

### Neurologist Contact Details

Name:.....  
 Institution:.....  
 Phone Number:.....

### Local Doctor (GP) Contact Details

Name:.....  
 Institution:.....  
 Phone Number:.....

### Case Manager

Name:.....  
 Institution:.....  
 Phone Number:.....

### In case of emergency

Contact Name:.....  
 Relationship:.....  
 Phone Number:.....

Name:.....  
 Date of birth:.....  
 Phone Number:.....

### HOW CAN YOU HELP ME?

Please:

- Give me time when I am walking, talking or eating
- Speak normally and be patient when I find it difficult to make myself understood
- Be aware that Parkinson's affects facial muscles and smiling can be difficult. I may not respond as you would like me to
- Do not push or pull me if I am finding it difficult to move
- Ensure that I am sitting down before giving me a drink
- Do not walk away from me if I am experiencing difficulties

*It is important that I receive my medications according to my regime. This means my medications must be given when due to avoid my symptoms returning.*

*If I do not receive my medications on time I may move slowly, become anxious and find it difficult to communicate.*

## IMPORTANT INFORMATION FOR HOSPITAL STAFF

### Measures to take to ensure timely medication administration:

- Permit and encourage self medication where practical
- Write up drugs immediately: timing and dose are critical
- Write up first dose as stat prescription
- Encourage patients to bring in own medication
- Beware medications may be needed at irregular times

### Actions to consider when swallowing is difficult:

- Consider Speech Pathology review
- Consider posture and use of thickened fluids
- Avoid crushing medications as it may **change the rate** of absorption
- Discuss alternate medications with treating Neurologist or Physician

### Drugs that should be avoided in Parkinson's:

- Anti-psychotics (e.g. Haloperidol)
- Prochlorperazine (Stemetil)
- Metoclopramide (Maxolon)
- Atypical anti-psychotics (e.g. Risperidone, Olanzapine)- but may be safer than typical agents

*Note: If an anti-emetic is required use Domperidone (Motilium)*

### Helpful communication tips:

- Remove distractions (E.g. TV, radio, loud noises)
- Use simple phrases/closed questions
- Encourage patient to shout if having difficulties hearing them

*Note: My partner understands how Parkinson's affects me, please include them in communication.*

## IT IS VERY IMPORTANT THAT I RECEIVE MY MEDICATIONS AT THE RIGHT TIME

Name of medication: .....
Dosage: .....
Timing: .....

Name of medication: .....
Dosage: .....
Timing: .....

Name of medication: .....
Dosage: .....
Timing: .....

Name of medication: .....
Dosage: .....
Timing: .....

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Dosage: .....
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Timing: .....