How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

For advice on managing anxiety, depression and stress
Healthy Minds Bucks Tel: 01865 901600
www.healthymindsbucks.nhs.uk

For General Help and Advice:
Parkinson’s UK
www.parkinsons.org.uk
Parkinson’s UK Helpline 0808 088 0303
Parkinson’s Local Adviser: Anita Browne
For non-medical advice, information on benefits and local support groups. abrowne@parkinsons.org.uk
Tel: 0344 225 3675
Amersham & High Wycombe Parkinson’s UK Branch
www.parkinsonsahw.org.uk
Membership Secretary: Dorothy - 07712 341634
Aylesbury Branch & Aylesbury Working Age Group
Membership Secretary: Olivia - 01296 580683
Facebook.com/aylesburywags
What is Parkinson’s?

Parkinson’s is a progressive neurological condition; this means that it causes problems in the brain and gets worse over time. The symptoms most associated with Parkinson’s are tremor, rigidity (stiffness) and slowness of movement. Sometimes thinking can be affected. Not everyone with Parkinson’s experiences the same combination of symptoms – they vary from person to person.

Parkinson’s is caused by the loss of dopamine producing cells in the brain. Why these cells are lost is not fully understood, but researchers believe that it is the result of a combination of genetic and environmental factors. Treatment of Parkinson’s is based on replacing the missing dopamine using medication. Exercise also has a role in maintaining abilities and may slow the progression on the condition.

It is understandable to feel a bit low and you may have difficulty maintaining a positive outlook immediately after being diagnosed. These feelings should pass but if they persist please get help from your GP or Parkinson’s Nurse Specialist.

Many people with Parkinson’s lead active and fulfilling lives. An important part of coping with Parkinson’s is understanding how it affects you individually, working around the symptoms and managing your condition as best you can with the support of specialist healthcare professionals and local voluntary organisations.

Buckinghamshire NHS Trust Parkinson’s Service

The Bucks Parkinson’s Service is here to support you in a range of different ways. Your neurologist and Parkinson’s Nurse Specialist will help you to monitor your symptoms and adjust your medication. The therapy team of physiotherapists, speech therapists, occupational therapists and dietician can help you to maximise your abilities. There are also a range of exercise groups, gyms and support groups available through the voluntary sector.

In the next few weeks you will receive an appointment from the Parkinson’s Nurse Specialist who will assess your individual needs and refer you on to other services if required.

Top Tips for Managing Parkinson’s
1. Keeping physically, mentally and socially active helps you to stay positive
2. Regular exercise is a vital part of the treatment for Parkinson’s
3. Take your medication on time as directed by your doctor or Parkinson’s Nurse Specialist
4. Parkinson’s symptoms do not suddenly get worse. If you experience this contact your GP or Parkinson’s Nurse for advice. The most common reasons are infections, constipation or stress/anxiety
5. Always bring an up to date list of your medications to every hospital appointment or if admitted to hospital bring your medication with you.
6. Seek support there are many types of help (see back page), find the support which suites you best.

Parkinson’s Nurse Specialist
Liz Scott
Office: 01494 425788