

## APPDE Email blast: August 2014



Hello, and yes, for those who cannot believe what they see, not only is it sunny up in the north of England, BUT I am off my green sofa and looking like I could be on my way to The Netherlands! Watch out Nijmegen.....

Anyway, the APPDE board is really happy and excited to see so many different members becoming engaged and offering things to share with one another.

So here are your seven things to look into and to follow up over the coming months:

<p>1: Article – new section in the <i>Members Only</i> area</p>	 <p>Meg Morris has given us permission to place a copy of the Volpe et al (2013) article into the Members Only area. The research is <i>A comparison of Irish set dancing and exercises for people with Parkinson's disease: A phase II feasibility study</i>, written by Daniele Volpe, Matteo Signorini, Anna Marchetto, Timothy Lynch and Meg Morris, and published in BMC Geriatrics</p>
<p>2: Case Studies – newly added to the <i>Members Only</i> area</p>	 <p>Susanne Brühlmann (a long existing APPDE member, and star of the Swiss Association DVD on exercise and Parkinson's <i>Let's Keep Moving</i>) has provided us with the next in our series of Case Studies using the APPDE template. She has written on her experience with Mrs. B, a 69-year old housewife with Parkinson's who was admitted for a period of in-patient interventions at a facility that offers a Rehabilitation programme.</p> <p>We also welcome the contribution from one of our newest members, Sarah Sessa,</p>  <p>who is a Specialist Physiotherapist and Pilates Instructor. She received permission to reproduce an article she had written from ACPIN, the UK's Chartered Society of Physiotherapy's neurology professional network, initially published in their Spring/Summer 2014 journal, Synapse. It details the case of R, a man with Parkinson's who self-referred to Sarah for Pilates for reasons you will read in the article.</p>
<p>3: Information from the last Movement Disorder Society Conference</p>	<p>Not only did several members of the APPDE attend the last Movement Disorder Society Conference in Stockholm, but we have links or copies to their posters for you to look at on our News page: <a href="http://www.appde.eu/news.asp">http://www.appde.eu/news.asp</a>.</p> <ol style="list-style-type: none"> <li>1. From Samyra Keus as Project leader presenting about the '<i>Physiotherapy for Parkinson's disease - A joint European Guideline</i>'.</li> <li>2. From Lorena Almeida (Brazil), who left the excitement of the World Cup to present two posters – the first on '<i>Disability in daily activities and fear of falling are independent predictors of quality of life in people with Parkinson's disease</i>', and the second on '<i>Should we consider a collective interpretation of clinical balance tests results to best predict falls in people with Parkinson's disease?</i>'</li> <li>3. Tamine Capato, another of our Brazillian friends was also there to present two posters: '<i>Follow up in long-term global motor training with rhythmical auditory cues improve and maintain gait and balance control in Parkinson's disease</i>' and '<i>The mobility and functional capacity can improve in Huntington's disease patients in mid-late stages with the physical therapy and caregiver assistance</i>'. Tamine has also very generously shared reference articles about cueing – see the end of the bulletin.</li> </ol>

<p>4: 2nd Annual Allied Health Professional Summer School: Physiotherapy for People with Parkinson's Lisbon, Portugal September 25-27, 2014</p>	<p>Join us for the 2nd Annual Allied Health Professional Summer School for Physiotherapists being hosted at Campus Neurologico Senior (CNS) in the beautiful resort town of Torres Vedras, near Lisbon, Portugal.</p> <p>Information at: <a href="http://www.movementdisorders.org/MDS/Education/Upcoming-Courses/2nd-Annual-Allied-Health-Professional-Summer-School.htm">http://www.movementdisorders.org/MDS/Education/Upcoming-Courses/2nd-Annual-Allied-Health-Professional-Summer-School.htm</a></p> <p>This program is geared towards experienced physical therapists with Parkinson disease expertise who want to add to their armamentarium of clinical tools for treating people with Parkinson disease and related disorders. Invited faculty includes top clinicians and researchers from around the world including Alice Nieuwboer, Lynn Rochester, Samyra Keus, Becky Farley, Mariella Graziano, Bas Bloem and Joaquim Ferreira, among others.</p> <p>Please help up get the word out about this wonderful training opportunity by forwarding this email to your colleagues and announcing via your professional organisations.</p>
<p>5: <b>New</b> Getting to know one another</p>	<div data-bbox="312 745 475 936" data-label="Image"> </div> <p>We have a new 'Meet the Members' section, as an important part of the aims of the APPDE is to exchange knowledge and share practice ideas. The best way is by getting to know members, and Rita Semprini, from Italy is the first brave person to share her experiences and reflections about working as a physiotherapist with people who have Parkinson's.</p>
<p>6: The Unity Walk</p>	<div data-bbox="312 981 496 1149" data-label="Image"> </div> <p>Saturday 20<sup>th</sup> Sepotember, 2014: Welcome to the European Unity Walk – a unique event brought to you by the European Parkinson's Disease Association (EPDA) that aims to raise awareness across Europe about Parkinson's disease and its impact on people living with the disease, their families and our entire society.</p> <p><a href="http://www.epda.eu.com/en/events/european-unity-walk/">http://www.epda.eu.com/en/events/european-unity-walk/</a>. Let us know which of you will be there to sort a Big get-togethjer and celebration!</p>
<p>7: How else to participate and engage others with the APPDE</p>	<p>The APPDE Project with <i>Physiopedia</i></p> <div data-bbox="328 1339 491 1496" data-label="Image"> </div> <p><b>We are awaiting your additions</b> to update the work of the APPDE's core team on this collaborative project to build up the pages on this international wiki site for physiotherapists on <i>Parkinson's</i>.</p> <p>Summary at <a href="http://www.physiospot.com/physiopedia/are-you-aware-its-parkinsons-awareness-week/">http://www.physiospot.com/physiopedia/are-you-aware-its-parkinsons-awareness-week/</a></p> <p>And see pages at: <a href="http://www.physio-pedia.com/APPDE_Project">http://www.physio-pedia.com/APPDE_Project</a></p> <p>Have you checked out the latest on our APPDE Facebook and Twitter pages?</p> <div data-bbox="312 1742 427 1865" data-label="Image"> </div> <p><b>Follow Twitter:</b> <a href="https://twitter.com/euPhysioPD">@euPhysioPD</a> and add to the conversations - You can see the outcome of the @PhysioChat that took part with the APPDE, Fiona, Anna and Bhanu for UK's Parkinson's Awareness Week</p> <div data-bbox="312 1888 427 2011" data-label="Image"> </div> <p><b>Like Facebook:</b> <a href="https://www.facebook.com/euPhysioPD">https://www.facebook.com/euPhysioPD</a>. We have just had Parkinson's Day – see the photos from Fiona's trip to Downing Street, and Bhanu and Anna at a Sheffield Event for Parkinson's Awareness Week.</p> <p><b>We look forward to hearing and seeing what you got up to.</b></p>

**Tamine Capato's reference list for sharing on articles about cueing:**

Capato T.; PIEMONTE, M.E. Efficiency of Motor Training Program Associated With External Cues on the Balance of Patients With Parkinson's Disease. [ClinicalTrials.gov](http://ClinicalTrials.gov) processed this record on May 28, 2014. <https://clinicaltrials.gov/ct2/show/NCT01960985?term=tamine+capato&rank=1>

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Capato T., Souto P., Zan T. BARBOSA, E. R. Piemonte, MEP. BALANCE RHYTHMICAL TRAINING: A NEW APPROACH TO IMPROVE BALANCE IN PATIENTS WITH PARKINSON S DISEASE. *Physiotherapy* 2011 ; 97: eS187-eS188.

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Capato T. ; PIEMONTE M.E. Group therapy improves no motor aspects in patients with Parkinson's Disease. **Mov Disord** 2009; **24 (1): S257-S258**.

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**Capato T. ; MATHIAS, M. ; PIEMONTE, M.E.P. . CAN EXTERNAL CUES IMPROVE THE BALANCE OF PATIENTS WITH PARKINSON S DISEASE?** *Physiotherapy* 2007; 93 (1): S331.

**Capato T. ; PIEMONTE, M.E.P. . RAPID IMPROVEMENT IN BALANCE AND GAIT OF PATIENTS WITH PARKINSON S DISEASE THROUGH TRAINING ON BALANCE AND DIVIDED ATTENTION.** *Physiotherapy*, 2007; **93 (1): S335**

**CAPATO, T. T. C. ; TAKATA, E. S. ; FORNARI, M. C. ; MOURA, M. C. ; BARBOSA, E. RPIMENTEL, M. E. P.** Rapid gait improvement in patients with Parkinson s disease through training based on movements guided by rhythmic cues. **Mov Disord** 2004; **19 (9): S210**.

M.E. Piemonte, G.P. Faeli, T.T. Capato, C.O. Souza, E.T. Neves, M.S. Haddad Motor learning in Parkinson's disease and Huntington disease: Improvement of performance in a new motor skill after brief training. **Mov Disord** 2004; **19 (9): S 38**

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