

## Contact Telephone Numbers

### Lister Hospital Secretaries:

01438 284091

01438 285878

01438 285498

### New QEII and Hertford County Hospital Secretaries:

01438 288350

01438 288355

01992 823010

### Telephone Advice Line

Dedicated Parkinson's Nurse telephone advice line for patients, carers and healthcare professionals.

Telephone: 01438 285929

**If you have any concerns that require immediate attention, please contact your GP.**

### Out of Hours - You are advised to call:

Hertfordshire Emergency Out of Hours Doctors  
Telephone: 0300 033 3333

or

NHS Direct on 111

## Additional Useful Contacts

### North Herts and Stevenage Parkinson's UK Branch

Hal Boshier - Telephone: 01438 871358

### Welwyn and Hatfield Parkinson's UK Branch

Branch mobile Number: 0783 193 1405

**These groups meet monthly and have a programme of events throughout the year**

### East and North Herts Parkinson's UK Parkinson's Local Advisor

Vicki Symonds - Telephone: 0344 225 3775

E-mail: [vsymonds@parkinsons.org.uk](mailto:vsymonds@parkinsons.org.uk)

### Parkinson's UK National Office

Telephone: 020 7931 8080

E-mail: [enquiries@parkinsons.org.uk](mailto:enquiries@parkinsons.org.uk)

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

### Parkinson's UK Freephone Helpline

Telephone: 0808 800 0303

Monday to Friday: 9.00am - 8.00pm

Saturday: 10.00am - 2.00pm

You can request this information in a different format or another language.

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[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

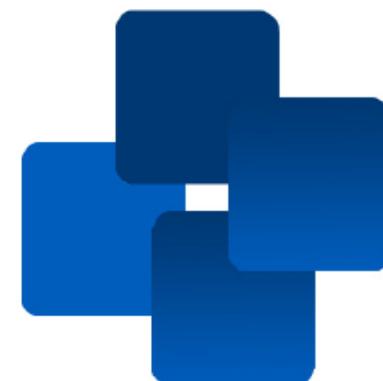
## Patient Information

Nurse Specialist Services available for people with Parkinson's, their family and carers

### Tracey Smith

Parkinson's Disease Nurse Specialist

Telephone: 01438 285929



## What is Parkinson's Disease?

Parkinson's Disease (PD) is a progressive neurological condition. It is predominantly seen in the older population but 1 in 20 people newly diagnosed each year are aged under 40.

The cause is unknown, but what we do know that happens in the body is the degeneration of the dopamine producing cells in a specific part of the brain (substantia nigra). The loss of nerve cells in the brain causes the symptoms of Parkinson's to appear.

At present there is no known cure for Parkinson's disease. However, steady scientific advances are increasing the understanding of the condition, its cause and how best to treat individuals to reduce the symptoms.

### Typical symptoms

Tremor which is more noticeable when you are resting. Rigid or stiff muscles and slowness of movements making it harder to do everyday activities.

### Treatments

Medications can substantially improve the symptoms and therefore quality of life.

Parkinson's is a very individual condition in terms of which medications to use and at what time they are taken.

Treatment is usually life-long with adjustments and reviews being necessary as symptoms change and the condition progresses. Other treatments include physiotherapy, speech and language, and occupational therapy.

## What is the hospital based Parkinson's Disease Nurse Specialist service?

The Parkinson's Disease Nurse Specialist (PDNS) offers outpatient nurse led clinics, telephone advice and support for patients in hospital.

The PDNS is based in the acute Trust and works closely with the Neurology and Elderly Care Consultants based at the Lister, New QEII and Hertford County Hospitals.

The PDNS aims to enhance the quality of life and experience for people with Parkinson's, their carers, family and other healthcare professionals by sharing information and providing support.

The aim is also to increase awareness of the specific needs of people with Parkinson's when in hospital by acting as a resource of information, supporting medicines management and providing education where a need is identified.

The PDNS can act as a link between hospital services, therapists, GPs and services in the community.

## Things to do if being admitted into hospital

If your admission to hospital is planned then please let the PDNS know as this will enable staff to prepare for your admission.

It is important that you bring in your medications in labelled packaging to support effective medication administration while you are in hospital.

Please bring with you a copy of your repeat prescription including times of administration.

## What you should expect when admitted into hospital

You should expect to see the PDNS and/or your Parkinson's Consultant within 24 hours of a referral being made, (excluding weekends and bank holiday periods).

You should expect to get your medications at the time they are prescribed.

During your hospital stay the PDNS, Parkinson's Consultant and Pharmacist will oversee the management of your medications.