

## PATIENT INFORMATION

# Movement Disorders Team

### ***Other formats***

**If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS team.**

### **Introduction:**

This information is for you, now or in the future. The team are here when you need us for support and guidance.

The Movement Disorder Team provides medical care and support for people with movement disorders, including Parkinson's disease. Parkinson's disease (PD) is a movement disorder; a condition that can cause tremor, stiffness in muscles and slow movements. It is a very individual condition, with symptoms and the rates of progression varying from person to person. The Movement Disorder team work across Torbay Hospital and the Community. The team consists of Consultants, Nurse Specialists, a Movement Disorder Coordinator and Medical Secretaries.

### **The Consultants that form part of the Movement Disorder Team are:**

Dr. Gareth Griggs, Dr. William Knight, Dr. Jonathan Baird.

The Parkinson's disease Nurse Specialists that form part of the Movement Disorder Team are divided into community localities and an acute (hospital based) nurse.

Louise Trout - Acute Parkinson's Disease Nurse Specialist

Location: Torbay Hospital

Phone: 01803 655513

Email: [sdhct.movementdisorderteam@nhs.net](mailto:sdhct.movementdisorderteam@nhs.net)

Andrea Ford - Community Parkinson's Nurse (Monday, Tuesday & Wednesday)

Location: Torbay Community

Phone: 01803 320669

Email: [tsdft.parkinsons-specialist-nurses@nhs.net](mailto:tsdft.parkinsons-specialist-nurses@nhs.net)

Tina Ingham - Community Parkinson's Nurse (Wednesday, Thursday & Friday)

Location: Torbay Community

Phone: 01803 320669

Email: [tsdft.parkinsons-specialist-nurses@nhs.net](mailto:tsdft.parkinsons-specialist-nurses@nhs.net)

Sian Day - Community Parkinson's Nurse

Location: South & West Devon Community

Phone: 01803 860852

Mandy Darling – Movement Disorder Coordinator

Location: Torbay Hospital

Phone: 01803 655513

NHS 111 – a single point of access to all non-emergency NHS services

Devon Care Direct: 0845 1551 007

#### General advice on Benefits and Services:

Karen Safe - Parkinson's Local Adviser for Torbay, South Hams and Teignbridge.

Phone: 0344 225 3699

Email: [adviser4.southwest@parkinsons.org.uk](mailto:adviser4.southwest@parkinsons.org.uk)

## **Frequently asked questions:**

### **How do I get referred in?**

We **only** accept referrals from GP's for all Consultant appointments and follow ups. You can self-refer to a Parkinson's Nurse after diagnosis.

### **I cannot get to a clinic; can I still see a member of the team?**

Home visits can be arranged for patients who are unable to attend clinic appointments if they are bed bound and/ or in a care home that cannot support clinic visits. These home visits are provided by the Community Parkinson's Nurses at their discretion and only available to patients who have already received a diagnosis.

### **Telephone support**

Telephone clinics are available. Please ring your Parkinson's Nurse Specialist or the Movement Disorder Team on 01803 655513.

For out-of-hours, please ring the Parkinson's UK Helpline: 0808 800 0303.

### **Local support / branch groups**

There are several local support groups which can be accessed through Parkinson's UK for the area covered from Torbay hospital.

Parkinson's UK:

Helpline: 0808 800 0303

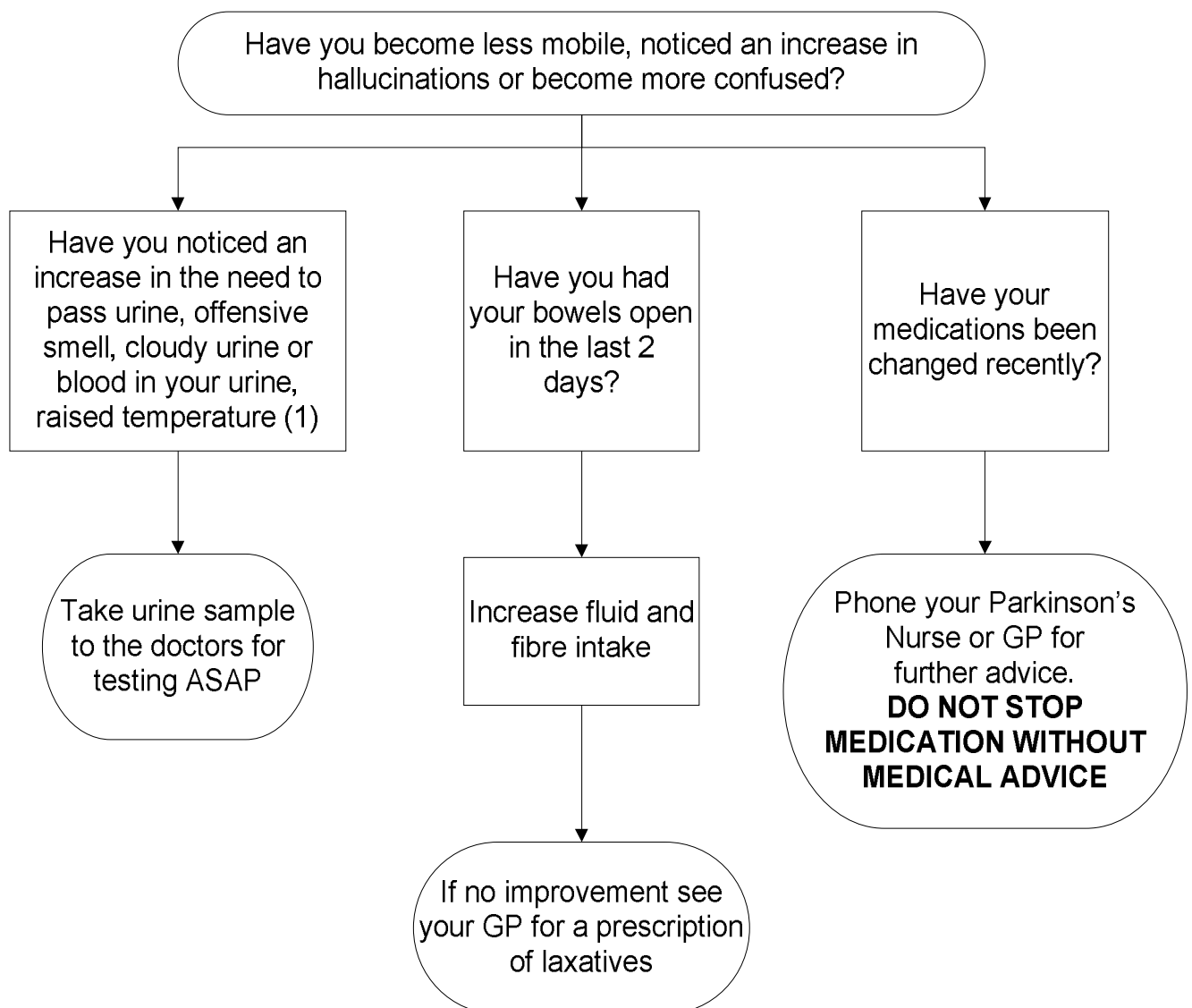
Website: [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. E-mail: [pals.sdhc@nhs.net](mailto:pals.sdhc@nhs.net) Freephone: 0800 02 82 037

### **Who do I call?**

If you notice a sudden change in your Parkinson's symptoms this is usually due to an underlying cause (for example - an infection or constipation), please follow the chart below for guidance.



1. <http://www.nhs.uk/Conditions/Urinary-tract-infection-adults/Pages/Symptoms.aspx>

### General Information:

- You must inform the DVLA of any diagnosis.
- It is also important to monitor for side effects such as Compulsive behaviours, hallucinations or increased dizziness, please contact your team if you develop these issues.
- It is important to keep hydrated, avoid constipation and take medications on time.

# Parkinson's care

## Commonly used Medical Terms

- **Tremor** – Involuntary, rhythmic muscle contraction and relaxation, can affect hands, arms, eyes, face, head, vocal cords and trunk, Legs.
- **Dyskinesia** - Involuntary movements often a side effect of taking Parkinson's medication for a long time.
- **Freezing** - A symptom where someone may stop suddenly while walking or initiating movement.
- **ON/OFF State** - 'On' means the drugs are working and you feel at your most able. 'Off' when you feel unable to move or function as normal and medication feels as though it isn't working.
- **Hypomimia** - Lack of facial expression.
- **Hypophonia** - Quiet speech.
- **Dysarthria** - Difficult or unclear speech.
- **Aphasia/ Dysphasia** - Impairment of language affecting the production or comprehension of speech.
- **Dyspepsia** – Indigestion.
- **Rhinorrhoea** - Runny nose.
- **Sialorrhea** - Drooling or excessive salivation.
- **Bradykinesia** - Slowing of voluntary movements.
- **Akinesia** - Loss of ability to move muscles voluntarily.
- **REM sleep Disorder** - Acting out of dreams that maybe vivid, intense or violent.
- **Impulse Control Disorder (ICD)** - Behaviour resulting from an uncontrollable need to perform a particular action.
- **Restless leg syndrome (RLS)** - Uncomfortable or unpleasant sensations in your legs and an irresistible urge to move them.
- **Hallucinations** - when a person see's, hears feels or tastes something that doesn't exist.
- **Dysphagia** - Swallowing difficulties.
- **Cognitive processes** - Mental process involving thinking and memory
- **Delusions** - Thoughts and beliefs not based on reality.
- **Hypotension** - Low blood pressure.
- **Postural Hypotension** - Feeling dizziness when standing or bending related to low blood pressure.
- **Wearing Off** - Medication runs out before the next dose is due.
- **Non Motor Symptoms** - Symptoms common in Parkinson's not related to slow movement.
- **Micrographia** - Smaller handwriting.