



APPDE e-bulletin: Winter 2017 – with an overview of this year's news and main events members participated in

Hello everyone,

Once again, we are pleased to be summarising what has been a good year for members improving the world of Parkinson's for physiotherapists, and hence people affected by the condition. You can find full details, and more photographs of these in our reports through Twitter, Facebook and on the APPDE website: <http://www.appde.eu>.

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

Australia

Cameroon

England

Greece

Italy

Luxembourg

Portugal

Scotland

Spain

Sweden

Belgium

Cyprus

Ethiopia

Ireland

Jordan

Switzerland

Brazil

Denmark

Germany

Israel

Nigeria

USA



A summary of the APPDE achieving its aims in 2017

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. All the posters we have been sent from presentations at various conferences are on the APPDE website.

In terms of articles, Lorena Almeida has followed the 2016 paper she provided us 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, with her latest: *Predictors of Recurrent Falls in People with Parkinson's Disease and Proposal for a Predictive Tool*. *Journal of Parkinson's Disease*; 7: 313–324



In the UK, Fiona Lindop represented the physiotherapy profession on the guideline development group during the process of updating a national guidance (mainly for doctors in the community) to promote an understanding of needs of adults with Parkinson's using the latest evidence from randomised controlled trials to inform clinical management decisions. The full document can be accessed as follows: NICE (2017). *Parkinson's disease in adults: diagnosis and management*. National Institute of Health and Care Excellence guideline NG71, July 2017. www.nice.org.uk/guidance/ng71.

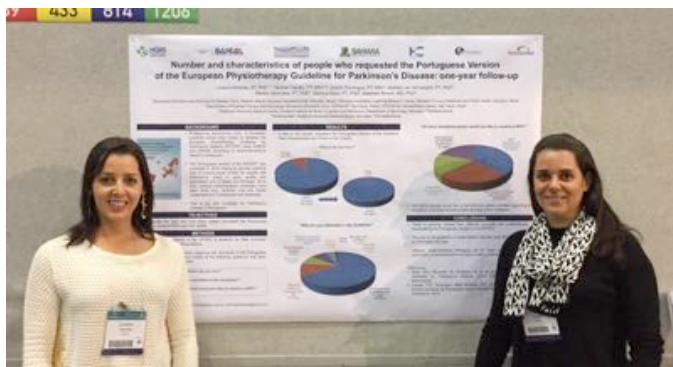
Using conferences for networking and to contribute to the dissemination of knowledge internationally.

The year started with APPDE-collaborations as workshops delivered by Mariella Graziano in Metz for the French Parkinson's Association in **January** (and twice more in April, one at

Disneyland!). **In March**, Fiona Lindop and Bhanu Ramaswamy ran an APPDE course in Manchester, UK.

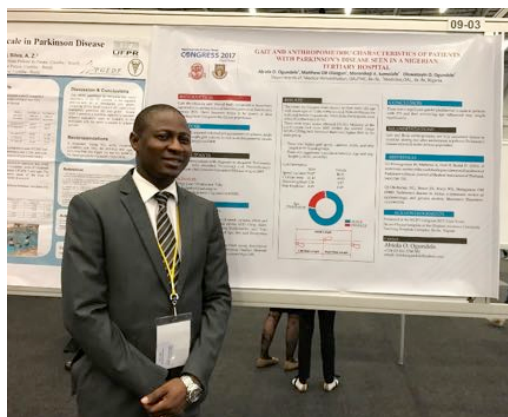
Our Belgian member, Marcelle Hubert presented a lecture on '*The impact of a virtual game called Kinect by Microsoft to help patient's suffering from Parkinson's disease*' at the annual Parkinson's Association Conference as **part of the 200th year celebrations for James Parkinson in April**.

Then **in June**, our Brazilian members Lorena Almeida and Tamine Capato (left) presented a poster that looked at the readership of the European Guideline they had translated into Portuguese the previous year at the International Congress of Parkinson's Disease and Movement Disorders in Vancouver, the start of the international conference scene.



European Academy of Health Research.

July was a busy time in the physiotherapy world with the World Confederation for Physical Therapy holding Congress in South Africa, providing a lot of opportunity for members to present their work and share ideas. Here we see Abiola Ogundele, our Nigerian member (below left), then Katja Krebber, Mariella and Tamine (below right), each who led Platform presentation discussions.



Disorders in Vancouver, the start of the international conference scene.

In the same month, Jamile Vivas Costa (below right), a Spanish member gave a presentation on Aquatic therapy at 1^o Congresso Internazionale idrokinesiterapia e trattamento della fascia in Olbia, Italy, organised by the





In September, Professors Lynn Rochester and Alice Nieuwboer organised the 4th MDS Summer School for Physiotherapists in Newcastle-upon-Tyne, UK, with four APPDE members as tutors; again, this provided an amazing opportunity to educate one another, to learn and to network.

October was just as busy. Mariella and Bhanu joined the Faculty, with course organiser and Jordanian member, Dr Hanan Khalil (right), to teach at the 3rd MDS Middle East Camp in Dubai, whilst APPDE member Josefa Domingos and SLP John Dean ran 3 successful day courses utilising a practical approach in the USA entitled '*Dual cognitive and motor task training in Parkinson for the interdisciplinary team*' to over 55 therapists (including physiotherapists, occupational therapist, speech language pathologists and fitness instructors), organized by PD Sports & Exercise, TRIAD, Lda.



Josefa emphasised that growing evidence already suggests a complementary beneficial role of multitask training related to general improvements in dual gait performance, better cognitive functioning and, potentially, better long term functional mobility. Her key message was that multitask training can be incorporated in current types of exercises and therapeutic interventions used in PD as a means to improve dual task interference and also as a means to progress the activities. For further information please contact Josefa at: domingosjosefa@gmail.com.

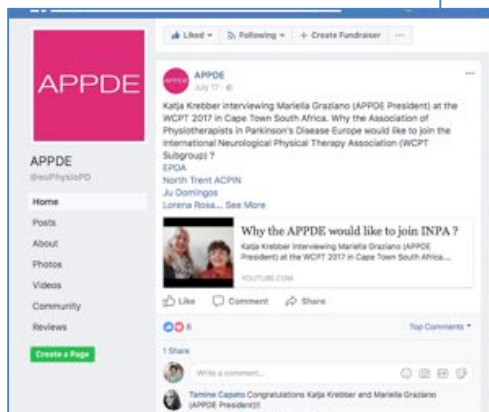


Finally, **November** Mariella headed to Logroño in La Rioja for the Spanish National Physiotherapy Congress, joined by another APPDE member, Rafael Lozano. Another successful event provided from a truly international team.

See more details of all our news and events at:
<http://www.appde.eu/news.asp>



Joining campaigns, and using social media to better the lives for people with Parkinson's by raising our knowledge and standards of practice

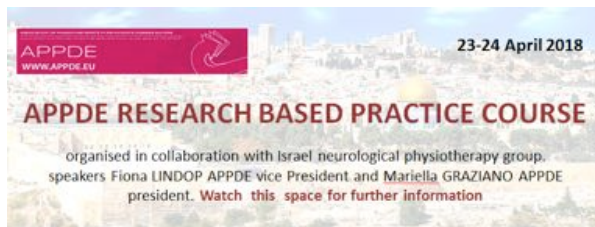


Help us update the Physiopedia pages at: http://www.physio-pedia.com/APPDE_Project

Diary dates for 2018 and 2019



ACPIN Conference with APPDE EGM.



Important news about the APPDE's future in 2018

As will be evident from the items included in this and other recent Newsletters, the APPDE has grown since its formation in the year 2000, nearly two decades ago, from a European to a global group of physiotherapists with an interest in Parkinson's.

Over that time modes of communication have developed to enable us to link electronically with ease with colleagues across the globe. The World Confederation for Physical Therapy, which represents physiotherapists and their organisations around the world, has a special interest group focusing on neurological physiotherapy from the international perspective (INPA), which is currently establishing a movement disorders subgroup. This would seem an ideal place for the efforts of the APPDE to be continued.

To that end the APPDE will be holding an Extraordinary General Meeting (EGM) at the ACPIN conference in Manchester in March 2018 where members will be asked to vote on a proposal to dissolve the APPDE and direct members to the movement disorders subgroup of INPA. Don't worry if you can't attend the EGM as papers will be sent out to you in the New Year enabling you to vote on the motion. The APPDE Board have spent several years developing relationships with INPA and feel confident that combining efforts will enhance impact for people with Parkinson's and their carers, physiotherapists and other healthcare colleagues, and Mariella will continue working with the INPA committee to be part of the formation of the new subgroup.

When the next INPA newsletter is published, there will be a call for therapists to express their interest, and nominate themselves to be part of this wider neurological group, so watch this space. Their first Skype meeting will be in April 2018.



Participate and engage with others and the APPDE by checking out the latest on our APPDE Facebook and Twitter pages? **Follow Twitter:** @euPhysioPD and add to the conversations and **Like Facebook:** <https://www.facebook.com/euPhysioPD>.



Catch up on the latest from other Conferences and events around the world.



The APPDE has a YouTube channel with more information – see: <https://www.youtube.com/channel/UCLn9Hcbc5HyluS5KWFYLtaw>

And finally, to wish you a wonderful end to 2017, and start to 2018, here are Susanne Bruehlmann (Switzerland), Charalampidou Xanthoula (Greece) Mariella Graziano (an Argentinian in Luxembourg!) taking a break from discussions whilst sat on a GREEN sofa.

