



# Topic Talks

## Parkinson's Disease

With 38 Australians receiving a new diagnosis of Parkinson's disease every day - the likelihood of us caring for or knowing someone with Parkinson's disease is very high. This week we will learn more about Parkinson's Disease.

### Some facts:

- There are estimated to be 100,000 Australians living with Parkinson's disease
- There are about 27,000 Victorians living with Parkinson's
- 1 Australian is diagnosed with Parkinson's every 40 minutes
- In approximately 95% of cases the cause is unknown

- Parkinson's disease is a progressive, degenerative neurological condition that affects a person's control of their body movements.
- The first clear medical description of 'Shaking Palsy' was written in 1817 by James Parkinson, however texts from as early as 1000BC provide descriptions suggesting Parkinson's Disease
- Not everyone will experience the same symptoms, and the order in which symptoms appear and progress also varies from person to person.

### Let's talk

Suggested questions to ask yourself or your peers this week



#### How would you rate your level of understanding of this topic?

Watch a webinar, listen to a podcast, look at the websites. Learn something new.

#### What is your understanding of Parkinson's disease and how it might affect a person in your care?

You may have seen it, but do you understand it?

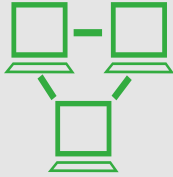
#### Why do you think those with Parkinson's disease suffer high rates of anxiety and depression?

What are the additional implications for care given this statistic?

#### What are 2 new pieces of information you have learned about the topic this week?

Think about what you have learned. How can you use this learning going forward?

# Loddon Mallee Activities and Resources



## What's on the Web?



## References:



### Tuesdays@2 Webinar Series

Tuesday 13th April: Join the webinar via the [Bendigo Health Website](#)

or via zoom <https://bendigohealth.zoom.us/j/93324155450?pwd=Nm9iSUZmSEl4enJHWFRheWRtaTdaUT09>

**Speaker:** Joanne Hamilton (Source: Davis Phinney Foundation for Parkinson's [https://www.youtube.com/watch?v=S2LP\\_5PC9LU](https://www.youtube.com/watch?v=S2LP_5PC9LU))

**Topic:** The Parkinson's you don't see: Cognitive and Non-motor Symptoms

**World Parkinson's Day - Pause 4 Parkinson's** April 2021. More information here <https://shakeitup.org.au/pause4parkinsons/>

### E-Learning:

Parkinson's Care (ACN) <https://www.parkinsons.org.au/i-am-a-nurse>

Australasian Neurologist Nurses Association. Self directed Learning package <https://www.parkinsons.org.au/i-am-a-nurse>

### Webcasts:

Parkinson's Disease (Shaking Palsy) Clinical Presentation and Pathophysiology [13:52] <https://www.youtube.com/watch?v=Hu5KVfFnrh0>

Parkinson's Victoria: Ask the Expert Webinar Series <https://www.parkinsonsvic.org.au/about-us/media-release/ask-the-expert/>

Brain Boost: A conversation on Thinking, Memory and Parkinson's [March 24, 2021] [free registration for on demand] [60:01] <https://www.michaeljfox.org/webinars>

Depression and Anxiety with Parkinson's Disease [June 2016] [1:04:22] <https://youtu.be/tmEzJgdCsRU>

### Podcasts:

Brain Boost: A conversation on Thinking, Memory and Parkinson's [March 24, 2021]

[1:00:50] <https://www.michaeljfox.org/podcast/podcast-brain-boost-conversation-thinking-memory-and-parkinsons-webinar>

### Web Sites:

Parkinson's Australia <https://www.parkinsons.org.au/>

Parkinson's Victoria <https://www.parkinsonsvic.org.au/>

Shake it up <https://shakeitup.org.au/pause4parkinsons/>

Michael J Fox Foundation <https://www.michaeljfox.org/>

- Goetz, C. (2011) The History of Parkinson's Disease: Early Clinical Descriptors and Neurological Therapies. Cold Spring Harbor Perspectives in Medicine. 1(1):a008862
- Parkinson's Western Australia (2020) Incidence, Prevalence and possible causes of Parkinson's Information sheet. <https://www.parkinsonswa.org.au/wp-content/uploads/2020/04/Information-Sheet-1-1-Incidence-Prevalence-and-Possible-Causes-of-Parkinsons.pdf>
- Shake it up (2021) About Parkinson's. <https://shakeitup.org.au/understanding-parkinsons/>