

SUPPORTING QUALITY OF LIFE CONVERSATIONS IN YOUR PARKINSON'S CONSULTATIONS

The Parkinson's Quality of Life Consultation Aid

With time restrictions in consultations, it is important to ensure patients think about what is important to them before they arrive. The Parkinson's Quality of Life (QoL) Consultation Aid has been developed to help improve your conversations about QoL and help patients identify and prioritise what they want to talk about.

The Parkinson's QoL Consultation Aid includes 17 prompts, relating to Parkinson's symptoms, activities of daily living and QoL. Included here is a guide to further sources of information and advice on these topics.

Please note that the guide is not an exhaustive list of all information available. Information guide correct at date of preparation.

General Information

PARKINSON'S UK www.parkinsons.org.uk

A quick introduction to Parkinson's (L001)

www.parkinsons.org.uk/content/quick-introduction-parkinsons-leaflet

Also available in Bengali (L001B); Gaelic (L001SG); Gujarati (L001G); Hindi (L001H); Mandarin (only available as Word download); Polish (L001POL); Punjabi (L001P); Urdu (L001U); Welsh (L001W)

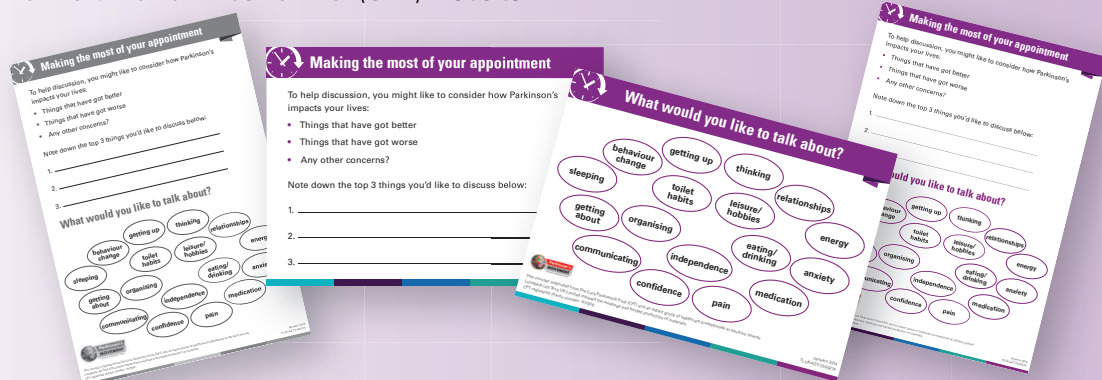
Parkinson's and you (B181)

www.parkinsons.org.uk/content/parkinsons-and-you-booklet

Also available as CD (B181AUD) and in Bengali (B181B); Cantonese (B181C); Gujarati (B181G); Hindi (B181H); Polish (B181POL); Punjabi (B181P); Urdu (B181U); Welsh (P181W)

Parkinson's UK has held the Information Standard since 2010 for their publications and resources and are regularly assessed to ensure their information continues to meet the guidelines. The Information Standard is a quality mark supported by NHS England that helps people to choose reliable health and social care information.

Copies of the Parkinson's QoL Consultation Aid in both colour and black and white can be printed via Parkinson's Movement at the The Cure Parkinson's Trust (CPT) website.



PATIENT SUPPORT GROUPS FOR FURTHER HELP AND ADVICE

The Cure Parkinson's Trust

www.cureparkinsons.org.uk

St Botolph's, Aldgate High Street, London, EC3N 1AB

0207 929 7656

cptinfo@cureparkinsons.org.uk

Parkinson's UK

www.parkinsons.org.uk/

215 Vauxhall Bridge Road, London, SW1V 1EJ

Helpline: 0808 800 0303

hello@parkinsons.org.uk

ABOUT THE PARKINSON'S QOL CONSULTATION AID

The concept originated from the CPT and an expert group of healthcare professionals at advisory boards. Lundbeck Ltd/ Teva UK Limited initiated the meetings and funded production of materials.

CPT registered charity number: 1111816

These resources and many more can be found on the Parkinson's UK website www.parkinsons.org.uk via the publications section or the search option. Resources are generally paper-based booklets or leaflets and available as downloadable PDFs and Word documents.

Consultation Aid prompt	Resource title	Consultation Aid prompt	Resource title
Anxiety	<ul style="list-style-type: none"> Anxiety and Parkinson's (FS96) 	Leisure/hobbies	<ul style="list-style-type: none"> Keeping moving – exercise and Parkinson's booklet (B074)
Behaviour change	<ul style="list-style-type: none"> Impulsive and compulsive behavior in Parkinson's (FS77) Mild memory problems (FS95) Hallucinations and delusions in Parkinson's (FS11) 	Medication	<ul style="list-style-type: none"> Get it on time (B104)* Get it on time washbag (B150)
Communicating	<ul style="list-style-type: none"> Parkinson's alert card (M014) Communication and Parkinson's (FS06) Speech and language therapy (FS07) Talking to people about Parkinson's (FS88) Talking to children and teenagers about Parkinson's (webpage) 	Organising	<ul style="list-style-type: none"> Help with getting around (WB10) Everyday life with Parkinson's (website section) Keeping a diary – people with Parkinson's (FS69)
Confidence	<ul style="list-style-type: none"> Psychological services for people with Parkinson's (briefing paper)* Intimate relationships and Parkinson's (B034) Skin and sweating problems in Parkinson's (FS40) 	Pain	<ul style="list-style-type: none"> Pain in Parkinson's (FS37) Muscle cramps and dystonia (FS43)
Eating/drinking	<ul style="list-style-type: none"> Diet and Parkinson's (B065) Eating, swallowing and saliva control in Parkinson's (FS22) Dental and oral health in Parkinson's (FS98) 	Relationships	<ul style="list-style-type: none"> Relationships and family life (website section) Intimate relationships and Parkinson's (B034)
Energy	<ul style="list-style-type: none"> Fatigue and Parkinson's (FS72) Depression and Parkinson's (FS56) Low blood pressure and Parkinson's (FS50) 	Sleeping	<ul style="list-style-type: none"> Sleep problems (webpage) Sleep and night-time problems in Parkinson's (B070)
Getting about	<ul style="list-style-type: none"> Driving and Parkinson's (B064) Eyes and Parkinson's (FS27) Equipment and disability aids (FS59) Foot care and Parkinson's (FS51) Freezing in Parkinson's (FS63) Falls and Parkinson's (FS39) Help with getting around (WB10) Physiotherapy and Parkinson's (FS42) 	Thinking	<ul style="list-style-type: none"> Mild memory problems (FS95) Dementia and Lewy bodies (FS33) Parkinson's dementia (FS58)
Getting up	<ul style="list-style-type: none"> Low blood pressure and Parkinson's (FS50) Restless legs syndrome and Parkinson's (FS83) 	Toilet habits	<ul style="list-style-type: none"> Essence of care – continence care for people with Parkinson's (B110)* Looking after your bladder and bowels when you have Parkinson's (B060)
Independence	<ul style="list-style-type: none"> Help with getting around (WB10) Work and money for people with Parkinson's (webpage) Employment and Parkinson's (B103) Holidays and travel (webpage) International travel and Parkinson's (FS28) Living alone with Parkinson's (FS29) Tips and hints for people with Parkinson's (B011) 		

* These 3 materials are written more specifically for healthcare professionals. The other materials are aimed at people with Parkinson's and their family.

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