

# European Physiotherapy Guideline for Parkinson's disease

Newsletter 5, November 2013



Project leaders:

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Now we have nearly come to the end of the development process, we would like to give you a last update of activities. Some of the information in this Newsletter, you may already know, because of your role in the development process, through your associations' representative, through presentations at congresses, through publications in journals or through personal communication with the project leaders. As you will see, we have continued to work towards a successful, collaborative product and its future implementation.

## Looking back from the start

Summer 2010, first steps towards the European Physiotherapy Guideline for Parkinson's disease were set. At a meeting of ParkinsonNet and the Association of Physiotherapists in Parkinson's disease Europe (APPDE), we discussed the need for a collaborative European guideline. Upon our application, the Royal Dutch Society for Physical Therapy (KNGF) provided us with a large grant to initiate this unique but complex project. With support of the European Region of the World Confederation for Physical Therapy (ER-WCPT), another 19 professional associations joined, of which 14 were also able to contribute financially.



In 2011, each association appointed an expert Parkinson physiotherapist for representation in the Writing Group, Reading Group or Review Panel. Together with the members of the Steering Committee, these persons make up the Guideline Development Group. We developed a questionnaire to gain insight in barriers physiotherapists perceive in providing optimal Parkinson care. Of the nearly 10,000 physiotherapists in 17 countries (10 languages!) invited to participate, as many as 3,405 shared their experiences with us. End 2011, all responses were collected and used to develop the Guideline. Moreover, they will be helpful to structure future implementation. Through support of the Dutch Patient Association and the European Parkinson's Disease Association (EPDA), the Writing and Reading Groups were completed by welcoming people with Parkinson's disease.

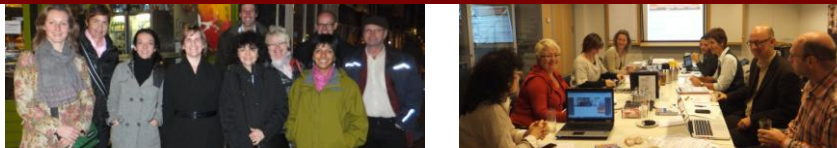
In 2012, the final key questions for the Guideline were agreed upon, interventions and measurement tools categorised, literature systematically searched for and a start made with appraisal of the evidence. The difficulty in doing this was that not all controlled clinical trials selected for the Guideline were included in published systematic reviews and meta-analyses. Moreover, different Cochrane reviews regarding physiotherapy and exercise combined different selections of studies. This made it difficult and time-consuming to use GRADE for the appraisal. The other most time-consuming part to gain information and consensus on, was the selection of measurement tools to recommend for clinical practice. For this purpose, an additional Reading Group feedback round and Writing Group meeting were organised.

## What have we done the past year?

The Writing Group has continued developing the Guideline contents, supported by the Reading Group who provided feedback at several stages during the process. Moreover, many promotional activities were carried out to support future implementation of our Guideline: see next page (most likely not even conclusive).

## End 2012

- Input Reading & Writing Group regarding measurement tools; update literature search & appraisal
- Meeting Writing Group, mainly to gain consensus on interventions and measurement tools
- Feedback round Reading Group: History Taking, Physical Assessment, incl. measurement tools & ICF
- Promotion: presentation at CSP congress 2012 (UK, Samyra Keus); blogs on websites European Parkinson's Disease Association and European Federation of Neurological Societies (Samyra Keus); publication in Fysioterapia (Finland, Jaana Paltamaa); course at Centre de Convalescence Emile Mayrisch (Luxembourg, Mariella Graziano)



## Early 2013

- Feedback round Reading Group: Preface, Colophon, and revised Background, Parkinson's Disease and Main Management
- Promotion: courses at APEMH PL (Luxembourg, Mariella Graziano) and MultiPark/LSR (Sweden, Samyra Keus); publication in Parkinson-postia (Finland, Jaana Paltamaa); presentations at TOIMIA network (Finland, Jaana Paltamaa), ACPIN Yorkshire (UK, Bhanu Ramaswamy) and Nordic Meeting (Sweden, Maria Nilsson)

## Mid 2013

- Feedback round Reading Group: model Parkinson care; Medication; Self-management; Pre-assessment Information Form; Rationale behind the interventions
- Discussion and use draft guideline at MDS Summer School (Netherlands, Samyra Keus): 60 physiotherapists from 22 countries, including several Writing and Reading Group members
- Promotion: presentations at AIFI congress (Italy, Elisa Pelosin), MDS Congress (Australia, Mariella Graziano & Samyra Keus) and Neuroscience 2000 (Italy, Samyra Keus); blog on MDS website (Mariella Graziano); interview FysioPraxis (Netherlands, Samyra Keus); publication in Fysioterapia (Finland, Jaana Paltamaa)



## End 2013

- Feedback round Reading Group: Referral (extracted from other chapters); revised Core areas, General treatment considerations; Overall (excluding last tables to come)
- Inventory of association's needs and preferences for future collaboration in guideline implementation
- Promotion: courses for Qualitätszirkel Parkinson (Germany, Katja Krebber) and Campus Neurológico Sénior (Portugal, Josefa Domingos); workshop for AXXON (Belgium, Eric Kerckhofs); presentations at CSP Congress (UK, Bhanu Ramaswamy) and World Parkinson Congress (Canada, Samyra Keus, Marten Munneke & Mariella Graziano); funding ascertained for Portuguese translation (collaboration Josefa Domingos & Samyra Keus with two Brazilian participants of MDS Summer School: Tamine Capato & Lorena Santos); meeting at ZVK (PhysioDeutschland) to discuss collaboration regarding guideline education & implementation

## Upcoming dates

Nov 2013

Web-based Public Review

Dec 2013

Last adjustments to Guideline; MDS review Referral Criteria

For additional questions, support and information regarding development or implementation of the European Guideline, please contact Dr. Samyra Keus: [Samyra.Keus@Radboudumc.nl](mailto:Samyra.Keus@Radboudumc.nl)