



APPDE Association of **PHYSIOTHERAPISTS** in **PARKINSON's** Disease **EUROPE**

AKAMP Association **EUROPE** des **KINÉSITHÉRAPEUTES** pour la Maladie de **PARKINSON**

Welcome to the Spring 2006

Newsletter

<http://appde.unn.ac.uk>

NEW APPDE INITIATIVE - Development of an exercise CD Rom to support physiotherapy and Parkinson's Disease (PD)

Whilst evidence-based guidelines have been developed in relation to physiotherapy and PD, practical material to translate guidelines into practice, e.g. exercise regimes, is lacking. The APPDE will build on the expertise developed within the Rescue project and develop a CD Rom of exercises aligned to specific physiotherapy

aims and aimed at therapists who do not see many patients with PD in their caseload. The CD Rom will contain written exercises supported by video, photographs and line drawings, to address early stage issues such as fitness, and the functional problems which occur in the mid to late stages. Some sponsorship has been negotiated

with a number of pharmaceutical companies and the APPDE will use its financial reserves to fund this initiative through Leuven University, Belgium. APPDE members will play an important part in contributing input to the CD Rom by working with the therapist developer to decide on key content.

APPDE Course is a Great Success

In January 2006 the APPDE organised a highly successful course, 'Practical Implementation of Physiotherapy Practice Guidelines in PD', based on the Dutch guidelines. Staged at the Astley Ainsley Hospital in Edinburgh, the course was attended by 44 physiotherapists and 1 occupational therapist from 7 countries. The course, which aimed to enable participants to apply the guidelines to their work with patients, was addressed and facilitated by a line up of international speakers, all members of the APPDE - Samyra Keus from the Dutch

Guidelines team; Alice Nieuwboer from the Rescue team in Belgium; Mariella Graziano, private practitioner, from Luxembourg; and Fiona Lindop and Anna Jones from the UK.

Everyone returning an evaluation form felt the course was good/excellent, and that they would recommend it to a colleague. Suggestions were sought for future course topics which will be considered by the APPDE board. A summary of the course will be placed on the APPDE website.

APPDE Board

Felicity Handford, a founding member of the APPDE and its Treasurer and Membership Secretary from the beginning, has stood down. The Board would like to record its thanks to Felicity for many years of service, particularly for her work to set up the organisation, and wishes her and her family well in the future.

Current APPDE Board

President - Mariella Graziano, Luxembourg (mariela@pt.lu)
Vice President - Alice Nieuwboer, Belgium (Alice.Nieuwboer@flok.kuleuven.ac.be)
Events & Professional Development Secretary - Fiona Lindop, UK (richardfiona@hotmail.com)
Treasurer and Membership Secretary - Anna Jones, UK (anna.jonezone@btconnect.com)
Member - Marcelle Hubert, Belgium
Liaison Officer/Coordinator - Lizzie Graham, UK (lizzie@epda.eu.com)



Mariella Graziano (right) pictured with speaker, **Samyra Keus**

APPDE Endorses Dutch Physiotherapy Guidelines

The APPDE is pleased to endorse the Dutch 'Clinical practice guidelines for physical therapy in patients with PD' and is committed to promoting them as the basis for best practice internationally through its website and courses. The APPDE will maintain strong links with Dutch Guidelines team so that members can be made aware of future developments. A link has been placed on the APPDE website (<http://appde.unn.ac.uk>) to the Dutch guidelines (<http://www.cebp.nl>), where an English translation should shortly become available for downloading in pdf format.

1st World Parkinson's Disease Congress, Washington DC – a report by Fiona Lindop

The World Congress brought together neurologists, doctors with a special interest in PD, nurses, therapists, and most importantly, people with Parkinson's (PwP) and carers. I was fortunate enough to be able to attend with the entire PD team from the Day Hospital in Derby (1 doctor, 2 nurses, 1 OT and myself). The Congress offered a broad programme of plenary sessions and specific interest streams. Sessions led by Meg Morris, and Beth Kirkwood and Robert Ianse, focused on practical applications of therapy for Parkinson's. Highlights included the opening ceremony, with speeches from Michael J. Fox, Mary Baker and Oliver Sachs, and hearing PwP contribute their own suggestions and solutions to problems. Of particular interest were talks on epidemiology and environmental factors as well as the possibility of plasticity in the basal ganglia, which may have a major impact on therapy intervention. The value of exercise, music and Tai Chi were also explored in presentations and practical workshops.

An exhibition depicting the history of PD and the development of levodopa may eventually be made into a book. Many PwP have developed creative skills, often following diagnosis, and their paintings, ceramics, patchworks and jewellery were on display.

Our team presented a poster reporting the results of an audit of the education, exercise and relaxation group that we run in Derby. Standing by the poster was an excellent opportunity for networking and I met many interesting people and told them about the APPDE. I am working hard to convert all the new information I gained from the Congress into a form that I can use for teaching and practical application. The Derby team has held a feedback meeting for people from the local branch of the PD Association and patients who helped in raising the funding to attend.

The 2nd World Congress is planned for February 2009 and will be in Paris.

APPDE News in Brief

APPDE Membership The membership secretary, Anna Jones, will soon contact all members about renewing their membership for 2006. Please do this promptly to help replenish APPDE funds. Please ensure that you inform Anna of any changes in your contact details, with a copy to Lizzie Graham.

APPDE Liaison Officer/Coordinator Lizzie Graham was appointed as the APPDE Liaison Officer/Coordinator in 2004. Lizzie provides invaluable support to the Board in administrative and financial matters.

Future APPDE courses The APPDE hopes to run a course for the Danish Parkinson's Disease Association later in 2007. Get in touch with Fiona Lindop if you would like to host a course.

APPDE Website All areas of the website have been made available to visitors to highlight APPDE activities. Contact Anna Jones with links you would like to add and ideas for content.

Resources to support physiotherapy & PD

The video 'Common mobility problems in Parkinson's disease and how to address them' by Mariella Graziano can be purchased in the UK for £15, including postage and packing, and in the rest of Europe at 20 Euros, plus postage and packing. All funds go to the APPDE. For further information on how to purchase this video visit our website at <http://appde.unn.ac.uk>.

'Using cueing to improve mobility in Parkinson's disease: a CD Rom for therapists' is a multi-media resource developed by the Rescue team to help therapists use cues to address gait and gait-related problems with PwPD. The CD Rom can be ordered via the project's website at <http://www.rescueproject.org/pubs/cd-rom.htm>.

Global Declaration on PD

The Global Declaration on PD - 'Moving and Shaping' - was launched by the Working Group on PD, and signed by such well known PwPD as Muhammed Ali and Janet Reno, at the 7th World PD International Symposium in Mumbai, India, in December 2003. The APPDE, as well as sending a message of support, was represented at the launch by Mariella Graziano, who has also represented the organization at two further Global Declaration events, in Luxembourg 2005 and Cape Town 2006. Details of the Declaration can be found at <http://epda.eu.com/globalDeclaration/About.shtm>.