The Cardiff Parkinson's Service: A 10-year journey

Chris Thomas

Consultant Geriatrician

2009

The Service

- Traditional outpatient model
- Based at Rookwood Hospital, Cardiff

The Team

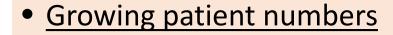
- 1 Consultant Geriatrician/Physician
- 1 PD Nurse Specialist
- 1-2 Registrars
- 1 visiting pharmacist

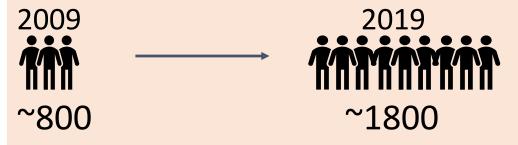
The clinic

- Weekly 1 session
- Total number ~800
- 30-40 'slots' per clinic
- Paper notes (kept onsite)

2009

Challenges





Limited resource



Opportunities

- 2 new consultants
- Excellent links with Multi-disciplinary team
- Emerging technologies
- Support from clinical & managerial colleagues

Clinic De

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iPad-based preassessment questionnaires are feasible in a Parkinson's service

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Results

No. patients

completing app:

N= 38

Have you ever used an

iPad or tablet previously?

People with Parkinson's disease are defined with a core motor disorder, but also experience a host of non-motor symptoms and often, as a consequence, a significantly impaired quality of life. In a short clinical consults it is hard to regularly capture data that covers such an extensive array of information about every patient, particularly in busy high pressured clinics. Variously, paper versions of the NMSQuest and EQ-5D have been used to assess patients non-motor symptoms and quality of life, but this has not been regularly captured in a readily accessible format over time. We therefore devised an iPad based app which takes patients through the EQ-5D, the NMSQuest (Chaudhuri et al., 2006) and a two finger tapping task which will link directly with the patients electronic health record at every consultation (6 monthly). Before commencing, we need to determine whether this demographic (elderly, and with a significant motor disorder) are capable of using the device appropriately and in a time frame that is compatible with the current clinic setup. There is limited data about patient perceptions of the use of tablet

Total No of patients

Did the patient use the application

unaided or did a carer complete

the application on the patients

participate only if they were deemed and analysed for common themes. well enough by clinical staff and had no overt dementia. A researcher sat with the patients whilst they completed the app, timed how long the task took and observed how the task was completed (i.e. whether assistance was required). A short structured questionnaire was then completed verbally with the patients. The app was demonstrated to staff,

Mean time to

complete app:

Did you find the iPad

application difficult or easy

to use?

44 patients, attendees at the Cardiff they were then interviewed in a and Vale's Parkinson's Service, and 5 semi-structured manner about their staff members participated in the feelings towards the technology. Data study. Patients were invited to was collated over 6 clinical sessions

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Would you prefer a paper or

iPad questionnaire in the

future?

58% iPad

nino effect 1

on of database

Initiation (care ho

Training

Parkinsd



Key outcomes: Patients

The majority of patients were able to complete the app themselves,

80% of patients were happy and comfortable using the application and most would prefer to change to the new system long term Patients only used their 'good' hand for finger tapping, assessing both

Patients also were not inclined to report NMS they believed they had

Feedback was given on font size, suggested optional use of a stylus and

despite many having never used the devices before

to their records, this would resolve once fully operational

had since before their Parkinson's disease.

concerns remain over workload and security.

*Surprisingly patients found the devices easy to use and assessments were completed well within their waiting time at clinic but there are logistical concerns about the management of this on a larger scale. *There are also issues with local internet infrastructure. These are surmountable. Work moving forward will focus on optimising the app with the feedback provided in this study and will be further scutinised in focus groups. *The app was readily accepted by the majority of users even with a older demographic. Staff perceptions of the level of assistance required mismatched the reality of the ability of patients and carers to navigate the application but

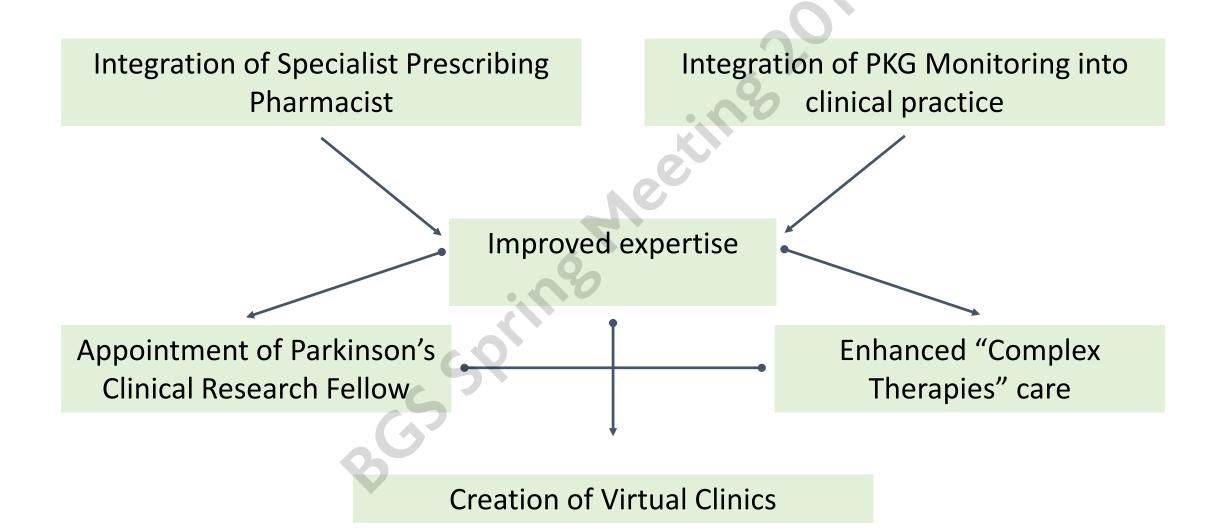
Key outcomes: Staff

- Highly engaged with the approach
- ALL believed that patient care could ultimately be improved
- 4/5 believed that it is feasible in clinic and the patients will engage
- Concern that more time would be required to complete before their
- Security and workload were the two significant concerns.
- All believed that patients would required assistance from staff and that
- Recent audits have highlighted other information which could be

Acknowledgements and references

Enhanced collaboration with Cardiff University School of medicine School of Pharmacy

Clinic Developments – the domino effect 2



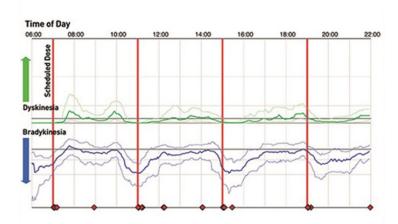
Virtual Clinics

Patient selection from those under follow up for Parkinson's

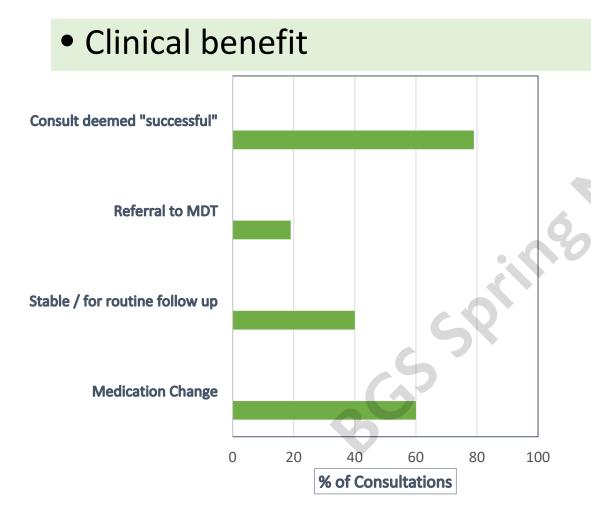
PKG Monitor sent out in post & worn for 1 week



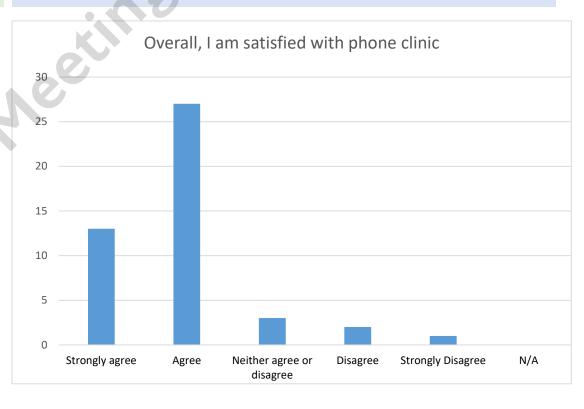
VC Consult telephone call at arranged time to discuss results and plan



Virtual Clinic Outcomes



User feedback





Using the power of a Network to accomplish a Countrywide Review of Acute Parkinson's Disease management

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Introduction

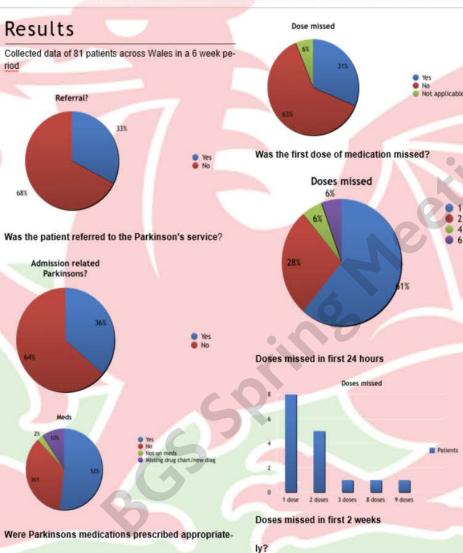
Acute in-hospital management of People with Parkinson's (PwP) is challenging and often complicated by missed and delayed medication doses. Having standardised guidelines would help with overall management and help drive up the care of PwP admitted to Parkinson's.

Objectives

To undertake a review of acute Parkinson's management across different sites in Wales, a country that is part of the United Kingdom with a population of over 3 million. Investigate if guidelines for management of acute Parkinson's are in place across multiple health boards in Wales. Explore future development of standardized guidelines across all health boards in Wales

Materials & Methods

As a Parkinson's Excellence Network project, the authors used an existing network of Geriatric Medicine registrars working in acute hospitals across Wales to collect information on acute management of Parkinson's including nil by mouth guidelines, reasons for admissions, appropriate prescribing of Parkinson's medications and missed doses across a 6 week period. We all so explored the existence of guidelines for man-agement of acute Parkinson's disease across Welsh health boards.

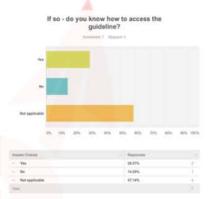




Percentage of medications administered on time, for each patient







Conclusions

The All-Wales survey showed considerable work needs to be undertaken to establish guidelines in some health boards and further improvements in adherence to guidelines where one is present. It is notable that a countrywide review of acute Parkinson's management has been achieved utilising a pre-existing network of trainee physicians. This should provide a template for further works of research and service improvements.







The present......The future

- Enhancement of Day Hospital
 - Improving and expanding "New Diagnosis Days"
 - Broadening scope of medical interventions (e.g. osteoporosis management)
 - Complex therapy selection, initiation and monitoring
 - Pending appointment of second Clinical Research Fellow

- Integration of clinical psychology into routine care
- Expansion of remote / virtual clinics

 Strengthening the role of Day Hospital as a critical hub for chronic disease management

Thankyou