

SYMPTOM	IMPACT	STRATEGIES
Tremor	<ul style="list-style-type: none"> • Is tiring, causes fatigue • Can cause weight loss • Worse with anxiety/stress • Discomfort/pain • Embarrassing 	<ul style="list-style-type: none"> • Medication on time every time • Exercise • Monitor weight • Weighted cutlery • Treat pain
Rigidity	<ul style="list-style-type: none"> • Reduced fine motor skills • Reduced coordination • Pain 	<ul style="list-style-type: none"> • Medication on time every time • Exercise • Allow time, no rushing • Treat pain
Bradykinesia / akinesia	<ul style="list-style-type: none"> • Slowness • Stiffness • Risk of falls • Pain • Freezing of Gait 	<ul style="list-style-type: none"> • Medication on time every time • Exercise • Allow time, no rushing • Use of walking aids • Concentrate on one task at a time • Medication review • Help them count steps • Play some music/dance
Postural Disturbance	<ul style="list-style-type: none"> • Loss of balance • Risk of Falls • Stooped posture • Pain • Orthostatic Hypotension 	<ul style="list-style-type: none"> • Do one thing at a time • Step around in an arc when turning • Take time, no rushing • Glasses if prescribed • Use walking aids/handrails
Constipation	<ul style="list-style-type: none"> • Discomfort • Pain • Impaired medication absorption • Lethargy • Reduced appetite • Reduced fluid intake • Nausea • Incontinence issues • Bowel obstruction 	<ul style="list-style-type: none"> • Close monitoring of bowels • Eat well • Drink sufficient fluids • Regular exercise • Good toileting habits • Aperiants • High fibre diet

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Speech	<ul style="list-style-type: none"> • Reduced volume-microphonia • Slurred speech • Changed speech rate • Monotone • Reduced facial cues • Reduces socialization 	<ul style="list-style-type: none"> • Exercise • Maintain socializing • Listen carefully • Allow time to respond • Use of technology • Oral care • Concentrate on one task at a time • Encourage them to mentally rehearse what they want to say
Swallowing	<ul style="list-style-type: none"> • Weight loss • Risk of aspiration pneumonia • Drooling 	<ul style="list-style-type: none"> • Medication on time every time • Do not rush • Exercise • Monitor weight • Weighted cutlery • Ensure correct positioning • Limit distractions • Monitor for signs of aspiration • Review by a speech pathologist • Review by a dietician • Modified fluids/food • Finger foods
Anxiety, depression, panic attacks	<ul style="list-style-type: none"> • Reduces quality of life • Loss of interest in activities/interest • Inability to make decisions • Social withdrawal • Stress on both person and the carer • Impacts on sleep 	<ul style="list-style-type: none"> • Monitor for signs • Medication • Counselling • Music, art therapy • Support group activities • Healthy eating • Exercise • Relaxation techniques • Change around negative thinking
Anosmia	<ul style="list-style-type: none"> • Reduced enjoyment in eating • Weight loss • Reduced quality of life 	<ul style="list-style-type: none"> • Dietician review • Add condiments to enhance taste/smell • Visually pleasing meal presentation

SYMPTOM	IMPACT	STRATEGIES
Facial expression	<ul style="list-style-type: none"> • Mask-like face • Reduced eye blink rate • Lack of emotion • Embarrassment 	<ul style="list-style-type: none"> • Exercising facial muscles • Using expressive words • Allow time to respond
Orthostatic Hypotension	<ul style="list-style-type: none"> • Dizziness • Falls • Injury risk 	<ul style="list-style-type: none"> • Do not sit or stand or be inactive for long periods • Avoid activity in the heat • Stay cool • Before getting up move your toes around and adjust your heels and calf muscles • Allow your feet to dangle on the floor for a short time if getting out of bed • Gentle marching leg movement may help • Get up slowly, stand for a short time and monitor for steadiness • If feeling dizzy or faint sit with your legs elevated until the feeling passes • Ensure that you are well hydrated, drink a glass of water before getting up • If feeling dizzy at the end of a meal, try having a glass of water at the end of the meal
Orthostatic Hypotension	<ul style="list-style-type: none"> • Dizziness • Falls • Injury risk 	<ul style="list-style-type: none"> • Reach over slowly and find a handhold to prevent overbalancing • Eat smaller meals more frequently • Avoid straining whilst having bowels open • Avoid vigorous exercise • Avoid caffeine at night • Avoid hot foods and drinks • Drink extra water if you are going to be standing for long periods • Drink less alcohol due to the dehydrating effect • Medication review regarding the blood pressure medications which you may be taking for hypertension as these could be reduced or ceased

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Impulse control disorder	<ul style="list-style-type: none"> • Compulsivity • Overeating • Hypersexuality • Gambling • Punding – repetitive fascination with objects • Social impact • Hoarding • Young-onset males are more prone 	<ul style="list-style-type: none"> • Urgent medication review • Redirection • Counselling
Sleep	<ul style="list-style-type: none"> • Medications not lasting, ie wearing off • Difficulty getting into and out of bed • Difficulty turning in bed • Night-time urination • Dystonia or prolonged muscle cramping • Anxiety/depression • Fluctuating BP • Increased daytime sleepiness • Restless Legs • Pain • Sleep apnoea • REM Sleep Disorder 	<ul style="list-style-type: none"> • Make a regular night-time routine • Exercise regularly • Manage pain issues eg meds, hot pack, repositioning • Avoid large, late evening meals • Get enough sunlight to promote a healthy circadian rhythm • Plan for tomorrow at an early evening time and not just before bed • Relaxing activities before going to bed, eg reading, music • Avoid exercise before bed • Ensure that the bedroom is calm & comfortable • Use the bedroom for sleeping and intimacy only • Ensure that the bedroom is a comfortable temperature • Go to bed when feeling sleepy • Reduce daytime napping • Reduce noise and light in the bedroom • Warm non-caffeinated drink before bed • Avoid caffeine before bedtime • Avoid alcohol before bedtime • Avoid smoking before bedtime • Avoid illicit drugs • Reduce the time in bed when you are not asleep, get up, read/relax and then go back to bed • Set a clock alarm so that waking at the correct time is achievable without anxiety • Avoid digital clocks • Avoid sleeping with pets • Avoid using the computer or mobile phone immediately before bed

SYMPTOM	IMPACT	STRATEGIES
Bladder dysfunction	<ul style="list-style-type: none"> • Nocturia • Constipation • Wearing off • Blood pressure fluctuations • Frequency • Incontinence 	<ul style="list-style-type: none"> • Slightly elevate the head of the bed at night • Avoid caffeine before bedtime • Avoid alcohol before bedtime • Exercise daily • Pelvic Floor exercise • Review by Dr • Medication • Proper lying down afternoon rest • Reduced fluid intake after 1700 hrs • Try having a toilet or urinal close by
Pain	<ul style="list-style-type: none"> • Quality of life • Exercise compliance • Increases stress and anxiety • Limits enjoy of pastimes • Reduces the ability to attend to activities of daily living • Reduces appetite 	<ul style="list-style-type: none"> • Identify the cause • Medication on time every time • Medication review • Hot pack • Repositioning • Massage • Exercise • Maintain a healthy weight • Analgesia • Don't sit or stand for too long • Physiotherapy • Speech Therapy
Gastric Reflux	<ul style="list-style-type: none"> • Medication absorption • Pain • Aspiration pneumonia • Swallowing difficulties 	<ul style="list-style-type: none"> • Eat smaller meals • Have small nutritious snacks between meals • Eat the evening meal early • Slightly elevate the head of the bed • Wear loose-fitting clothing • Avoid smoking • Avoid or reduce stress levels • Monitor for foods that cause issues • Avoid very hot/cold foods and drinks

SYMPTOM	IMPACT	STRATEGIES
Hallucinations	<ul style="list-style-type: none"> • Common in PD • Generally visual • Relate to both the PD pathology & medications • Important to discuss with the doctor • Not a sign of madness • Frequency increases with duration of PD • More common with ageing • Mild hallucinations are not a major problem • Medication adjustment may improve problem • Hallucinations limits the use of drugs and may need to be a trade-off between slowness, stiffness, and tremor versus hallucinations • PwP who do not have dementia realize that these hallucinations are not real • Often present for only a few minutes • Can become more frequent & prolonged over time • May be linked to retinal thinning 	<ul style="list-style-type: none"> • Review of medications • Reduction of medications • Trial Aricept, Exelon in very low doses • Antipsychotics in very severe cases eg Seroquel • Increase lighting to bright to reduce shadows • Brighter lights at night • Vision review with an ophthalmologist to improve vision • Reduce nighttime sleep disturbance • Avoid frequent cat naps and have a proper afternoon hour nap • Treat depression to improve quality of life
Sweating	<ul style="list-style-type: none"> • Reduced perspiration causing very dry skin • Excessive sweating • Drenching nighttime sweats • Can be linked to the medication cycle 	<ul style="list-style-type: none"> • For Hypohydrosis • Avoid getting too hot • Care if using a sauna or steam room • Limit being in direct sunlight do not overexert • Use moisturizer • For Hyperhydrosis • Avoid crowded rooms • Avoid caffeine, spicy food, alcohol • Wear light-colored clothing • Wear underarm and moisture-wicking clothing and socks • Wear leather shoes and change frequently • Drink plenty of water • Take frequent showers

SYMPTOM	IMPACT	STRATEGIES
Cognition	<ul style="list-style-type: none"> • Slow thought processing, bradyphrenia • Difficulty concentrating • Unable to plan and organize activities • Forgetting words • Memory & learning issues • Cannot multitask • Difficulty controlling impulses • Fatigue • Driving • Work practices 	<ul style="list-style-type: none"> • Concentrate deliberately • Modify tasks to make them easier or safer • Do one thing at a time • Avoid distractions • Allow extra time so there is no rushing • Plan the task • Use tick list/diary/alarm • Stick to a routine • Always place necessary items in the same place • Webster pack, tab timer. Phone alarm for meds on time • Include enjoyable activities each day in the routine
Dementia	<ul style="list-style-type: none"> • Problems planning and decision making • Poor memory • Mood and personality changes • Apathy • Hallucinations • Visual changes • Fluctuating cognition changes early in the diagnosis • REM sleep disorder • Medication sensitivity 	<ul style="list-style-type: none"> • Review by a psychogeriatrician • Modify tasks to make them easier or safer • Do one thing at a time • Avoid distractions
Erectile dysfunction	<ul style="list-style-type: none"> • Embarrassment • Unable to sustain an erection • Stress, anxiety • Difficulty with personal relationships 	<ul style="list-style-type: none"> • Increased social supports • Counselling • Medication review • Marital aides

SYMPTOM	IMPACT	STRATEGIES
Vision/Eye Care	<ul style="list-style-type: none"> • Reduced blink rate • Dry eyes • Double vision • Blurred vision • Eyelid spasms • Colour and contrast changes • Limited ability to judge speed and distance • Driving ability • Falls risk • Hallucinations • Glaucoma 	<ul style="list-style-type: none"> • Glasses, clean • Regular eye care • Eye drops, gels • Monitor for drug interactions • Modified reading glasses • Resting the eyes • Prompts to blink more frequently