

## Your local Community Parkinson's Nurse Specialist



Gill has specialist experience, skills and knowledge on Parkinson's disease and how to provide expert care to support patients with managing their symptoms.

"I felt things happened once Gill got involved – for the better, and it's so much easier being seen closer to home" – *patient*

### Dr Paula Evans says:

"Gill has supported our patients with coming to terms with their diagnosis and is helping them to manage their medication and individual needs. She has had a great impact on patients and their carers lives."

The Community Parkinson's Nurse Specialist has been employed by NHS Vale of York Clinical Commissioning Group and Parkinson's UK to support patients diagnosed with Parkinson's disease and registered at a GP practice.

This leaflet was developed by NHS Vale of York CCG for use in South Hambleton and Ryedale, Tadcaster and Rural Selby, and Selby Town Primary Care Networks (PCNs).

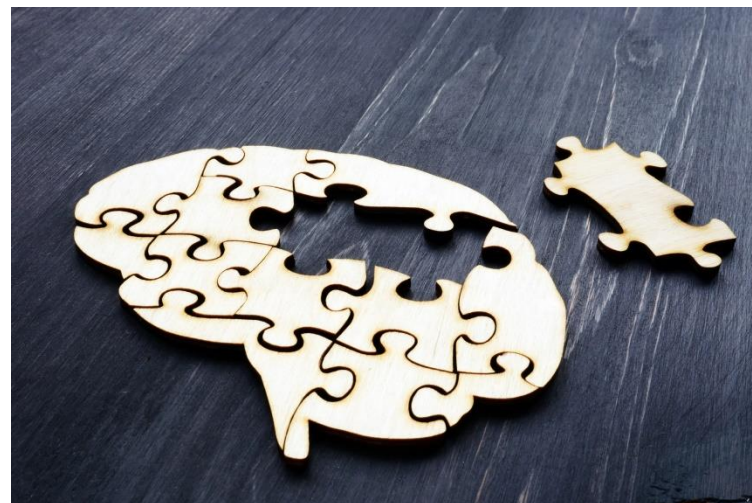
For more information go to [www.valeofyorkccg.nhs.uk/parkinsonsnurse](http://www.valeofyorkccg.nhs.uk/parkinsonsnurse)

If you have any queries about Parkinson's disease support please contact your GP practice.

PARKINSON'S<sup>UK</sup>  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

**NHS**  
Vale of York  
Clinical Commissioning Group

# Community Parkinson's Nurse Specialist



## What is a Community Parkinson's Nurse Specialist?

A Community Parkinson's Nurse Specialist is someone who will support your individual needs, bring your care closer to home and help to manage your degree of symptoms so that you can continue living your life.

## What is Parkinson's disease?

Parkinson's disease is a condition in which parts of the brain become progressively damaged over many years. The three main symptoms of Parkinson's disease are:

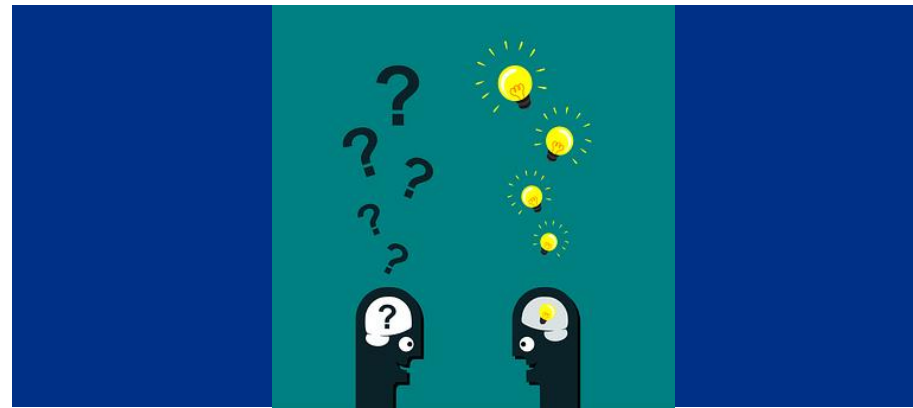
- involuntary shaking of particular parts of the body (tremor)
- slow movement
- stiff and inflexible muscles

A person with Parkinson's disease can also experience a wide range of other physical and psychological symptoms these include:

- depression and anxiety
- balance problems (this may increase the chances of a fall)
- loss of sense of smell (anosmia)
- problems sleeping (insomnia)
- memory problems
- Alzheimers
- Vascular dementia, Fronto-temporal Lobe dementia, Dementia with Lewy bodies.

## How can a Community Parkinson's Nurse Specialist help me?

A Community Parkinson's Nurse Specialist will look at your own personal needs and liaise with your consultants and GP to signpost to other healthcare professionals which will benefit you. This could be Physiotherapy, Occupational Therapy, Speech and Language Therapy and the Mental Health Team, as well as social and voluntary support services such as Parkinson's UK.



## How do I get access to see a Community Parkinson's Nurse Specialist?

Referrals to the nurse specialist are usually through your GP, consultant, physiotherapist or other health professional involved with your care. You must be registered with a GP practice to benefit from this service.

## Where is a Community Parkinson's Nurse Specialist based?

Nurse led clinics for patients can be arranged in GP surgeries and local community hospitals, in individuals' homes if they can't attend clinics or over the telephone at dedicated times.

## Will I need to see the Community Parkinson's Nurse Specialist on a regular basis?

You should have the opportunity to be seen every six months by either your consultant or the nurse specialist to discuss your symptoms, care and support.