



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

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

Welcome to the Summer 2008

www.appde.eu

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Newsletter

APPDE DVD distributed around the world

The APPDE DVD 'Practical Guidelines for Physiotherapy in Parkinson's Disease' has been purchased by physiotherapists in eleven countries – Australia, Austria, Belgium, Germany, Ireland, Italy, the Netherlands, Portugal, Sweden, Switzerland and the United Kingdom. This is a vindication of all the hard work that was put in to finance and produce the DVD - the APPDE is making a real contribution to the dissemination of physiotherapy best practice to colleagues around the world.

If you or any of your colleagues would like to purchase a copy of the DVD or the APPDE video 'Common Mobility Problems in Parkinson's Disease and How to Address Them', downloadable order forms are available by visiting the Resources page of the APPDE website www.appde.eu.



Declaration to increase awareness of Parkinson's disease

The Global Declaration for Parkinson's Disease - 'Moving and Shaping' - was signed in Cairo, Egypt, on 10th April 2008, marking this year's World Parkinson's Disease Day celebrations. This event marked the final launch of the Declaration in the six regions of the World Health Organisation to raise awareness and increase the profile of Parkinson's disease in the world.

For further information visit: -

<http://www.epda.eu.com/worldPDDay/globalCelebrations/2008/>



VISIT OUR WEBSITE

The APPDE website provides an ideal platform to disseminate information about physiotherapy and Parkinson's disease.

If you know about relevant events or resources, send us the details on info@appde.eu. Is web communication an area which interests you? We would welcome a member to take on the job of linking with our webmaster to ensure that this site is regularly updated with information for the many visitors to our site from all around the world.

The website has been in constant use since it was set up six months ago.

There were 135 visitors over the month of June, each visitor viewing an average of two pages. 90% of visitors in June were new to the site. Visitors have come from all across Europe, North and South America, Australia, India & Pakistan, Egypt and South Africa.



APPDE runs course in Switzerland

At the invitation of APPDE member Susanne Brühlmann, Alice Nieuwboer and Anna Jones delivered a one day course - Practical Approaches to Evidence-based Physiotherapy Practice in Parkinson's Disease – in Zihlschlacht, Switzerland. At the end of the day participants were asked what they would do differently as a result of the course. Changes to practice included: -



- ✓ working to increase the understanding of Parkinson's disease in patients and their carers
- ✓ identifying problems from the patient's perspective
- ✓ trying out different cues and strategies, including therapy at home if possible
- ✓ assessing and treating in the 'on' and the 'off' phases
- ✓ considering training dual tasks.

Work is currently underway to deliver an APPDE course in Ireland.

Revision of APPDE Statutes

Mariella Graziano has been working closely with Stephen Pickard, President of the European Parkinson's Disease Association, and a lawyer by background, to update the original APPDE statutes. The aim is to simplify the Association's processes. The revision is far from simple however. Thank you to those who have responded to requests for information. We will not collect membership fees until we have clarified the statute position. Watch this space.

Physiotherapists from other parts of the world and other therapy professions admire the APPDE because it brings together clinicians and academics committed to professional development for the benefit with people with Parkinson's disease and their carers. The revision of the statutes will underpin the future development of our important Association.



APPDE presence at PD Conferences

Physiotherapy Forum in Multidisciplinary Care in PD Conference A physiotherapy Forum run by Fiona Lindop with the contribution of Mariella Graziano was held as part of the 12th National Conference "Multidisciplinary care in Parkinson's disease and parkinsonism: from science to practice: conference at the Royal College of Physicians, London on 4th July 2007.

To view conference abstracts and slides go to
http://www.mepltd.co.uk/conference_pd_2007.html

Mariella Graziano gave a presentation entitled 'Physiotherapy contribution in the management of people with Parkinson's disease', and presented the APPDE DVD 'Practical Guidelines for Physiotherapy in Parkinson's Disease' at the Schlosspark Klinik, Berlin, 29th February 2008.

Southampton Neurorehabilitation Conference

Professor Ann Ashburn's team in Southampton is organizing a conference entitled 'Making the Evidence Work for your Patients and their Families: after diagnosis, after discharge, what do you tell people about Living Well with Parkinson's Disease', which will take place on 4th - 5th September 2008. Bas Bloem and Alice Nieuwboer will be keynote speakers. Find out more about this event from the conference website:
<http://www.neurorehab2008.soton.ac.uk/index.htm>

Second International Congress on Gait and Mental Function The APPDE had a poster on the development of the APPDE DVD at this conference which was held in Amsterdam in February 2008. This provided an opportunity to raise the profile of the work of the Association.

Implementing the evidence-based guidelines on physiotherapy in Parkinson's disease of the Royal Dutch Society for Physical Therapy (KNGF): developing a practice-oriented DVD

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Background

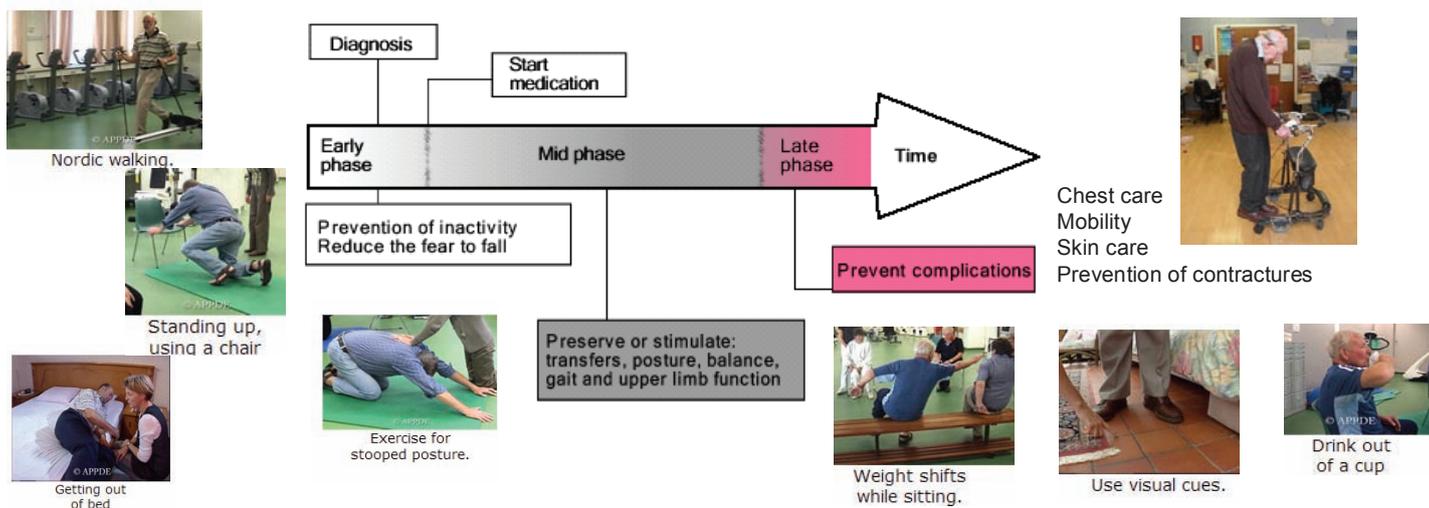
Evidence-based guidelines for physiotherapy for people with Parkinson's disease (PD) were published in 2004 by KNGF. The Association of Physiotherapists in Parkinson's Disease Europe (APPDE) worked with the guideline developers to produce a DVD designed to help the translation of the guidelines into practice. The DVD, rich in video footage, aims to promote research-based practice amongst physiotherapists with and without experience in treating people with Parkinson's disease.



Development of APPDE DVD Practical Guidelines for Physiotherapy in Parkinson's Disease

Expert physiotherapy members of the APPDE collated video examples of therapy to illustrate the KNGF guidelines. The main section of the DVD presents 75 video vignettes demonstrating exercises in relation to therapy aims for the different disease stages (early, middle and late). Exercises are directed at improving, or maintaining where appropriate, transfers, posture, upper limb function, balance and falls, gait and physical fitness.

Physiotherapy application points, aims and example exercises



Additional topics include background information on PD and general information on cueing and cognitive strategies. A section on measurement tools provides the actual instruments and their psychometric properties. The full KNGF guidelines can also be downloaded from the DVD, which is available in English and Dutch. After completing the product the contents were validated by 6 expert physiotherapists.

Conclusion

A validated tool to implement the Dutch evidence-based guidelines for physiotherapy in Parkinson's disease has been developed by the APPDE. Further research is required to evaluate its effectiveness at promoting actual implementation in practice. International consensus on updated guidelines with translation into additional languages would be beneficial. The DVD can be ordered from the APPDE website:

<http://appde.eu>