



PEARL

**Improving community exercise provision in Parkinson's**

Palin, M; Rideout, J; Carroll, C; Evans, V

**DOI:**

[10.1136/jnnp-2018-abn.52](https://doi.org/10.1136/jnnp-2018-abn.52)

**Publication date:**

2018

**Link:**

[Link to publication in PEARL](#)

**Citation for published version (APA):**

Palin, M., Rideout, J., Carroll, C., & Evans, V. (2018). *Improving community exercise provision in Parkinson's*. <https://doi.org/10.1136/jnnp-2018-abn.52>

All content in PEARL is protected by copyright law. Author manuscripts are made available in accordance with publisher policies. Wherever possible please cite the published version using the details provided on the item record or document. In the absence of an open licence (e.g. Creative Commons), permissions for further reuse of content should be sought from the publisher or author.

## **Abstract's For JNNP**

### **Poster session WED, 129**

Improving Community Exercise Provision in Parkinson's

Authors and affiliations: Madeleine Palin<sup>1</sup>, Jane Rideout<sup>2</sup>, Camille Carroll<sup>1</sup>, Valerie Evans<sup>2</sup>

<sup>1</sup> Clinical Neurology Research, Plymouth University Peninsula Schools of Medicine and Dentistry, Plymouth, Devon, United Kingdom, PL6 8BX

<sup>2</sup> Peninsula Parkinson's Excellence Network (PenPEN), Devon, United Kingdom, PL6 8BX

Objective: To improve community-based exercise provision for people with Parkinson's (PwP).

Background: Regular exercise of moderate-high intensity is beneficial to PwP, significantly reducing impact of symptoms and improving quality of life.

Aim:

To increase exercise opportunity for PwP by:

- 1) Development, delivery and evaluation of a programme to increase community exercise providers' knowledge and understanding of Parkinson's disease (PD).
- 2) Development of a 'tool kit' to facilitate national dissemination of the course.

Methods:

Funding was achieved from Active Devon and Parkinson's UK. Course content and evaluation methodology were developed by the PenPEN training co-ordinator (VE), and project team. The 3-hr pilot course was delivered in November 2017. A pre- and post-course questionnaire was administered to participants.

Results: 25 Delegates attended the course, representing a range of activities including dance, swimming and football. 100% completed questionnaires. Evaluation demonstrated significant improvement in comfort communicating with PwP ( $p=.002$ ), understanding of PD and the benefits of exercise, and suggesting exercise to PwP ( $p<.001$ ).

Conclusions: We have developed a means of increasing community exercise provision for PwP. Details of trained exercise providers are disseminated via clinics and Parkinson's UK branches. An Exercise Provider Training Toolkit will be made available via the Parkinson's Excellence Network.

[camille.carroll@plymouth.ac.uk](mailto:camille.carroll@plymouth.ac.uk)



