

APPDE Email blast: January 2015



Here's wishing you all a happy and healthy year ahead from Sheffield, where I have been seen off my green sofa *again* over the Christmas period as we had some AMAZING snow in Sheffield and I live very near a large hill. This may not be spectacular for some members, but it is pretty novel over here.....

Anyway, once again, the APPDE board is really happy and excited to see news from our members to share with one another. So enjoy your read, and then follow up items and contribute to the APPDE website.

<p>1: The European Physiotherapy Guideline</p>		<p>A hearty WELL DONE to Samyra for finally getting the European Physiotherapy Guideline for Parkinson's disease completed!</p> <p>Samyra sent a message of thanks to all the people who had contributed to the Guideline development. You can either access the Guidelines at: www.parkinsonnet.info/euguideline or through the APPDE page: http://www.appde.eu/european-physiotherapy-guidelines.asp. Please place this link on your websites.</p> <p>The Guideline comes in four parts, is currently available in English only, but the translation into German has already started. If you are interested in starting a translation, please contact Samyra at: Samyra.Keus@radboudumc.nl</p>
<p>2: Article – by Lorena Almeida</p>		<p>We have received permission and a copy of an article to share, written by Lorena Almeida in the <i>Members Only</i> area. You can read Lorena's article, 'Recurrent Falls in People with Parkinson's Disease without Cognitive Impairment: Focusing on Modifiable Risk', and published in 2014 in <i>Parkinson's Disease</i> in the <i>Members only</i> area.</p> <p>The article is also available online at: http://www.hindawi.com/journals/pd/2014/432924/</p> <p>You can also find information about the two posters Lorena presented last year at the Movement Disorders Conference last on our News page: http://www.appde.eu/news.asp.</p>
<p>3: Member news</p>	<p>JUNE 2014: Attendees at the Irish National Training Courses on the European Guideline for Physiotherapy in Parkinson's Disease at Cork, including presenters Elaine Harrington, Liz O Sullivan, Karen Sayers & David Linehan.</p> <p>Our Irish members - Elaine Harrington, David Hegarty, Gillian Quinn, Roisin Vance and Eithne Waldron wrote the following report of their amazing achievements last year.</p> <p>Following attendance at the first Movement Disorders Society Allied Health Professional School in 2013, Irish physiotherapists organised an advanced training course in Dublin for 17 physiotherapists with expertise in Parkinson's. An Irish national training programme was then developed to include the Guideline and recent research</p>	

and evidenced based practice. The Irish Health and Social Care Professions Education Unit funded four courses that mixed lectures, practical and patient session in different locations across Ireland. To date 120 physiotherapists have completed the training day with positive feedback from participants reporting increased confidence to implement their new knowledge into practice. A communication network has been set up to keep course participants informed of developments in Parkinson's issues and also a patient presentation kit developed, available for all course participants to use with their local patient groups. The Irish physiotherapists working with people with Parkinson's are looking forward to building on the success of the 2014 national training programme.



SEPTEMBER 2014: Making new friends at the well attended Unity Walk in Luxembourg on 20th September (lots of work for Mariella who was one of the organisers) ...and then at the second Allied

Health Professions Summer School in Portugal - even more work for Josefa, the main organiser, and her team. Excellent work from all!



OCTOBER 2014: Fiona Lindop attended the parliamentary launch of the Richmond Group of Charities report "*What is preventing progress? Time to move from talk to action on reducing preventable illness*". Fiona was invited to be on the Parkinson's UK stand and encourage UK Members of Parliament to support a focus on helping people with long term conditions to stay well by getting the right interventions

at the right time. She is pictured here with Baroness Gale, Chair of the All Party Parliamentary Group on Parkinson's.

NOVEMBER 2014: A proud moment for APPDE Membership Secretary, Bhanu Ramaswamy (with the Chair of the CSP Council), being awarded a Fellowship of the Chartered Society of Physiotherapy for her contribution to the professional knowledge in the field of Parkinson's, and the health and wellbeing of older people.



OUR PRIZE THOUGH IS TO BUSY-BEE Susanne Brühlmann (long existing APPDE member, and star of the Swiss Association DVD on exercise and Parkinson's *Let's Keep Moving*). In addition to writing an APPDE Case Study last year, Susanne and also took part in the Unity Walk with some of her Association supporting the APPDE by carrying the APPDE banner.

	<p>Susanne also organised a 7-day active holiday on Mallorca for people with Parkinson's, reporting it a great success with a lot of movement and fun.</p> <p>I think the best bit of the year for Susanne however, was when a patient's wife she had nominated for a health prize thanking the 'silent helpers' was presented with an award in November. Susanne's experience is that this woman, who organises and leads groups for patients and carers, is always in a good mood,</p>   <p>and supports others and motivates them to see the positive things in life although experiencing the problems and challenges from Parkinson's, including the exhaustion of being carer.</p> <p>Susanne wanted to remind us that we probably know MANY people who would fit that description, and for us to think about using such prizes to show the worth of patients, carers and helpers.</p>
<p>4: Renew membership</p>	<p>For those still due to renew membership, when you do renew, please make sure you let Bhanu know as she does not see details of bank transfers. If your details have not changed since last year, you do not have to fill in any paperwork – but again, please let Bhanu know there are no changes. We look forward to your company for another year during 2015.</p>
<p>How else to participate and engage others with the APPDE</p>	<p>The APPDE Project with <i>Physiopedia</i></p>  <p>We are awaiting your additions 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 http://www.physiospot.com/physiopedia/are-you-aware-its-parkinsons-awareness-week/</p> <p>And see pages at: http://www.physio-pedia.com/APPDE_Project</p> <p>Have you checked out the latest on our APPDE Facebook and Twitter pages?</p>  <p>Follow Twitter: @euPhysioPD and add to the conversations - You can see the outcome of the @physiotalk that took part with the APPDE, Fiona, Anna and Bhanu for UK's Parkinson's Awareness Week</p>  <p>Like Facebook: https://www.facebook.com/euPhysioPD. 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>We look forward to hearing and seeing what you got up to.</p>