:
- Your Parkinson's does not define you. Your strength and courage do.
- You may see me struggle but you will never see me quit.
- If you are not a fighter learn to be one! How well you live with Parkinson's is up to you.
- Keep walking through the storm.....Your rainbow is waiting on the other side.
- Be gentle with yourself. You're doing the best you can.
- I wish all our members and their families a happy, healthy and safe Christmas
- *Contact Ann Foxe 086-1605847*

GALWAY BRANCH NEWS

WRITING TRAINING PROGRAMME FOR PEOPLE WITH PARKINSON'S

This was a joint project between ourselves, Mayo Parkinson's and our Physio teams Donna Kitt and James Diskin of Corrib Physiotherapy. We look forward to working on this new project. We received the finished product from our printers and would like to thank Creganna Medical for their support to enable us to get some printed.





One symptom of Parkinson's Disease is small and illegible handwriting. The technical term is micrographia. It can be the first symptom of Parkinson's disease. It is a very distressing symptom. Being able to write is now more important than ever. A majority of our members are cocooning. They need to be able to write a shopping list, sign their name or even write a letter to a loved one.

Our physiotherapy team have worked with their colleagues in the University of Leuven, Belgium, to bring an evidence-based treatment programme to Ireland. It is a 6-week practical programme where people are given techniques and strategies

- to improve their handwriting. They practice these techniques repetitively as guided by the handbook.
- There are over 300 pages in the workbook so it is intense! They found it to be effective in a research study published in the Movement Disorder Journal by Nackaerts et al (Ref 1).

- Our physiotherapists' plan is to conduct the programme as per the research study with pre and post programme questionnaires and outcome measures. They will also guide each member through the programmes.

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PHYSIO CLASSES

Prior to Covid 19 we had group classes our wonderful Physios Donna Kitt and James Diskin in five venues Galway City, Athenry, Tuam, Ballinasloe and Barna. Everyone really enjoyed the classes and more important the cuppa and chat after. When Covid 19 started Donna and James wanted to keep classes for the members and set about getting them on Zoom. There was lots of hard work done by the members and their families but they got there and now we have Zoom classes twice weekly. Everyone really enjoys them and before the classes end they have a chance to chat with those taking part. Covid 19 had a big effect on lots of people but for us in GPA it just made us stronger. Donna and James have lots of new programmes coming up over the next few months.

YOGA CLASSES

Like our physio classes prior to Covid 19 our members took part in group classes. When they got used to Zoom Jimmy our Yoga teacher started classes on line. The members and their families joined in. The yoga classes are all chair based and the members find it of huge benefit.

ANNUAL WALK

Every year we hold our Annual Walk along the Prom in Salthill. This year due to Covid 19 we were unable to do so. We were given a few options of different things we could do by our members. One that really hit home was that all our members would with the help of our physio team Walk the Galway Hurdle virtually around their homes. Galway Races is a huge part of Galway in July, so we contacted Galway Racecourse with our idea and they came on board. With the help of Donna and James the members did a programme over 4 weeks whereby at the end they would have walked the equivalent of the Galway Hurdle over 2 or 4 days. The members thought this was a great idea and got their families to join in. Some members did a little piece for us on facebook telling us how much being a member of GPA means. They all sent us their videos, photo's etc of them taking part in the Walk. We all really enjoyed this fundraiser.

CHRISTMAS CARDS

We are very lucky to have some wonderful artists in our group who have done paintings for our Christmas cards. The cards are priced €5.00 for 10 cards. All funds raised from this goes towards providing physiotherapy and yoga classes for our members. If you wish to purchase cards please feel free to contact us.

- This has been a difficult few months for us all and on
- behalf of us all at Galway Parkinson's we would like
- to wish you all a very happy Christmas and a happy
- New Year and look forward to seeing you all in 2021.

Contact Marie 087 7783825 Caroline 086 25666

DUBLIN BRANCH NEWS

- We hope all our members are keeping safe but also
- staying active during the latest Covid-19 restrictions.
- It has been a difficult and strange year for everyone
- and has presented particular challenges for people
- with Parkinson's and their families. The committee is
- very aware of this and is very keen for members to
- keep in touch. Feel free to contact any of us if we
- can be of help.

- Our Siel Bleu exercise classes have been continuing
- every Thursday at 11am via Zoom and more
- members are welcome to take part. Zoom is very
- easy to download onto a PC, iPad or smartphone.
- Then you just click on the link which will be emailed
- to you to join the class. We'd appeal to you to give
- it a go or get in touch if you need someone to talk
- you through the process. Anyone who's interested
- can email Sinéad at dublinsecretary@parkinsons.ie.

- Obviously, with the Level 5 Lockdown, it has not
- been possible to resume any of our exercise classes
- in person. As our quarterly meetings and Christmas
- lunch could not take place either, we decided to
- organise a series of talks, again via Zoom. Dietician
- and committee member, Richelle Flanagan, gave the
- first of these, on Saturday afternoon 17th October.
- Entitled Diet and Parkinson's Disease. She talked
- us through the particular dietary issues which can
- affect people living with Parkinson's. These include
- the importance of leaving a reasonable time gap
- between taking meds and eating protein in order to
- get the greatest benefit from the medication. She
- also spoke about the prevalence of constipation
- and how most people are simply not eating enough
- fruit and vegetables in their daily diet. Five to seven
- helpings a day are recommended and, even then,
- people with Parkinson's may need other advice so
- as to ensure regularity.

- We'll email all members soon with details of our
- next Zoom talk and hope many of you will join us.
- Some of you may also have tuned in online during
- November for the Royal College of Surgeons series
- of three talks on Parkinson's research in Ireland.
- These were postponed from April due to Covid.
- One of the speakers at the first one was Dublin
- branch and YPI member, Gary Boyle.

- Sheila Fahey and Olivia Heavey have stepped down
- from the committee. We're sorry to see them go but
- want to express our gratitude to them for the work



they did for the branch and wish them well for the future.

We want to welcome Paula Gilmore back as CEO of the organisation and wish her the very best during what is a particularly difficult period for all charities, none more so than our own. Our branch Chairperson, Jake McDonnell, also became a member of the interim board of the PAI. I'm sure all branches would agree that we need to work together and speak with one voice on behalf of everyone throughout the country who has Parkinson's.

Christmas 2020 is going to be different from others but we can still stay connected and talk to and see our families, even if it is by phone or computer. We hope you can keep your spirits up and enjoy the simple things this Christmas — good food, other people and fresh air. We wish each and every one of you, and all your families, a healthy, peaceful Christmas and all the best for 2021.

Contact Sinead 087 2869173

MIDWEST BRANCH NEWS

Over eighteen years ago, with no Neurological support in the Midwest for people with Parkinson's, the local Branch identified that something had to be done to help the newly diagnosed, elderly patients and the young onset group.

Patients who were diagnosed in Dublin, Galway or Cork returned home with no one to turn to when they had difficulty with their medication, people who were housebound and those who had no family support for immediate help, all these people needed to have someone nearby who would answer their questions and provide professional advice without them having to return to their neurologist.

The HSE understood this problem but at the time there were no nurse specialists available.

Sid Rellis and Una Anderson Ryan prepared a business plan and approached the J.P. McManus and Family Pro Am team who were running an International Golf Classic. They presented a clear picture of the need for a Parkinson's Nurse specialist and were successful.

Within a short time Mags Richardson was appointed. The complete service did not come over night, the role had to be defined as Mags was the first PD Nurse Specialist in the country.

We found a gem in Mags and it was down to her hard work and dedication to her patients that the service developed.

Then we found she spent quite a lot of time on paperwork, preparing reports, making appointments



Mags Richardson and Nicola Thompson.

and taking calls from other professionals in the area who were not familiar with the difficulties of managing the condition.

We found the money and appointed a secretary. This gave Mags more time to spend with the patients. Pauline Conway joined the team and when she retired Catherine Coughlan took over. Catherine is very well liked by the patients who phone in and during this Covid time her helpline is constantly busy.

As the number of patients increased, people living longer and more younger people being diagnosed, Mags' role became much more in demand.

She ran information afternoons for the patients and also set up educational sessions for therapists who worked with PD patients.

Her time with the patients was greatly reduced due to her work load, so we approached the HSE to see if we could appoint another nurse.

Just at that time a Limerick lady passed away and left us the money to pay for this second nurse.

Nicola Thompson joined our team on 17th August. Nicola has brought different nursing skills to the service, the various courses she has done and the different departments she has worked in throughout the HSE will compliment what Mags has developed over the years. We are so lucky.

We would like to thank all those that helped us along the way.

The HSE here in Limerick have been so understanding of our needs. CEO Colette Cowen UHL, Brian Carey

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and Mairead Cowan from the Nursing Management Department also in UHL and of course Mags Richardson who set up this service from scratch. Many thanks to everyone.

Contact Una 087 2511156

TIPPERARY BRANCH NEWS

In normal times planning for Christmas events would occupy people's thoughts looking forward to family events and parties with gatherings and coming together of families around the Christmas table. Exchanging of gifts, attending Church, sending and receiving Christmas cards and wishes. Despite the involvement with all these activities there always remained many a lonely person/couple during this period of joy, looking forward to the New Year ahead, with long bright sunny days ahead. Since March 2020 loneliness for so many people with a particular mention of our members Covid 19 has confined us to Skype, Zoom, etc., (provided we have a signal) and have the facilities for this service and are able to use such a service. 2020 has eliminated Branch Activities with no end in sight. Hopefully 2021 will bring a vaccine, and thus give us back the things that we took for granted. It is necessary to approach 2021 with new ideas and plans, which will be suitable, adequate and benefit our members. Your input and suggestions are invaluable. Call your fellow local member, friends and help us put in place New Ideas for 2021. Remember PAI is your organization serving all who suffer from Parkinson's Disease.

Beaumont and The Mater Hospitals have appointed Ms. Catherine Moran to a new functional neurology position between the two hospitals sites. One of Ms. Moran's main roles will be the management of a surgical service for Deep Brain Stimulation in Ireland, working alongside the rest of the team already assembled in the Mater Hospital. This now means that in Dublin the team can:- Manage the pre-operative assessment of patients, Implant DBS leads, and assess the progress of the patient and manage any surgical complications and programme the DBS systems. The necessity for travel to the UK to have batteries, and other complications assessed will in time be unnecessary. Ireland will have an entirely independent DBSD Service. The components for DBS are manufactured in Clonmel by Boston Scientific.

To all our members who are ill or in hospital, please accept our best wishes for a speedy recovery to full health and activities.

To our members and their families who have suffered a bereavement our sincere sympathies on your loss.

Congratulations to Fr. Martin Hayes who celebrated our Annual Mass in the Hospital of the Assumption, Thurles every Christmas and May, on being ordained Bishop of Kilmore

Feel like a chat or have an enquiry? Please feel free to contact Marion on 087 2967296, our Secretary, Mary Carey, or Mary Finnegan, our Clonmel facilitator on 0861224283.

At National level PAI is facing many severe challenges and we wish our Chairman Michael Burke, who leads a new interim Board of Directors and has the task of ensuring PAI continues to be a strong and vibrant organization for all with Parkinson's in the years ahead, the very best wishes.

Wishing all our members a very happy and peaceful Christmas and every good fortune for the New Year and stay safe in these challenging times.

Contact Marion Burke, PRO Tipperary Branch. 0872967296

WEXFORD BRANCH NEWS

Hello everyone, we really hope you are all keeping well in these strange times and we want you to know that we are still here & missing everyone.

We want you to know that even though we can not have our coffee mornings our activities i.e. Yoga or Physio classes or any of our trips away that we are working in the background on your behalf to make our branch bigger & better for next year when we hope things will get back to some normality.

We would like to take this opportunity to wish each & everyone of you & your carers a very happy peaceful Christmas & a Healthy New Year.

Contact Breda 087 0958984

CORK BRANCH NEWS

Cork sets the PACE for 2021 and looks forward to the future both with Covid 19 and hopefully without Covid 19. To help us stay connected and involved we have come up with the CPA Advent Calendar. Our members will submit an uplifting thought or idea and each day we will share it with the group through WhatsApp.

Our Cork Connect Monday Zoom meetings are going from strength to strength with great attendance. We have worked hard to find inspiring speakers who understand Parkinson's and the challenges it brings. For example, we've had 'Falls and Recovery', 'Safety in the home', Dr Emma O'Shea talking about the National Parkinson's survey that is happening at the moment and the high response rate and quality of information gathered.



Monica Navarro Hickey spoke to the group about how to handle mental health issues particularly during lockdown. Monica is a psychotherapist with Lisheen House and is a very experienced counsellor. This was so successful that we have asked Monica to be part of our group and we will work together to create a tailored support programme.

Covid has taught us how important it is to stay connected and how difficult and isolating lockdown can be. We realise that not all our members are computer literate or have good broadband connections. With this in mind we have initiated a Telephone Tree and a new WhatsApp group. Volunteers within CPA will have a few members allocated to them and will keep in regular touch with them.

A window into Parkinson's. Never willing to miss an opportunity to shine a light on Parkinson's we have found a shop in Bandon that is happy for us to use the windows to decorate and display information during the Christmas season. Our Parkinson's Christmas carol scene will have past and present achievements and future goals. What a great way to showcase the fantastic work CPA do.

We have also been offered an opportunity to open a Parkinson's Charity shop in the town and this is something we will definitely look into once Covid permits. This is an amazing opportunity to fundraise and provide an information hub for Parkinson's.

With the support of the CPA committee, Tony Wilkinson will be heading up the "Cork 500 Member" challenge. With more than 1,250 people in the county with Parkinson's we are aware that people do not know of the network of support and information available to them through CPA. Many of them are residents in Care homes and are isolated from other PwPs. We want to reach out to people like this and their carers to make them aware of the benefits of being part of CPA.

We want to proactively grow CPA membership so that it can weather future storms and drive better healthcare programmes. We need to have a strong local group to ensure we are properly represented nationally and within the HSE, but more importantly, that we are in a position of strength to support our members with the projected figures for PwP expected to double in the next 10 years.

CPA is renowned for the number of Parkinson's-related research projects we get involved with in conjunction with UCC, CIT and UHC. The latest project we are doing is with Dr Ruth McCullagh and Lianne Ahern (PHD student) and involves research into attitudes to physiotherapy and Parkinson's.

- The outcome of this will help develop a peer-led programme in designing a specialised course for PwP. The support and willingness of our members to become involved in these research projects is widely acknowledged and we are looking to get Cork recognised as a Centre of Excellence for Parkinson's research.

- The Officers and Committee of Cork Parkinson's would like to acknowledge the support received from members of the group during a very difficult time recently as a result of a step taken in the best interests of the group. We are humbled by your willingness to stand beside us and let our dedication and commitment to CPA speak for itself.

- Merry Christmas to everyone and a prosperous New Year - 2021 will be a big year for CPA.

- *Contact Ted 087 2375558*

MAYO BRANCH NEWS

- 2020 is nearly at an end and has proved to be a difficult year for us all. However we in Mayo have tried to roll with it and make the best of it. While we cannot see each other face to face we have been connecting over the computer screen. Our Physiotherapy team James and Donna have brought a different perspective to our Physiotherapy sessions through Zoom and also by making a series of You Tube videos.

- The Mayo branch are delighted to bring a 'handwriting training programme' to our members. We have done this in conjunction with the Galway Branch and our Physiotherapists. This will be the first time this programme has been used in Ireland. It is an intensive 6 week programme. Each person will receive a special workbook from which they will complete daily exercises. They will be supported by our physiotherapy team.

- One difficulty that people with Parkinsons Disease often face is with their handwriting. Their handwriting can be very small and difficult to read. This is called 'micrographia' and makes day to day life harder and frustrating. It makes writing lists, letters, sending Christmas cards or birthday cards a stressful experience. This rehabilitation programme has been shown in research studies to improve people's handwriting.

- The programme is open to all members of Mayo Parkinsons Association. Please contact Caroline on 087 9324646 if you would like to avail of same.

- On behalf of the committee of the Mayo Branch I would like to wish you all a very Happy Christmas and a Happy, Healthy New Year.

- *Contact Caroline 087 9324646.*





Parkinson's Association of Ireland

People with Parkinson's need their medication on time, every time

PLEASE ATTACH THIS FORM TO MY FILE

To be handed to your Doctor and used for planned or unplanned admission to hospital.

I am living with Parkinson's Disease. I may have difficulty speaking or writing clearly. My condition may deteriorate if my medication is not taken at the correct times prescribed for me.

I WILL NEED A FULL GLASS OF WATER PER PD TABLET

Name

Contact Number

Next of Kin Contact Number

Doctor/Neurologist Contact Number

Name of PD Medication	Dosage	How Often
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

Other Medication

Don't leave it until there is an emergency to fill out this form.

By asking your Health Care Professional to attach this to your file you will be helping them to manage your condition while you are in hospital.



If people with PD don't get their meds on time, their condition deteriorates.

