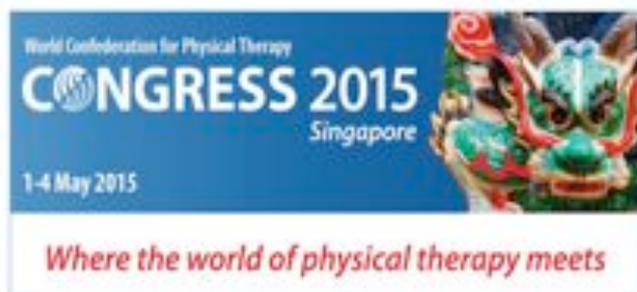


APPDE Email bulletin: July 2015

Hello everyone,

Every one who went seems to be back from their travels to Singapore, and here I am at home on the green sofa to get this bulletin out to you.

So, here's sending you hot summer wishes and an APPDE bulletin full of summaries of the presentations some of our members shared with 4,000 other physiotherapists during the WCPT Congress in Singapore in May. Enjoy your read, follow up items at <http://www.wcpt.org/congress/wcpt2015/proceedings>, and then contribute thoughts and items to the APPDE website.



Anna's report as President of the UK group, AGILE, for the journal Agility, summed it up:

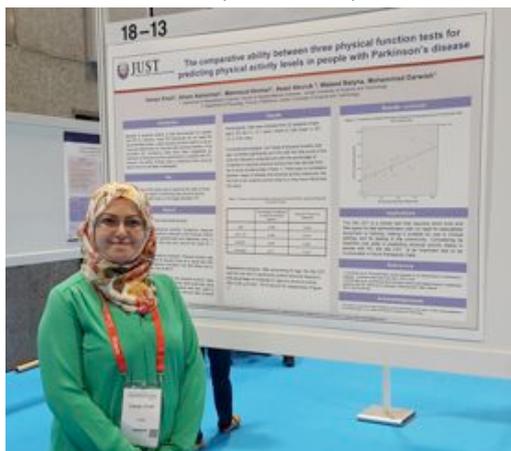
'Meeting old friends and colleagues, making new connections, having old ideas challenged and gaining new insights are all part of the rich experience of these large gatherings of physiotherapists from around the world.'

A colourful, cultural opening ceremony provided a gentle introduction to what inevitably became several

days of frenetic learning, sharing and networking activity.' (Jones 2015, pg 5).

Our Jordanian members had posters accepted for presentation.

Hanan Khalil's was on the Saturday: *The comparative ability of three physical function tests for predicting physical activity levels in people with Parkinson's disease*. Hanan looked at the utility of 3 physical function tests in predicting daily physical activity levels in people with early to mid stage idiopathic Parkinson's using a cross-sectional observational study, measuring via a tri-axial accelerometer worn for 7 consecutive days. Physical function was assessed using the 30 second Chair sit to stand test (30s CST), the Mini Balance Evaluation Test (Mini-Best) and the 6 Minutes Walk Test (6-MWT). The study found that in this population,



in contrast with the Mini-Best and the 6-MWT, the 30s CST seems to be useful in predicting physical activity levels in people with early to mid stage Parkinson's, and so might be useful as an initial screening for people with Parkinson's who need further assessment

Elham Al-Sharman's poster was on the Monday:

Sleep latency is a predictor of physical function and physical activity in individuals with Parkinson's disease looking at whether sleep quality is associated with physical function and

physical activity in individuals with early to mid stage idiopathic Parkinson's. A cross-sectional observational study with $n = 21$ was used, assessing physical function (using a tri-axial accelerometer for 7 consecutive days), a 30s CST, and sleep subjectively scored using the Pittsburg Sleep Quality Index (PSQI).

The results from regression analysis indicated that sleep latency significantly predicted physical function ($R^2 = 0.22$, $p=0.03$) and physical activity ($R^2=0.37$, $p=0.03$) with implications for practice in assessing and educating people about sleep quality.





The APPDE poster presentation was also on the Saturday: An APPDE knowledge translation project to promote global professional physiotherapy management in Parkinson's disease, and we were fortunate that it was then allowed pride of place at the *Physioopedia* booth for the rest of the week.

The poster discussed the development of APPDE's Parkinson's Project, reconstructed into a wiki format by the *Physioopedia* staff to launch for UK Parkinson's Awareness Week in 2014.

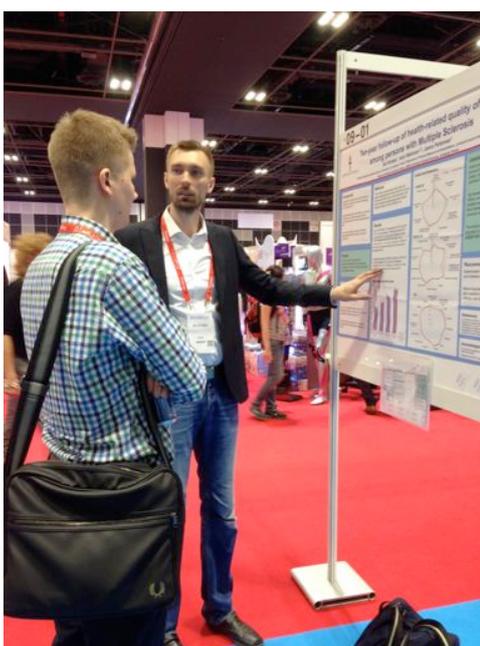
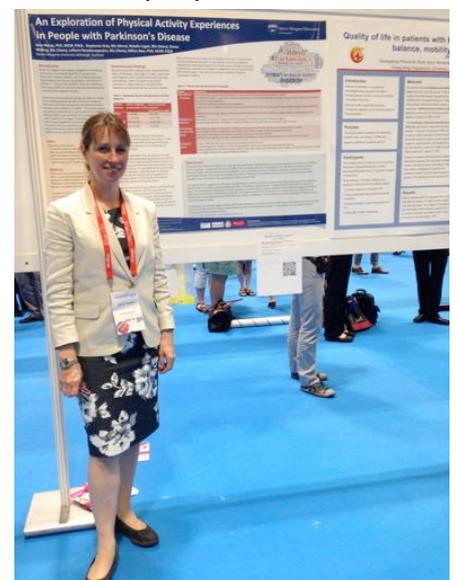
Having advertised the project through media such as Twitter, Facebook, and Parkinson's-specific plus professional network websites, the poster summarised the access people had

worldwide. This promotes the harnessing, sharing and updating of specialist physiotherapy knowledge utilising technological expertise to make information about physiotherapy and Parkinson's available to physiotherapists and interested parties globally.

Jane Hislop's poster presented: An exploration of physical activity experiences in people with Parkinson's disease.

The poster presented the results of a questionnaire sent to 200 member of the Edinburgh branch of the Parkinson's UK charity in Scotland, asking of their experiences of physical activity (PA). A second stage involved a focus group interview with eight members of a long-standing community exercise group for people with Parkinson's.

Physical barriers (such as Parkinson's symptoms) were cited in 60% of returned questionnaires as the main limitation to undertaking PA, with 25% reporting factors such as fear of falling and lack of motivation. The remaining 15% identified barriers such as lack of transport to the venue. Participants of the focus group reported that the social support, fun, ownership of and accountability to the group were important for the long term success of the group. Transport difficulties and the psychological effect of seeing people with more advanced Parkinson's were barriers. Jane concluded that community exercise groups may be one means of encouraging long-term adherence to exercise, however barriers need to be overcome to ensure long term success of such exercise groups.



Aki Rintala's poster presentation: Ten-year follow-up of health-related quality of life among persons with Multiple Sclerosis, although not about Parkinson's, gave insight into similarities experienced by people with another progressive and complex neurological condition, as well as ways to assess quality.

The aim of this 10-year follow-up study was to determine the change in health-related quality of life over time in persons with multiple sclerosis (MS) using two generic (RAND-36 and 15D) and one disease-specific (MSQOL-54) measure. Deterioration was observed in both the RAND-36 physical health composite score and the 15D total score. In specific scales deterioration was also shown in RAND-36 physical functioning, pain and general health perceptions, in MSQOL-54 physical function, pain, sexual function and satisfaction with sexual function, and in 15D dimensions mobility and sexual function. Improvement was shown only in RAND-36 social functioning. Other composite scores, scales and dimensions remained unchanged.

This study suggests that the deterioration in health-related quality of life among people with MS focus more in physical than mental function in the 10-year follow-up. Deterioration was visible both in generic and disease-specific measures

Other authors were Häkkinen, A. & Paltamaa, J. (Finland).

With regards research report platform presentations:

1. **Mary Danoudis presented at a session (for which Anna, albeit with little voice due to laryngitis, was Chair), and spoke about: *Physical Activity Levels In People With Parkinson's Disease Who Have Deep Brain Stimulation.***

Mary's group had investigated the effects of deep brain stimulation (DBS) (24 community-living participants who had received surgery over the last 5 years) on physical activity (PA), as DBS surgery is generally used as a treatment option in advanced Parkinson's when mobility is commonly severely limited for long periods within a day.

Descriptive statistics were used to characterise participants and PA outcomes from data collected using the Physical Activity Scale for the Elderly (PASE), to measure physical activity levels; the Stages of Readiness to Exercise Questionnaire, to determine level of involvement in exercise; the Self-Efficacy for Exercise scale, to measure confidence in ability to exercise in the presence of various barriers to exercise. There were secondary outcomes including measures of disability, mood and quality of life.

The study identified that there is an association between PA and falls and their sequela in people with Parkinson's who have DBS. The implication for physical therapists is a potential need to consider falls history when developing strategies to change activity behaviour in people with Parkinson's after DBS surgery.

2. **Bhanu Ramaswamy also had a Platform presentation on: *Action research with people with Parkinson's: a physiotherapist's role in supporting self-management and wellness.***

Bhanu's research is currently looking at how people with Parkinson's, belonging to a support group in Sheffield, manage wellness and self-management with some input from healthcare staff. She discussed, as part of the research methodology session, the use of the co-design model of Action Research she was utilising, which applied both participatory (qualitative research) and emancipatory (disability research) methods. Having gathered and analysed information about the group's activities, Bhanu was able to note the ways people interacted, and gain insight into the relevance of personal journey narratives about living with Parkinson's to healthcare education. She concluded by reminding us that access to healthcare (for physiotherapists, this usually involves a solution driven and curative approach to practice) constitutes only a small part of many individual's lives, but that we have a role in supporting people to take forward personal projects that will keep them well. Bhanu firmly believes that both participatory and emancipatory methods should be taught at undergraduate level, as it exposes us to personal empowerment of people to take some control of their own lives.

The APPDE Board members were also busy in promoting international practice.

Anna Jones, Mariella Graziano (bottom picture preparing for the session) & **Bhanu Ramaswamy** facilitated the **INPA Neuroscience networking session** - INPA are the International Neurological Physical Therapy Association, a subgroup of the WCPT



The session, chaired by Ralph Hammond (left), had 3 Learning objectives

1. To recognise how special interest group resources could enhance neurological physiotherapy practice.
2. To understand the development of one special interest group, as a subset of neurology, the APPDE.
3. To consider the opportunities provided by special interest groups for continuing professional development



in different healthcare systems.

Having explained to participants the aims of both INPA and the APPDE, they were asked to carry out a task that could help develop awareness of the role of special interest groups in supporting clinical reasoning in neurological physiotherapy, research based practice and professional development. The four presenters used examples from their own practice, e.g. the use of website databases, social media, Guidelines and networking, and encouraged participants to consider how they currently use special interest groups to support practice within their healthcare systems, and enhance their Continuing Professional Development. The last question was asked of them whether they saw INPA continuing to provide support at a generic neurology level, or to encompass subgroups, such as the APPDE within them.

We will await that answer!

Conference in colour

A Gala dinner with friends Elisa and some of her Italian colleagues, and Bhanu with the IPTOP (older people) Top Dogs!



Keeping in touch: (Anna, Elisa and Mariella (on the underground with her broken toe!) saying Hello via WhatsApp to Susanne Brühlmann in Switzerland.



Networking; meeting old friends, and making new ones: Hanan, Elham & Bhanu (right); Mareilla and Anna working hard on the presentation (below left); below middle with Aki (yes, he is that tall!?), and with an INPA (Neurology) UK member, Cherry (below right)



Highlights: Mariella remembers her visit to the Indian quarter - great food, colours, flowers, great company and tremendous hot weather; Anna enjoyed a bus trip around the diverse cultural city; Bhanu loved the Botanical Gardens – can you spot the ‘special’ orchids?!



Mary (second on right below) out with friends just said 'Great food'!!



Elham and Hanan in the wilds at Universal Studio



Participate and engage with others and the APPDE. **We would love your additions** to update the work of the APPDE's core team on the website AND the collaborative project to build up the pages on this international wiki site for physiotherapists on *Parkinson's*.



Summary at <http://www.physiospot.com/physiopedia/are-you-aware-its-parkinsons-awareness-week/> (also see pages at: http://www.physio-pedia.com/APPDE_Project)

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



Follow Twitter: @euPhysioPD and add to the conversations

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.