

Keep Parkinson's in the home campaign

Information and advice for patients, carers or visitors

Integrated Parkinson's Disease Service

Why are we supporting Keep Parkinson's in the home campaign?

Experts agree that Parkinson's is better treated at home than in hospital. However, every year in England, there are over 80,000 admissions in Parkinson's patients.

The main reasons are chest and urine infections, physical decline, falls, and hip fractures.

Urgent attention should be given to developing ways to reduce the chance for Parkinson's patients to be admitted to hospital so they can receive better care at home.

What are we doing?

We are giving this leaflet to all the Parkinson's patients seen in our hospital trust's Integrated Parkinson's Disease Service who we think are at risk of admission. The leaflet gives advice on how to prevent admissions.

We are also sending email alerts to Parkinson's Disease Nurse Specialists when Parkinson's patients are discharged, so you are seen rapidly after discharge. The nurses will go through a checklist to make sure everything is being done to prevent re-admission.

Our top ten tips to avoid hospital admission are:

- 1. Increase your fluid intake** to flush your waterworks through to prevent urine infections. We should all drink around 2.0 (females) to 2.5 litres (males) of fluids in total over the course of a day: that's the size of a large supermarket bottle of fizzy drink. Be careful doing this if you have prostate or incontinence problems.
- 2. Have a swallowing assessment by a speech and language therapist if things go down the wrong way when you eat.** They can advise on better posture, change of diet, and thickeners as necessary. This will reduce the risk of chest infections.
- 3. Keep as physically active as you can,** given your level of mobility due to the Parkinson's. Don't push yourself so hard that you fall. Simple exercises in a chair or bed may suffice. A physiotherapist can advise further which your Parkinson's nurse can arrange. Maintaining mobility reduces the risk of infections, gives you more independence, and raises your spirits.
- 4. Falls often occur in specific places, like turning suddenly in the kitchen. Try to be very careful in those situations or consciously avoid them, as far as is practical.**
- 5. If you fall regularly and may have thin bones, ask your GP to consider putting you on osteoporosis drugs to prevent fractures.**
- 6. If your walking and general physical functions have declined recently, tell your Parkinson's nurse or hospital specialist,** so they can review your medication or arrange referral to a physiotherapist.

Keep Parkinson's in the home campaign

Information and advice for patients, carers or visitors

Integrated Parkinson's Disease Service

- 7. The sudden onset of confusion or hallucinations must be reported to your GP, nurse or hospital specialist as soon as possible.** This may be an infection, a drug change or the Parkinson's affecting the rest of the brain. All of these must be treated quickly.
- 8. If dizzy on standing or falling because of dizziness, report this to your GP, nurse or hospital specialist as soon as possible.** It is due to low blood pressure which can be treated by: reducing treatments for high blood pressure (hypertension), increasing fluids, increasing salt at the table, and/or extra drugs.
9. Advice from a physiotherapist, occupational therapist and/or speech and language therapist can be invaluable. **Do take their advice and follow any exercise plan.**
- 10. If you decide that you don't want to be admitted to hospital any more,** do discuss this with your carer, spouse, family, etc. so everyone knows what you want to happen.

What should I do next?

It is important that you act on any of the issues above that are relevant to you. Please discuss this with those around you and, if necessary, your Parkinson's nurse, specialist or GP. Not acting on these issues now can lead to hospital admission sooner rather than later.

What if I do have to go into hospital?

Sometimes you will have to go to hospital for a planned operation or procedure, but often this happens as an emergency.

Key things to remember when you are being admitted are:

- Bring your tablets with you.
- Tell all doctors and nurses that you have Parkinson's and that you must have your medication on time.
- Start to get back on your feet after any treatment as soon as possible, usually with the advice of a physiotherapist.
- When your Parkinson's nurse reviews you after the admission, please take their advice on preventing re-admission.

We all prefer to be at home than in hospital, so please help us to help you with our 'Keep Parkinson's in the home campaign'.

Keep Parkinson's in the home campaign

Information and advice for patients, carers or visitors

Integrated Parkinson's Disease Service

SWBH Integrated Parkinson's Disease Service:

Professor C E Clarke, Dr D Nicholl, Dr F Siddiqui, Dr A Majeed, Dr M Oo.

Parkinson's disease Specialist Nurses and Assistant Practitioners: Sue Millward, Charlene Howell, Maggie Johnson, Debby Liberato, Sarah Coyle, Michelle McGee, Shelley Turner.

Contact details

If you would like to contact us for any question, please call Neurology Secretaries at City Hospital: 0121 507 4588 or 0121 507 4073 between 8.00 am and 4 pm Monday to Friday.

Further information

You can visit Parkinson's UK to learn more about the support available to you. Their website is: www.parkinsons.org.uk.

For more information about our hospitals and services please see our website www.swbh.nhs.uk, follow us on Twitter @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: swb-tr.swbh-gm-patient-information@nhs.net



A Teaching Trust of The University of Birmingham
Incorporating City, Sandwell and Rowley Regis Hospitals
© Sandwell and West Birmingham Hospitals NHS Trust

ML5083
Issue Date: August 2015
Review Date: August 2018