

## CPT Group Program

### Parkinson's Disease Educational Group Discussion Information

**Purpose:** The purpose of this group is to educate patient on Parkinson's Disease. PD is a chronic, progressive central nervous system disorder caused by a defect in the cells of the brain that produce dopamine. Dopamine is a chemical substance that enables nerve cells to send messages to other nerve cells. It affects the voluntary muscles causing difficulty with movement and posture.

#### **Admission Criteria**

Free of communicable disease / isolation precautions  
Stable Vital Signs  
Diagnosis of Parkinson's Disease  
Able to sit for at least 30 min  
Able to follow 2 step commands

#### **Goals/Objectives:**

Patient will be able to understand measures to manage PD  
Patient will understand safety precautions related to PD

#### **Suggested Materials**

Handouts- Print outs of attached materials  
Printed programs of BIG! And LOUD! exercises

#### **Suggested Activities:**

Review Brain Anatomy and discuss effect of Dopamine  
Review signs and symptoms of PD  
Discuss how to manage PD  
Question/Answers from Group

### **Possible Risk Factors**

- Carbon monoxide and manganese poisoning
- Cerebrovascular disease
- Encephalitis
- Positive family history
- Tumors of the midbrain

### **Signs/Symptoms** (which usually begin slowly on one side)

- Muscle rigidity and weakness
- Tremors that decrease on purposeful movements
- Slow movements
- Mask-like facial expression
- Constipation
- Shuffling gait
- Stooped posture
- Slow speech
- Difficulty swallowing
- Short-term memory loss
- Mood swings

### **Measures to manage Parkinson's Disease**

- ❖ Exercise daily with regular rest periods
- ❖ Use safety precautions
- ❖ Eat a well-balanced diet
  - Eat small, frequent meals to prevent exhaustion
  - Eat a high calorie diet to prevent weight loss
  - Eat a high fiber diet to prevent constipation
  - Avoid caffeine
  - Encourage fluids up to 2000 ml per day unless contraindicated
- ❖ Engage in social and diversional activities to promote emotional and physical well-being
- ❖ Use assistive and self-help devices to promote independence
- ❖ Keep follow-up appointments with physician and therapists
- ❖ Take medication as ordered
- ❖ Wear an identification bracelet

### **Measures to manage Parkinson's Disease**

- ❖ Learn walking techniques:
  - Walk with feet separated about 10 inches apart
  - Lift the foot high by placing heel down first, then the ball of the foot
  - Swing the right arm forward when moving the left leg
  - Swing the left arm forward when moving the right leg

**Complications:**

- Falls
- Contractures
- Depression
- Dementia

**Parkinson's Disease – other activities:**

- Stress rotational and rhythmic activities and movement like karate or Tai Chi
- The importance of slow stretching movement like yoga
- BIG! And LOUD! Parkinsons Programs- certified practitioners outpatient PT as resources to manage symptoms of PD.

From Web MD:

Here are some tips to keep in mind when [exercising](#).

- Always warm-up before beginning your exercise routine and cool down at the end.
- If you plan to workout for 30 minutes, start with 10-minute sessions and work your way up.
- Exercise your facial muscles, jaw, and voice when possible: Sing or read aloud, exaggerating your lip movements. Make faces in the mirror. Chew food vigorously.
- Try water exercise, such as water [aerobics](#) or [swimming](#) laps. These are often easier on the joints and require less balance.
- Work out in a safe environment; avoid slippery floors, poor lighting, throw rugs, and other potential dangers.
- If you have difficulty balancing, exercise within reach of a grab bar or rail. If you have trouble standing or getting up, try exercising in bed rather than on the floor or an exercise mat.
- If at any time you feel sick or you begin to hurt, stop.
- Select a hobby or activity you enjoy and stick with it. Some suggestions include: gardening; walking; [swimming](#); water aerobics; [yoga](#); [tai chi](#)

