



APPDE Association of **PHYSIOTHERAPISTS** in **PARKINSON'S** Disease **EUROPE**

AKAMP Association **EUROPE** des **KINÉSITHÉRAPEUTES** pour la Maladie de **PARKINSON**

Welcome to the Spring 2007

www.appde.eu, e-mail info@appde.eu

Newsletter

APPDE DVD Practical guidelines for physiotherapy in Parkinson's disease

The expertise of APPDE members, together with APPDE funding and sponsorship from the pharmaceutical industry and a national physiotherapy society, has produced a valuable DVD designed to support physiotherapists treating people with Parkinson's disease throughout the different disease stages. Building on skills in Dr Alice Nieuwboer's team at the Catholic University Leuven, the DVD, rich in video footage, has been based on the evidence-based clinical practice guidelines of the Royal Dutch Society for Physical Therapy (KNGF) and

developed with the support of the guidelines team at Radboud Hospital, Nijmegen. Mariella Graziano negotiated sponsorship from Novartis, Orion, Schwartz Pharma, Teva & Lundbeck, and Solvay. KNGF funding enabled a Dutch translation, and Solvay are planning to translate the resource into German, Portuguese, Spanish and French. Several sponsors have taken the opportunity to purchase copying and distribution rights. The DVD will be available shortly for purchase (for prices see over page). Full details will be posted on the new website.

APPDE Course in Denmark



Dr Alice Nieuwboer and Mariella Graziano ran a successful 2 day course entitled 'Practical Approaches to Evidence-based Physiotherapy Practice in Parkinson's Disease' with 30 Danish physiotherapists in Copenhagen in

November 2006, organised by the Danish Parkinson's Disease Society. The course covered the background to Parkinson's disease; aims of physiotherapy in the early, middle and late stages; physiotherapy approaches, focusing on cueing and cognitive movement strategies; choosing an outcome measure; practical demonstrations; and group work focusing on clinical decision making. The course incorporated the new APPDE DVD as well as the RESCUE CD Rom (www.rescueproject.org) and the APPDE video 'Common mobility problems in Parkinson's Disease and how to address them'. Please get in touch (info@appde.eu) if you think an APPDE course would benefit therapists in your country.

APPDE website

The APPDE website is having a much needed face-lift this year. Its management has been taken over by Chui Man of MANmade DESIGN, the webmaster for the EPDA. The vision for the APPDE website is for it to become the number one site for physiotherapists around the world wanting to find out about the latest research, practice and educational developments in the physiotherapy management of Parkinson's disease. We need our members' help to keep the site one that people want to return to. In addition to having information on the APPDE and how to become a member, we need information about events and links to key resources. E-mail your website contributions to info@appde.eu.

Swiss Parkinson Congress

APPDE member, Susanne Brühlmann, was asked by the Swiss Physiotherapy Society to help organise a Swiss Parkinson Congress to be held in Zihlschlacht in November 2007. APPDE members Dr Alice Nieuwboer, Dr Marten Munneke and Dr Anna Jones, together with Susanne, will join Parkinson's disease specialist Dr Gutknecht and physiotherapist Stefan Schädler, to present on a wide range of topics including the expectations of physiotherapy, assessment and treatment in different rehabilitation settings, the Dutch Guidelines, the ParkNet trial, cueing, and the ways people with Parkinson's disease describe their walking problems. It is hoped to run an APPDE course after the conference.



Physiotherapy Forum in London Conference

APPDE Board member and Senior Physiotherapist at the Day Hospital for the Elderly, Derbyshire Royal Infirmary, Fiona Lindop, will lead the Physiotherapy Forum in the Multidisciplinary Care in Parkinson's Disease and Parkinsonism: From Science to Practice conference at the Royal College of Physicians in London on 4th July 2007. Fiona will present a round up of current research, including the work of research teams at Southampton on falls, turning, reaching and bed mobility, and Northumbria and Glasgow Caledonian Universities on gait, cueing and attention. She will be supported by Mariella Graziano who will talk about the work of the APPDE, particularly the new DVD resource.

The new APPDE DVD will be available shortly at a cost, including postage and packing for Europe, of €12/£7.50 for APPDE and KNGF members and €22/£14 for non-members. Please contact info@appde.eu for additional p&p outside Europe.

News in Brief

EPDA Plus article

Look out for an article on the APPDE in the next edition of EPDA Plus.

English translation of the Dutch guidelines

The English translation of the Dutch physiotherapy guidelines for Parkinson's disease can be found at:-

<http://www.cebp.nl/?NODE=69>

WORLD PARKINSON'S DAY SIGNING OF GLOBAL DECLARATION

This year the Global Declaration was signed in Buenos Aires, Argentina, on World Parkinson's Day, 11th April 2007. The event, organised by Professor Oscar Gershanik, a member of the working group, attracted over 200 people with Parkinson's disease and carers from Argentina. Delegations from Chile and Bolivia joined in this truly South American event, which highlighted the need to raise public awareness of Parkinson's in that part of the world. EPDA Patrons Rasheda Ali-Walsh and Mary G Baker MBE spoke, alongside Francisco Cardozo (Brazil), Alla Guehkt (Russia), Patrick Trend (UK) and Matthew Menken (USA). Mariella Graziano, EPDA Honorary Secretary and APPDE President, led a physiotherapy workshop for people with Parkinson's and their families. For further information on Parkinson's Day celebrations across the world, please visit <http://www.epda.eu.com/worldPDDay/globalCelebrations/2007/default.asp#argentina>