Welcome to the Spring 2009 Newsletter

APPDE and 2nd World Parkinson Congress, Glasgow 2010

Important dates for your diary: 28 September – 1 October, 2010. The APPDE will join the international Parkinson’s community in Glasgow for the 2nd World Parkinson Congress. Mariella Graziano, member of the World Parkinson’s Congress programme committee, represented the APPDE at a meeting in New York in February 2009.

Prize for APPDE poster

The APPDE won a poster award at the Southampton Neurorehabilitation Conference – ‘Making the Evidence Work for your Patients and their Families: after diagnosis, after discharge, what do you tell people about living well with Parkinson’s disease and stroke?’, 4-5 September, 2008. The poster entitled ‘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’ was presented by Fiona Lindop. The DVD can be ordered by visiting the APPDE website Resources section - http://www.appde.eu/EN/resources.asp
Further award for excellence of PD team in Derby, UK

We are pleased to say that Fiona Lindop, APPDE events secretary and deputy treasurer, is a member of the Derby Parkinson’s disease multi-disciplinary team which won the Hospital Doctor Parkinson’s disease Team of the Year award in November, 2007.

The Derby team and the University of Nottingham have also been awarded the status of Center of Excellence by the American National Parkinson's Foundation. There is only 1 other such center in the UK.

For further information on Centers of Excellence see www.appde.eu/EN/links.asp

APPDE website needs your support

With 2,000 hits a year from all over the world (75% new & 25% prior visitors) the APPDE site requires information that provides visitors with regularly updated news and developments in physiotherapy for Parkinson’s. If you have events, latest research or an interesting resource to share with your colleagues, people with Parkinson’s and their carers, please contact mariela@pt.lu. Visit the site regularly and give us feedback to improve it – www.appde.eu

APPDE lecturer in Porto, Portugal

Mariella Graziano, APPDE President, gave a lecture entitled ‘Physiotherapy intervention in Parkinson’s Disease’ at a conference endorsed by the Movement Disorder Society in Porto, Portugal on 23 January, 2009.
On 31 October 2008 44 physiotherapists attended a one day course at St Vincent’s University Hospital, Dublin, entitled ‘Practical Approaches to Evidence-based Physiotherapy Practice in Parkinson’s Disease’. The course was organized by the APPDE in cooperation with the Irish Chartered Physiotherapists in Neurology & Gerontology. The main speaker was Mariella Graziano. The APPDE is grateful for the cooperation and support provided by Elizabeth Laffan, senior physiotherapist.

Let’s keep moving

Susanne Brühlmann, physiotherapist at the HUMAINE Clinic, Zihlschlacht, and member of the APPDE, in cooperation with Parkinson Switzerland, put together a DVD with more than 70 exercises for people with Parkinson’s. The DVD will be available from mid-April from Parkinson Switzerland, PO Box 123, CH-8132 Egg, Switzerland, tel. +41 (0)43 277 20 77, fax +41 (0)43 277 20 78, e-mail: info@parkinson.ch. Price: CHF 41.00 (excl. shipping). For further information visit the Resources section of the APPDE website - http://www.appde.eu/EN/resources.asp
Partnerships between physiotherapists and people with Parkinson’s disease and their carers

A key feature of physiotherapy members of the APPDE is their strong working links with associations run by, or working with or for, people with Parkinson’s disease and their carers. Indeed people with Parkinson’s disease and their carers are welcome members of the APPDE itself.

Dr Anna Jones, Reader in the School of Health, Community and Education Studies at Northumbria University, Newcastle upon Tyne, in the North East of England, was pleased to be asked two years ago to become an Honorary Vice President of the Newcastle branch of the Parkinson’s Disease Society. Researchers at the two Universities in Newcastle – Northumbria University and Newcastle University – work closely with Parkinson’s Disease Society (PDS) branches and the PDS regional staff who support them. Branch members support researchers by volunteering for medication and rehabilitation trials, and have helped identify priority topics for rehabilitation research\(^1\). They support student research by agreeing to participate in their research projects. Over the past few years the Newcastle branch have made a particular contribution to speech and language therapy and physiotherapy student projects focusing on intelligibility\(^2\), and on links between gesture and speech. Branches welcome healthcare students to meetings to find out about life with the condition.

Anna has had the honour of cutting two special cakes at Newcastle PDS meetings in the past year. The photographs show her blowing out the candles on the Branch’s 28\(^{th}\) birthday cake with Angela Waugh, Branch Chair, looking on. The UK PDS has just had its 40\(^{th}\) anniversary and Anna was on hand again, here watched by Iris Hancock, who made the magnificent cake with her husband Ronnie.


Keeping up to date with the literature

Alice Nieuwboer, APPDE Vice President, has selected some key articles of interest to physiotherapists working with people with Parkinson’s disease which have been published in the last year. The abstracts, and often full texts, of these articles are available free via the PubMed website [http://www.ncbi.nlm.nih.gov/pubmed/](http://www.ncbi.nlm.nih.gov/pubmed/). PubMed is a service of the US National Library of Medicine which links to biomedical articles included in the MEDLINE database and other journals.


A scale to assess gait and bed mobility in Parkinson’s disease

Details of a preliminary study of a physiotherapy-specific, functional, objective outcome measure for Parkinson’s disease (the Lindop Parkinson’s Mobility Scale, also known as the Lindop Parkinson’s Assessment Scale – LPAS) are about to be published in the journal Physiotherapy.¹

The scale has 2 sections – gait and bed mobility – and tasks are timed or counted (other than the first test on the gait section which is subjective), with each task scored from 0-3, 3 being the best score for each. The entire scale is out of a total of 30 but it is more useful to score the 2 sections separately: gait out of 18 and bed out of 12.

The gait section comprises 6 tasks: Sit to stand; Timed up and go; Timed unsupported stand; 180⁰ turn to right; 180⁰ turn to left; Walking through a doorway.

The bed section comprises 4 tasks: Sit to lie; Rolling to the right; Rolling to the left; Lie to sit.