



# Annual Consultation

## Helping people with Parkinson's prepare for the next meeting with their specialist

You should prepare for your consultation with your neurologist or nurse a few days beforehand so you can have the information you wish to discuss ready. The areas here are intended as a guide only.

Your consultant should see you as you really are, so try to avoid walking well and 'putting on a show'. It may help you and the consultant if you have someone with you.

Each area suggests you select a concern you may have, to share. The back page suggests you decide the key points you wish to raise.

## **Medication**

Since your last visit, have you had any changes to your medications? Please outline what meds you are currently taking, the dose and the times you take them.

Do you feel your medication is effective? eg with mood/tremor/movement

Note any other regular medication you take and why.

**At my consultation** I wish to raise:

## **Mobility**

Is this better/worse/about the same as it was a year ago?

Explain any changes.

Do you need help/support? eg when walking, turning in bed, if you 'freeze'

**At my consultation** I wish to raise:

## **Communication**

Explain any changes to your voice? eg: are you asked to speak up/repeat what you said/stutter? Do you find it hard to 'find' a word, or explain yourself?

Are you aware of changes to your facial expression?

Have you noticed a change in your handwriting?

**At my consultation** I wish to raise:

## **Exercise**

Outline any classes or other regular structured exercise you do, with days and length of time you spend at exercise. (eg Ballet, Mondays for 1hour 15 min term time only)

Outline any other regular exercise you do – walking, cycling etc

**At my consultation** I wish to raise:

## **Emotions and mood**

Are you aware of mood changes? Are there times when you feel really good/low? Can you offer an example?

At times do you feel emotional and possibly tearful?

Have you noticed if there are times in the day when you feel well/not so well? Is this linked to medication, do you think? Have you felt anxious?

Do you at times feel you can't be bothered to do something or finish a task?

**At my consultation** I wish to raise:

## **Lifestyle – keeping a good quality of life**

What do you like to do? eg meet with friends/have a quiet meal/ read/enjoy cultural activities/visits/holidays

Do you feel more/less inclined to pursue the things you enjoy?

**At my consultation** I wish to raise:

## **Parkinson's**

If Parkinson's gets in the way of doing/enjoying things, explain how/when.

What makes you feel good?

**Here** are some other points you may think you should talk to your neurologist /nurse about. You may add other things you'd like to talk about.

Sleep – poor, hard to get to sleep, vivid dreams, sleep during day etc

balance - have you had a fall?

bladder/bowel changes,

swallowing difficulties,

making plans,

finance – planning, managing

copng with everyday tasks, - food preparation, completing tasks

difficulties with eating

reduced energy,

anxiety

excess saliva – drooling

pain

intimacy

**Looking at the points you have raised, decide before you attend your appointment what you'd like to discuss.**

**Sally Bromley**

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