

**Fiona Cameron-General Manager**

**From:** Fiona Cameron-General Manager  
**To:** Lord, Althea (Dr)  
**Subject:** RE: Ombudsman  
**Date:** 12 March 2001 08:34

Thanks Althea, the system works.  
On another matter, your paper was well received at the Locality Planning meeting on Friday. CODE A will now take it to the Gosport GP's and let us know the outcome. I was asked if the service could be accessed by Fareham patients? What is your view?

Thanks.

FIONA

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From: Lord, Althea (Dr)  
To: Fiona Cameron-General Manager  
Subject: Ombudsman  
Date: 09 March 2001 19:27

I've made one small amendment and will leave it to you. St. Andrew's Hospital is closed on weekend. I have spoken to Lynn about it.

I'm testing the system and hope this gets to you.

Althea

*File Althea Lord*  
*create please if not 1 then*  
*J.*

*Pink*  
*OR (2) (d)*  
*file 8 (d)*

**Fiona Cameron-General Manager**

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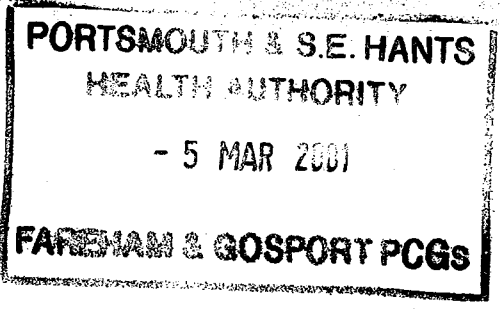
I've made one small ammendment and will leave the papers with St. Christopher's over the weekend. I have spoken to Code A about this and she will pick them up.

I'm testing the system and hope this gets to you.

Althea

Portsmouth HealthCare NHS Trust  
MEMORANDUM

From  
Dr. A. Lord  
Ref



To  
Pat Rimmer  
cc  
Fiona Cameron  
28 February 2001

Dear Pat,

**Re: PD Nurse Specialist Post**

I'm attaching a copy of a proposal in order to Pilot a PD Nurse Specialist for Parkinson's Disease. This would initially be for those over the age of 65 in Gosport with a view to extending the service to Fareham as well and then onto the rest of Portsmouth. I wonder if this could be discussed at the next Locality Planning Meeting which I gather is being held on the 9<sup>th</sup> March. If you would like me to be present to discuss this with the rest of the board, please let me know and I'd be happy to attend.

With best wishes.

Yours sincerely,

**Code A**

*Pat will check it out with Gosport GPs  
Althea - could Fareham patients access*

**PARKINSON'S DISEASE SERVICES FOR THE ELDERLY IN GOSPORT**  
**PROPOSAL FOR A PILOT**

***PD NURSE SPECIALIST POST***

Parkinson's disease is a very disabling condition with complex physical, mental and emotional problems for the patient. In addition it presents a huge burden for carers. Once diagnosed it is a progressive disease that results in death, 1 or more decades later. It affects 160 per 100,000 population of all ages. The incidence rises to 2% of the population over the age of 80.

**Existing Service in Gosport:**

1. Multidisciplinary team assessment and treatment in Dolphin Day Hospital.
2. Outpatient assessment.

**Problems with existing service:**

1. Lack of a Parkinson's Disease Nurse Specialist. The previous PDNS employed by Elderly Medicine 7-8 years ago was funded by a Pharmaceutical company for 2 years but this was not followed through and the post and funding came to an abrupt end.
2. With the development of Intermediate Care Services in Fareham and Gosport together with the re-structuring of OT services there is very little expertise and specialist knowledge of the management of the elderly and even less as regards the management of Parkinson's Disease. This applies to the nursing and therapy staff in the Day Hospital and also the Community Enabling Service.
3. Retirement of Anne Stewart (former Sister of Dolphin Day Hospital, Gosport) who had considerable experience and expertise in the management of PD patients and maintained telephone contact in between medical consultations.
4. No expert advice for patients in Rest and Nursing Homes. These are the most dependant and complicated patients.
5. No dedicated medical time for Parkinson's Disease and Movement Disorders.

**Advantages of a PDNS:**

1. Continuity of care across primary and secondary care boundaries at all stages of the disease. (Ref: Pathways Paradigm MacMahon & Thomas 98).
2. Advice on medication – benefits and side effects. Agreeing treatment protocols with patients.
3. How to deal with symptoms – freezing, drooling, but also depression, confusion and carer stress.
4. Handling of information at time of diagnosis – this has been shown to have significant impact on quality of life. (Ref: The Global Parkinson's Disease Survey). Time needs to be devoted not only to telling but also listening.
5. Follow-up of patients in Nursing Homes where travel to outpatients/ DDH is too difficult and distressing for the patients.
6. Continued instruction and education of medical, nursing and therapy staff across primary and secondary care.

7. Education in the disease and advice on handling for qualified and unqualified carers.
8. Data collection.
9. Research.

### **Why Pilot in Gosport?**

1. Good referral rate from GPs to Outpatients and Day Hospital.
2. Availability of Anne Stewart (who has now retired) but would be able to work 2 days a week for the next 2 years.
3. I'm interested in Parkinson's Disease and most of my duties are in Gosport.

### **Structure of Pilot:**

1. 2 years – H Grade working 2 days a week. (Cost £14,000/- a year).
2. >65 year old in Gosport.
3. Employ a full-time PDNS (G grade) for Fareham and Gosport – early next year. Possibility of funding from PD Society for 2 years but the funding **must** then continue.
4. PDNS to work with me in Dolphin Day Hospital at a weekly session. The rest of the sessional time to be used flexibly.
5. Education and travel expenses for PDNS. It is unlikely that the appointee for the full-time post will have the ENB (A43) in Parkinson's Disease and will need to do the course. It is important that Anne Stewart oversees the 1<sup>st</sup> PDNS appointed.
6. Collect data on referrals and input required.

### **The future:**

- For those >65 - Movement disorder clinics and PD Groups in all Day Hospitals in Portsmouth.
- PDNS in all three PCTs.
- Involvement of Neurologists, PD Society in extending the service to those <65 as well.

### **References:**

- 1) Pathways Paradigm (has been sent to all GPs in the UK) – attached.
- 2) The Development of the PDNS – Parkinson's Disease Society document - attached.
- 3) Moving and Shaping – The Future (Commissioning Services for People with Parkinson's Disease)
- 4) The Global Parkinson's Disease Survey

References 3) and 4) already submitted to Fareham & Gosport PCG in May 2000 with paper on "Development of a Parkinson's Disease Service in Gosport".

**Code A**

Dr. A. Lord FRCP  
Consultant Geriatrician

21.2.01.