



Parkinson's Disease/Mental Health Clinic

Lee Sri Ghandi – PD Nurse Specialist
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Health Nurse

Parkinson's Disease/ Mental Health Clinic

- Who is in the team
 - How the PD/MH clinic was formed
 - Referral criteria
 - Conditions
 - Service that we offer
 - Achievements
-

The Team



The Team

- Dr Adrian Treloar – Consultant in Old Age Psychiatry
 - Dr M Crugel – Specialist Registrar
 - Lee Sri Ghandi – PDNS
 - Marjorie Dolan – CMHN
 - Leslie Doolan – Secretary
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Why was the service formed?

- PDNS was appointed in 2002
 - At least 1 in every 5 patients seen in neurology clinic suffered some form of psychiatric/cognitive disorders either early, mid or late stage of PD
 - Age of patients ranged between 50 and above
 - There were 7 cases of PD/parkinsonism under the Psychiatric Team
 - The PDNMS group recognised the unmet needs
 - NICE (chapter 9)
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Formation of the PDMH Service

- 2002 – PDNS met with Consultant in Old Age Psychiatry & proposed a joint clinic for PD pts with mental health problems
 - CMHN with special interest in PD was identified
 - First clinic – early 2003
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Referral Criteria

- Patients must have a diagnosis of PD or parkinsonism with mental health problems but not needing urgent medical input
 - Living within London Borough of Greenwich
 - Aged 65 and over (negotiable)
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Patients seen

- Dementia in early/late PD (LBD/PDD)
 - Depression
 - Anxiety
 - Panic disorder
 - Psychosis
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What services we offer

- Nurse-led clinic
 - Run 6 weekly clinics
 - Joint home visits (including N/H or R/H)
 - Telephone advice
 - Referral onto other agencies/disciplines
 - In patient service
 - Research
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PDMH Patient Service (cont'd)

The patient and carer have the opportunity to:

- Discuss diagnosis
- Receive advice & information about PD + related mental health problems
- Access support from other disciplines/agencies & voluntary services
- Receive advice on healthy lifestyle/exercise
- Receive offer of a trial of a range of PD drug treatments and/or anti-dementia/anti psychotics

(*Anti Dementia: Donepezil, Rivastigmine, Galantamine)

(*Anti psychotics: Quetiapine, Olanzapine, ?Clozapine)

Other PDMH Service (cont'd)

- Carer's education group
 - Anxiety management
 - Ageing and changing
 - Depression management
 - Relaxation
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Achievements

- Easier access to consultant expertise in both services
 - Integrated care between neurology and psychiatry
 - Collaborative supportive approach between all health professionals
 - Recognition Award for Innovative Practice 2003
 - First Prize for Tackling Inequalities
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Achievements (cont'd)

For the patient/carer –

- Regular holistic assessment and planned care with disease progression
 - Improved knowledge of PD and mental health issues among PDMH team
 - Continuous support for patient and carers/relatives via the team
 - Reassurance
 - Better quality of care
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