

# Parkinson's Specialist Nurse Service

## What is Parkinsons?

- Parkinsons is a progressive neurological condition.
- Around one person in every 500 has Parkinsons.
- Most people are 50 or over, but younger people can get it.
- Everyones experience of Parkinsons is different.
- People with Parkinsons have lost 80% of their Dopamine, a chemical messenger in specialised nerve cells in the brain.
- Without Dopamine people find their movements become slower and take longer to do things.
- The loss of nerve cells causes Parkinsons symptoms.
- Main symptoms are tremor, rigidity, slowness of movement and loss of balance.
- Although theres currently no cure, there are a range of medicines and treatments available to manage the symptoms of the condition.

## Introduction

Parkinsons Disease and Parkinsons related disorders are chronic progressive condition which can affect all aspects of daily life.

Patients and their carers require individual management, specialist care, advice and support. the Parkinsons Specialist Nurse Service will involve patients and their carers in all aspects of decision making.

The Parkinsons Specialist Nurse will support and educate patients and carers to optimise the management of their condition.

## Service Aims

- Work with patients to optimise symptom control.
- Plan care involving the patient and family members.
- Act on any changes which may affect the quality of life of the patient and their family.
- Provide education and support for the patient and their family.
- A consistent point of contact for help and support for patients, carers and health care professionals.
- Working with your consultant and GP to optimise your treatment plan.
- To provide information about medication, for new treatments and long term monitoring.

## Access criteria

Patient must have a confirmed diagnosis of any of the below:

- Parkinson's Disease
- Multi System Atrophy
- Progressive Supranuclear Palsy
- Lewy Body Disease

## What services are provided?

The Parkinsons Specialist Nurse provides a Nurse Led Clinic Service in the hospital and in the Community.

- Newly diagnosed clinics, providing counseling, education and support.
- Telephone Clinics for Medication reviews.
- Home Visits (as appropriate).

**Parkinsons Nurse Specialist:**  
Sarah Higgins - HRI 01484 343370

**Specialist Nurses Co-ordinator**  
Julie Hogan - HRI 01484 344227

**Huddersfield Royal Infirmary: 01484 343200 Appointments: 0800 015 8222**

## Useful Information

### Driving and Parkinsons

When you are diagnosed with Parkinsons you are legally obliged to inform the driver and vehicle licensing Agency (DVLA) of your diagnosis by telephoning 03007906806 or via [www.dvla.gov.uk](http://www.dvla.gov.uk). You should also advise your insurance provider.

### Useful contact Numbers

**Parkinsons UK free confidential helpline: 0808 800 0303**  
**For local groups nearer to you: 0344 225 3634**  
**Huddersfield Local branch: 0344 225 3634**  
**Yorkshire and Humber, Younger persons support group: 0344 225 3634**  
**Apo-go 24hr technical helpline: 0844 880 1327**  
**MSA Trust: 0207 940 4666**  
**PSP Association: 0300 0110 122**

***Parkinsons Local Advisor for Calderdale and Huddersfield - Janet Edmunds : 0344 225 3638***

- Offer one to one information and support
- Information about benefits
- Links to social services
- You can contact them directly to organize a home visit.

**If you have any comments about this leaflet or the service you have received you can contact :**

Parkinson's Nurse Specialist  
Huddersfield Royal Infirmary  
Telephone No: 01484 344227

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,  
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ طرزبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"