

# new resources

## Healthcare Handbook: a useful resource for people with Parkinson's and their carers.

The *Healthcare Handbook* has been designed and created by three Parkinson's Disease Nurse Specialists (left); Caroline Evans, Lynne Moseley and Lorraine Savory, with support from Juliet Ashton and Anna Lawson from the Healthy Alliance. It was developed to help people with Parkinson's



and carers keep abreast of their condition management by enabling records of professional appointments and advice to be recorded in one central folder, plus providing opportunities for keeping a daily diary, recording current medication and treatment response and as an information resource.

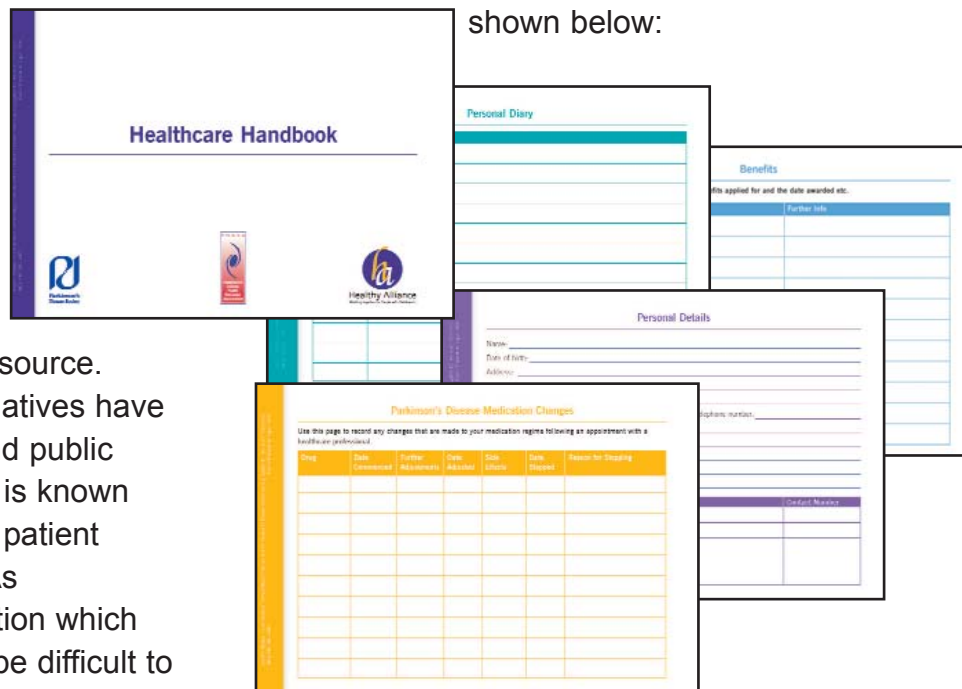
Recent Department of Health initiatives have conducted research into patient and public involvement in Health. From this it is known that patient involvement increases patient satisfaction and reduces anxiety. As Parkinson's is a progressive condition which can span over many years, it can be difficult to remember the history of symptoms and treatments along the way.

The aims of the resources are:

- to ensure timely and accurate interventions are made for people with Parkinson's
- to act as a tool for all members of the Multi Disciplinary Team involved in the care of people with Parkinson's
- reduce the amount of clinic time used for medication reviews, allowing more time to be spent on other issues

- to empower people with Parkinson's. The original *Handbook* was piloted with thirty people with Parkinson's and carers, and their comments were collated and incorporated into the final design. It is A4 in size within a flexible folder and separated into five main sections: 'Personal Information', 'Personal Diary', 'Living with Parkinson's Disease', 'Medical History' and 'Useful Information'. Sample pages from

the different sections are shown below:



Copies have been distributed to Parkinson's Disease Nurse Specialists who have expressed an interest.

If you wish to have a free copy of the Healthcare Handbook please contact your local Parkinson's Disease Nurse Specialist..