



APPDE Email bulletin: January 2017 – with a brief review of last year’s news and things to come – all good reasons to renew your membership!

Hello everyone,

We hope you had a good start to the New Year, and thought we would share images and pictures that remind you how the membership are forging ahead in their work. More details of these can be found in our reports through Twitter, Facebook and on the APPDE website.

Membership for 2016 and 2017: We make up an AMAZING international group of therapists with stories and experience to share from membership in countries across the globe.

Australia	Austria	Belgium	Brazil	Cameroon	Cyprus	Denmark
England					Ethiopia	France
Germany					Greece	Ireland
Israel					Italy	Jordan
Luxembourg					Mexico	Netherlands
Palestine					Portugal	Scotland
Spain					Sweden	Switzerland
Uruguay					USA	



A summary of the APPDE achieving its aims in 2016

Writing to share knowledge and practice:

Over the year, members contributed towards newspaper articles and magazines for the general public, as well as for people interested specifically in Parkinson’s, including a response to the ‘Clarke *et al* (2016) paper published, Mariella Graziano wrote a special report for Parkinson’s life called: ‘*Why we should treat this ‘damaging’ study on physiotherapy in Parkinson’s with caution.*’ Access this at: <http://parkinsonslife.eu/rwhy-we-should-treat-this-damaging-study-on-physiotherapy-in-parkinsons-with-caution/>.



In April, advances were made in the translation of the European Physiotherapy Guideline for Parkinson's Disease in partnership with ParkinsonNet into Portuguese and German. The main team working on the Portuguese version were Tamine Teixeira da Costa Capato (middle), Josefa Maria Malta Domingos (left) and Lorena Rosa Santos de Almeida (right). Although I received my own hard copy, I must admit I have not read it yet – I need to learn the Portuguese language first!



We have been sent posters for the APPDE website from presentations at various conferences as well as links to articles written – the most prolific writers seem to have been the Brazilian team who sent in articles or links on the work they had done for our members to read - we need to keep this energy up!

The last one was from Lorena Almeida on: *Comparison of Self-report and Performance-Based Balance Measures for Predicting Recurrent Falls in People With Parkinson Disease: Cohort Study* was published in July 2016 in *Physical Therapy*; 96 (7): 1074 – 1084. It is well worth a read.

Using conferences for networking and to contribute to the dissemination of knowledge internationally.

For example, **INPA's first international neurological conference, London**, at which several of our members were not only present, but who presented posters (Mariella [middle] with Susanna Mezzarobba – Italy, and David Hegarty – Ireland).

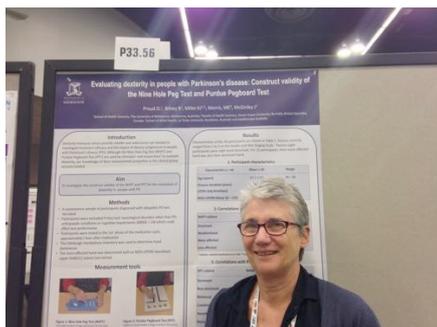


In May, Dr Hanan Khalil (APPDE member) and Course Director ran a stimulating and engaging rehabilitation-orientated **Movement Disorder Society (MDS) course in Amman, Jordan** supported by Mariella. Hanan is part of a team now organising another MDS course in Dubai.

Watch this space.....

There was the **20th international congress for the MDS in Berlin in June** with lots of photos on our News page, the **3rd Summer School for the Allied Health Professionals with the International Parkinson and MDS in Leuven, Belgium in September** (A HUGE THANK YOU to Profs Alice Nieuwboer and Lynn Rochester for organising this).

This was followed closely by **The 4th World Parkinson's Congress in Portland, Oregon, USA** followed



between 20th and 23rd September 2016. As expected, it attracted an international audience, including many APPDE members. Amongst them, from Australia, was Dr Libby Proud, whose doctoral work on hand dexterity had also been used as information during the Summer School workshops earlier in the

month in Belgium.

The last international conference of the year was the **ER-WCPT Congress in Liverpool on 11th and 12th November**, with Anna Jones presenting an APPDE poster (report later).

In addition to these, members have been organising and leading one-day courses under the support of the APPDE, or as experts in their own rights. For example, Mariella lectured in France, and on the same day that Fiona Lindop and Bhanu were leading the first of two APPDE collaborative courses in the UK, Tamine, Lorena and other experts were holding a conference in São Paulo.





Our Brazilian colleagues are really pushing the way forward. In addition to the São Paulo conference above, our colleague Jamile Vivas was an invited speaker at the international congress ‘*Comprehensive Aquatic Therapy put into Practice*’ (CAPT) looking into the evidence base for aquatic therapy in Querétaro, Mexico from October 29-31, 2016. She spoke about the benefits of aquatic therapy for Parkinson’s and gave a workshop based on her study published in Archives of Physical Medicine and Rehabilitation Journal (2011) about Water-based therapy for Parkinson’s.

Finally, Clynton Lourenço Corrêa, based at the Federal University of Rio de Janeiro sent photos from the Congress of Brazilian Association of Neurofunctional Physical Therapy held in Recife,

Brazil (Oct/2016). In the photo to the right, Dr. Alessandra Swarovsky is presenting on the ‘*Validity and reliability of Test d’Évaluation des Membres Supérieurs de Personnes Âgées (TEMPA) in patients with PD*’, carried out by Dr Swarovsky and Dr Clynton’s teams (to be published in the Journal of Hand Therapy). There was also a presentation by Clynton’s PhD student, Gisele Vieira de Paula, on her work: ‘*Use of Non-immersive Virtual Reality in upper limbs of the patients with PD*’.



Being social

Although members report on the success of conferences from both the scientific and networking point of view, there is also the opportunity to meet socially, and mix with other professions and clinicians. For example, in Berlin (right), and for some of us, there were varied benefits to being in Belgium (below right).....

And of course, Susanne is still leading a group of people from the Swiss Association in an active holiday in Mallorca (left). Last year, there were 21 people, consisting of people with Parkinson’s, relatives



and two therapists. Besides Nordic Walking, Parkinson-specific exercises and



Swimming, the group relaxed in the sun, spend a lot of time together playing games, exchanging experiences, dancing and of course relishing the culinary specialties.

Other ways of sharing clinical ideas

Susanne Brühlmann (Switzerland) started this by sending us a link to the 'Backtone belt', designed by an occupational therapist to provide both a tactile and auditory cue for people to improve their posture – see www.backtone.com, followed by Bhanu suggesting a tactile-only shoulder brace at <http://www.backpainhelp.com/uk/shoulder-brace.html>.

Then, at the end of the year, Thomas Sierla (Germany) sent information about the new AF Stepper, invented by a person with Parkinson's who is an engineer, and who approached the C. Beuthel company (who developed the Anti Freezing stick with Thomas's cooperation), to produce the walking aid. Thomas feels it benefits those who require an external cue to overcome initiation blocks during mobility.

You can see more on the website at <https://www.beuthel.de/anti-freezing-stock>.



Anna Jones ended our year with her Thinking aloud piece.

Over the years members of the APPDE Board have strategically used platform or poster presentations at international conferences focusing on physiotherapy, movement disorders and/or Parkinson's as an opportunity to share the challenges facing professional networks.

At the European Region of the World Confederation for Physical Therapy (WCPT) conference in Liverpool, UK, in October this year, Anna, Bhanu and Mariella linked with Ralph Hammond, Chair of WCPT's International Neurological Physical Therapy Association, to present some work developed for 17th WCPT 2015 in Singapore. The colleagues were interested to find out about the professional networks physiotherapists used to support their neurological practice in this information-rich/time-poor world. They mapped their own networks, noting similarities and differences depending on role and country of origin, and co-developed a grid to capture engagement with professional networks.

You might like to try to map your networks too: e.g. APPDE would sit in the Neuro Condition Specific/International box. Note your level of engagement – face-to-face, virtual, casual link or leadership. Note gaps and overlaps and consider fine-tuning your networks to meet your current needs, e.g. following key people/organisations involved in Parkinson's clinical practice, service development and/or research and education via Twitter. A little time reflecting on key networks could mean a real improvement in the quality and quantity of information you are receiving.

Please log into the APPDE site to see the full size map, or email one of the APPDE Board

**MAPPING ENGAGEMENT WITH PROFESSIONAL NETWORKS
IN SUPPORT OF NEUROLOGICAL PHYSIOTHERAPY PRACTICE**

Key dimensions and foci of network mapping grid* –
GEOGRAPHICAL local/regional, national, international (or combination); **DISCIPLINE** uni-disciplinary, multi-disciplinary; **POLICY & CONTEXT** how health and social care services are organised and delivered; **NEUROLOGICAL CONDITION** neuro conditions generally, specific neuro conditions; **EDUCATION & RESEARCH** at different levels

Think about your own network configuration

Discipline Uni/Multi	Geographical Local/Regional	National	International
Policy & Context			
Neuro Condition General			
Neuro Condition Specific			
Education & Research			

*Grid reproduced from ER-WCPT 2016 Poster 37 - Diana Jones¹, Bhanu Ramaswamy², Mariella Graziano³, Ralph Hammond⁴
¹ Visiting Fellow, Faculty of Health and Life Sciences, Northumbria University, Newcastle upon Tyne, UK. ² Visiting Fellow, Sheffield Hallam University, Sheffield, UK. ³ Neurophysiotherapy Practitioner, Esch-sur-Alzette, Luxembourg. ⁴ Stroke Coordinator, Somerset Partnership NHS Foundation Trust, Williton, UK

New E-book:

Meg Morris sent information about a new E-book of the Research Topic: 'Sound, Music and Movement in Parkinson's Disease', to which she has contributed a paper, now available online. The paper submitted is titled: *Therapeutic Argentine tango dancing for people living with Parkinson's disease: a feasibility study*, authored by Laura M Blandy, Meg E Morris and Winifred A Beevers

Find the E-book at:

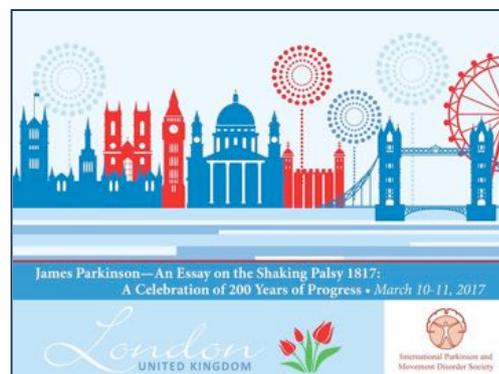
http://www.frontiersin.org/books/Sound_Music_and_Movement_in_Parkinsons_Disease/1083

or available for download on the Research Topic homepage, found here:

<http://journal.frontiersin.org/researchtopic/3469/sound-music-and-movement-in-parkinsons-disease#overview>.

So, what for 2017?

1. Watch out for the new translations of the European Physiotherapy Guideline. We are expecting a Spanish version by Rafael Lozano, and a French translation from our two Swiss members.
2. **MARCH 2017** sees celebrations for the 200th year since the publication of the 'The Shaking Palsy' by James Parkinson? You can register now for an MDS sponsored celebration in London.....
3. **JULY is WCPT in Cape Town:** We are looking forward to working in collaboration, particularly strengthening our bonds with INPA during WCPT (and beyond), and to meeting many members for networking opportunities
4. **SEPTEMBER is the next Summer Movement Disorder Society AHP Summer School**, organised by the dynamic duo Profs Lynn Rochester and Alice Nieuwboer – this time in Newcastle, UK.



Participate and engage with others and the APPDE. See pages at:

http://www.physio-pedia.com/APPDE_Project

Read our latest news (and archive information) at: <http://www.appde.eu/news.asp>

Have you checked out the latest on our APPDE Facebook and Twitter pages?

Follow Twitter: @euPhysioPD and add to the conversations. You too could look as serious as Bhanu and Anna busily tweeting at the conference!



Like Facebook: <https://www.facebook.com/euPhysioPD>. Catch up on the latest from other Conferences and events around the world.

We look forward to hearing and seeing what you got up to.