

A Holistic Approach to Parkinson's Care

Movement Disorder Nurse Pilot Program

New England /North West



Movement Disorder Nurse (MDN) Pilot Program

- PHN funded
- Rural Fit the successful tenders providing a unique environment with a Registered Nurse working from a purely Allied Health facility
- The program set out to improve access to clinical care and support for those with movement disorders.
- Individualised support for patients, their families and carers.
- Pilot program concentrates on those living with Parkinson's in the New England / North West.
- Initial pilot period until June 2023 - extended until June 2024
- Referral direct to Rural Fit, the Movement Disorder Nurse, Health Pathways.



Rural Fit



Rural Fit were the successful tenders for the Pilot Program



Rural Fit have clinics in Tamworth, Armidale, Gunnedah, Narrabri & Glen Innes. Home visits attended everywhere in between



We are a team of tertiary qualified exercise and health professionals who live by, prescribe and instil the philosophy “exercise as medicine”



Rural Fit empowers its clients to achieve a greater independence / performance at home, work, in the community and on the sporting field.



The Rural Fit Exercise Physiologists run specific programs for those living with Parkinson's.



Prevalence (2018)

LGA	Estimated number of PD patients	Population	Percentage of population	MM Region Classification
Proposed Regions to be services by pilot program				
Tamworth Regional	223	62156	0.36%	MM3-MM5
Moree Plains	39	13,350	0.29%	MM4-MM6
Inverell	67	16844	0.40%	MM4-MM5
Tenterfield	34	6638	0.51%	MM5
Narrabri	45	13231	0.34%	MM4-MM6
Armidale Regional	102	30707	0.33%	MM3-MM5
Glen Innes-Severn	43	8908	0.48%	MM4-MM5
Gunnedah	45	12661	0.36%	MM4-MM5
Liverpool Plains	34	7893	0.43%	MM5
Gwydir	25	5349	0.47%	MM5
Walcha	15	3132	0.48%	MM5
Uralla	24	6062	0.40%	MM3-MM5
Totals	696	186931	0.37%	

What does the MDN do?



- Nurse led clinics that provide initial and follow up assessments
- Education and information
- Carer support
- Communication with GPs & Specialists
- My Aged Care information & registration
- Coordination with local hospitals
- Member of the Multidisciplinary Team
- Facilitate and assist with Telehealth consultations
- Help with device assisted therapies
- Co ordination of care and referrals

Assessment



Assessment of Motor and Non Motor symptoms / complications - (MoCA, GDS, K10..)



General observations



Introduction / education re: Advance Care Planning



Digital literacy, internet coverage, hardware availability



? Need for social prescribing



Goal setting



Referrals.....

Referral examples

Allied Health - Exercise Physiologists, Speech Pathology, Occupational Therapy, Continence Nurse...

Dementia Australia, Dementia Support Australia

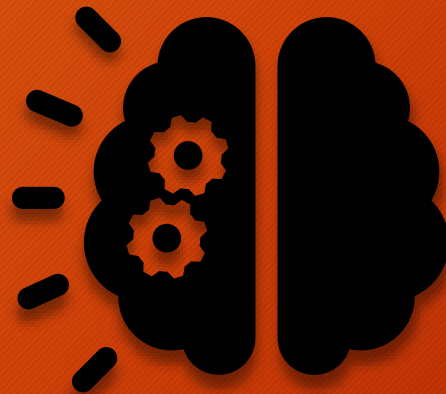
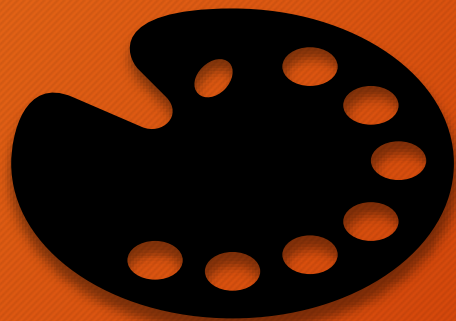
My Aged Care - Services Australia Aged Care Specialist Officer.

Carers Gateway

Support Groups - including Zoom links with Martini Group for YOPX (Parkinson's, Carer, Dementia etc)

Community Organisations - Mens Shed, Activity Groups

Cognition and Memory services, Aged Care assistance and Supportive Care programs within the HNE LHD



Holistic, complimentary events

Thinking creatively while based on evidence and research.
For both Motor and Non Motor symptoms

Painting with Parkinsons...

- Art and music have been proven to be therapeutic for those living with Parkinson's
- Positives for both Motor and Non Motor symptoms



Dancing -

Benefits of music and dance on movement

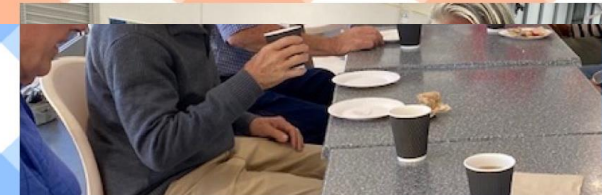


*When in
Tamworth.....*

Carers Morning Tea and Activity Hour



Working on cognition while carers chat and communicate



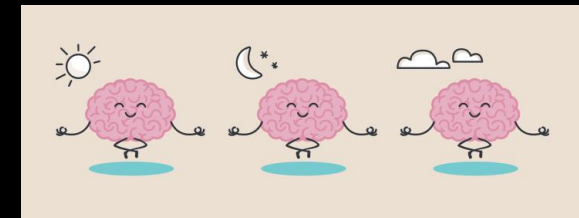


Parkinson's Day -
Baby guessing
competition



Christmas in July -
Gunnedah and Narrabri

St.Paddy's
Pickle Ball



Meditation session -
Online offered

Pt RI

80 y/o man with Hx
Parkinsons for 10
years

Strong history of
Depression with
varied treatments

Diagnosed with
Parkinson's Disease
dementia 2 years
ago

Reduction in
physical ability /
Increase in apathy,
paranoia and
punding

Was attending Rural
Fit exercise classes
with wife

Pt RI - Initial steps



Movement Disorder Nurse review



GP review and referral to a Neurologist



Exercise Physiology review



Referrals made to Dementia Australia, Carers Gateway, My Aged Care and local Mens Shed



Medication review by Pharmacist



Future planning / Advance Care Plan

Pt RI - Ongoing

- Ongoing assessments - Motor and Non Motor symptoms, changing cognition status, altering social situation
- Attending GP and Neurology appointments with patient
- Education for patient, family and friends
- Assistance with navigation through Aged Care provider selection and respite organisation
- Attendance of carer at support morning tea / patient at cognitive session
- Partaking in “Holistic Events”

Health Pathways

HNE Community HealthPathways



Hunter New England

<https://hne.communityhealthpathways.org/>

Username: hnehealth

Password: p1thw1ys



patient info
HUNTER NEW ENGLAND

<http://patientinfo.org.au/>

No password required

Hunter New England

- General medicine ▾
- Genetics ▾
- Haematology ▾
- Immunisation and Vaccines ▾
- Immunology and Infectious Diseases ▾
- Intellectual Disability ▾
- Nephrology ▾
- Neurology ▲
- Facial Palsy
- Epilepsy in Adults ▾
- First Seizure in Adults
- Headaches in Adults ▾
- Functional Neurological Disorders (FND)
- Incidental Neurological Findings on Imaging
- Motor Neurone Disease ▾
- Multiple Sclerosis (MS)
- Parkinson's Disease ▲
 - Parkinson's Disease Medication
- Peripheral Neuropathy
- Postherpetic Neuralgia
- Leg Problems in Sleep
- Stroke ▾
- Transient Ischaemic Attack (TIA)
- Tremor
- Undiagnosed Neurological Symptoms
- Vertigo
- White Matter Hyperintensities (WMH)
- Neurology Referrals ▲
 - Cerebral Palsy Specialised



Parkinson's Disease

See also [Parkinson's Disease Medication](#).

Clinical editor's note

The John Hunter Hospital neurology department is introducing initiatives to ensure timely access to neurology outpatient appointments. If referring patients with Parkinson's disease to the John Hunter Hospital Movement Disorders Clinic, consider referring for a [multidisciplinary case conference](#) ▾. The neurology department will provide further [general practitioner information](#) ▭, and provide [patient information](#) ▭ as required.

Background

[About Parkinson's disease](#) ▾

Assessment

Practice point

Look for 4SSSS symptoms

Suspect Parkinson's disease if the patient has any of the 4SSSS symptoms – slowness, stiffness, shakes (tremor), or stumbles (loss of balance).

1. Look for any of the 4SSSS symptoms (slowness, stiffness, shakes (tremor), or stumbles (loss of balance)). If present, perform a [Parkinson's disease focused examination](#) ▾.
2. If 2 of the following features are present, consider a diagnosis of Parkinson's disease:
 - Tremor ▾
 - Bradykinesia ▾
 - Rigidity ▾

Features usually present asymmetrically. Although the other side is eventually affected, a degree of asymmetry persists.
3. Assess for [non-motor symptoms](#) ▾.
4. Assess for later signs and symptoms:
 - Postural instability ▾
 - Gait disturbance ▾
 - Speech and swallowing problems
5. Assess for warning signs ▾ for a diagnosis of atypical Parkinsonism, and consider differential diagnoses including:

Hunter New England

Imaging

Motor Neurone Disease ▾

Multiple Sclerosis (MS)

Parkinson's Disease ▾

Peripheral Neuropathy

Postherpetic Neuralgia

Leg Problems in Sleep

Stroke ▾

Transient Ischaemic Attack (TIA)

Tremor

Undiagnosed Neurological Symptoms

Vertigo

White Matter Hyperintensities (WMH)

Neurology Referrals ▴

Cerebral Palsy Specialised Referrals

Parkinson's Disease Nurse Referrals

Post Stroke Care

Oncology ▾

Pain Management ▾

Rehabilitation Medicine ▾

Respiratory ▾


Parkinson's Disease Nurse Referrals

See also [Neurology Referrals](#).

[About specialist Parkinson's disease nurses](#) ▾.

1. Consider referral for all patients with a diagnosis of Parkinson's disease at any stage of the disease.
2. Refer the patient. Referrals can be made by:
 - a general practitioner or specialist.
 - self-referrals.
 - staff working in a residential aged care facility.
3. Inform the patient that listed services are available free of charge.

Armidale / Tamworth / New England / North West ▴

 **SeNT** eReferral is the recommended method for public referrals. [Read more...](#)

Contact the [service provider](#) ▴.

Rural Fit – Tamworth	Tamworth	▴
<p>REFERRAL OPTIONS</p> <p>Phone (02) 6765-9866</p> <p>Fax (02) 6700-0601</p>		<p>Information for referrer</p> <p>SeNT eReferral is available for this service in Best Practice and Medical Director. For further information, see here.</p> <p>Telehealth available.</p>
<p>7-9 Jack Smyth Drive Tamworth 2340 NSW</p>		<p>Admin contact info ▾</p> <p>Website Click here 📄</p>

Practitioners

Jo Lavelle

 SEND FEEDBACK



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[Rural Fit Movement Disorder Nurse | Facebook](#)

www.ruralfit.com.au

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