

Parkinson's care plan- take control

Patient Information Leaflet

What to do if your Parkinson's suddenly gets worse

Do you have an infection?

See your general practitioner (GP)

Infections as well as flare ups of other conditions can all cause deterioration in Parkinson's symptoms

Treat the infection as advised by your GP. Your Parkinson's symptoms should then settle down.

Parkinson's medications will not be changed while you have an infection.

Are you constipated?

Is your poo hard/firm? Do you feel as if you haven't emptied?

Constipation prevents your Parkinson's tablets working effectively.

Treat the constipation:

- Increase activity levels.
- Increase hydration levels.
- (aim for 1.5L – 2L fluids daily)
- Increase dietary fibre.
- Use laxatives if required.

Your Parkinson's symptoms should then settle down.

Parkinson's medications will not be changed while you are constipated.

Have you been prescribed new medication?

Discuss with prescriber for advice.

Some medication's can interact with or stop your Parkinson's medications working effectively.

Are you taking your Parkinson's medications as prescribed?

Missed or late doses can cause fluctuations or deterioration in symptoms if many doses are missed.

Take Parkinson's medication as prescribed.

Speak to the Parkinson's disease nurse specialist (PDNS) team / GP if you think your missed doses are due to memory changes.

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Are you falling more often?

Falls can be prevented by:

- Using walking equipment provided.
- Ensuring that you aren't

dehydrated.

- Ensuring that you are taking your Parkinson's medication as prescribed.
- Ensuring that you are not constipated.
- Wear appropriate footwear.
- Avoiding rushing or turning quickly.

Are you coming into hospital?

- Keep an up-to-date list of medication somewhere the ambulance crew can find it. For example, in the fridge.
- If possible, bring your medication with you into hospital.
- Bring your ReSPECT form into hospital with you if you have one.
- Inform the admitting team of your time critical Parkinson's medications.
- Inform the admitting team if you have a deep brain stimulator.

Are you stressed, anxious or excited?

Stress, anxiety and excitement can make symptoms – particularly tremor – significantly worse.

Manage stress, anxiety and excitement.

- Remain active, exercise regularly.
- Eat a healthy balanced diet.
- Try and improve your sleep pattern.
- Limit alcohol intake
- Mindfulness meditation or breathing exercises.

If you have considered the above and are still experiencing significant worsening of your symptoms, contact the Parkinson's disease nurse specialist team for advice:

Telephone. 01793 64 64 31

Email. gwh.parkinsonsnursingservice@nhs.net

Do not change or stop your Parkinson's medication until you have spoken to a Parkinson's disease nurse specialist.

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