

# Implementing the evidence-based guidelines on physiotherapy in Parkinson's disease of the Royal Dutch Society for Physical Therapy (KNGF): developing a practice-oriented DVD

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## Background

Evidence-based guidelines for physiotherapy for people with Parkinson's disease (PD) were published in 2004 by KNGF. The Association of Physiotherapists in Parkinson's Disease Europe (APPDE) worked with the guideline developers to produce a DVD designed to help the translation of the guidelines into practice. The DVD, rich in video footage, aims to promote research-based practice amongst physiotherapists with and without experience in treating people with PD.



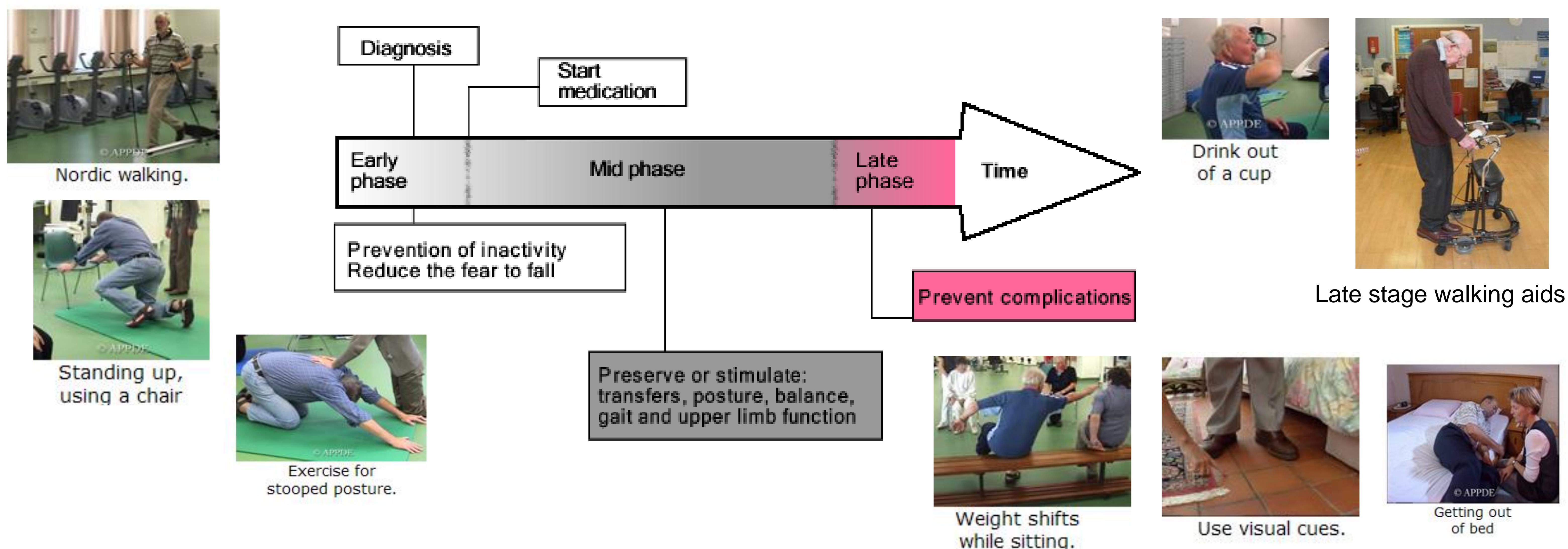
## Methods

Expert physiotherapy members of the APPDE collated video examples of therapy to illustrate the KNGF guidelines. Texts and videos were translated in English and Dutch and materials were brought together using Dreamweaver software.

## Contents

The DVD presents 75 video vignettes demonstrating exercises in relation to therapy aims for the different disease stages (early, middle and late). Exercises are directed at improving, or maintaining where appropriate, transfers, posture, upper limb function, balance and falls, gait and physical fitness.

## Physiotherapy aims and example exercises in function of disease progression



Additional topics include background information on PD, cueing and cognitive strategies. A section on measurement tools provides the actual instruments and their psychometric properties. The full KNGF guidelines can also be downloaded from the DVD. The contents was validated by 6 expert physiotherapists.

## Conclusion

A validated tool to implement the Dutch evidence-based guidelines for physiotherapy in PD has been developed by the APPDE. Further research is required to evaluate its effectiveness at promoting actual implementation in practice. International consensus on updated guidelines with translation into additional languages would be beneficial. The DVD can be ordered from the APPDE website:

<http://appde.eu>