Parkinson's Disease: Key Components and Future Growth for Multidisciplinary Clinics

Presented by:
Dr. Mallory Moore CCC-SLP
and Dr. Lindsey Heidrick CCC-SLP
Disclosures

Mallory Moore: Dr. Moore receives a salary from Cox Health and provides assessments within the Parkinson’s Clinic of the Ozarks at CoxHealth Hospital. She has no relevant non-financial relationships to disclose.

Lindsey Heidrick: Dr. Heidrick receives a salary from the University of Kansas Medical Center and provide assessments within the Parkinson’s Disease & Movement Disorders Center. She has no relevant non-financial relationships to disclose.
Learner Objectives

1. Identify commonly utilized assessments for safety and judgment in individuals with Parkinson's disease.

2. Describe clinical considerations in the evaluation of safety and judgment for individuals with Parkinson's disease.

3. Discuss clinical considerations for therapeutic intervention for safety and judgement post evaluation for individuals with Parkinson's disease.
Introductions
Road Map

Background → Study → Results → Clinical Considerations

Therapeutic Intervention
Prevalence of Parkinson’s disease

- More than 60,000 people diagnosed yearly in the US
- Over 1 million Americans live with PD
- Approximately 32% of individuals with PD will eventually develop Dementia
Multidisciplinary Clinics

Parkinson’s Foundation has 34 Centers of Excellence in the US (48 worldwide)

https://www.parkinson.org/Living-with-Parkinsons/in-your-area

Team members include

- Movement disorders neurologist
- PT
- OT
- SLP
- Psychologist/Neuropsychology
- SW
- Dietitian
- Pharmacy
- Research coordinators/team

Goals of the clinic is disease management and patient-centered care
Pathophysiology

http://hplusmagazine.com/2015/07/07/can-anything-be-done-about-parkinsons-disease/
Common Complaints: What Our Patients Say

Communication-related complaints
- Soft voice
- Slurred speech
- Difficulty communicating emotion when speaking
- Slow speech (or rushed speech)

Swallow-related complaints
- Coughing/ choking during meals
- Drooling
- Losing food and liquids out of the mouth
- Food sticking in the throat

Cognition

- Safety & Judgement
- Short-term memory change
- Slowed processing (bradyphrenia)
- Visiospatial difficulties
- Executive function
- Orientation
- Attention & concentration
Background of the Study

Why we decided to do research survey?

Inspiration

Personal Struggles

Personal beliefs on research
Research Study

Title: Safety and Judgment in Individuals with Parkinson’s Disease

Approval: CoxHealth HRPC

Method: Anonymous, 10 Question Survey, Survey monkey

Inclusion Criteria: licensed and certified speech-language pathologist who considers yourself fluent in English and has evaluated and treated an individual with Parkinson’s disease within the past 5 years.

Participants: 168/172 respondents

Recruitment: social media (Facebook), ASHA SIGs, Parkinson’s Foundation, Kansas and Missouri Speech-Language Hearing Associations
What region of the United States do you currently work?
Results

- West: 13.69%
- Southwest: 8.33%
- Midwest: 38.10%
- Southeast: 16.67%
- Northeast: 23.21%
How many years of experience do you have as a practicing speech-language pathologist?
Do you currently work or within the past 5 years have you worked in a multidisciplinary clinic for individuals with Parkinson’s disease?
Results

- Yes: 63.69% (107)
- No: 36.31% (61)
Do you or does a clinic member specifically evaluates the safety and judgement of individuals with Parkinson’s disease?
Results

- Always: 28.57%
- Often: 42.26%
- Occasionally: 22.62%
- Rarely: 4.76%
- Never: 1.79%
How important do you feel it is to evaluate the safety and judgement in those with Parkinson’s disease?
Results

- Extremely important: 51.79%
- Very important: 36.90%
- Moderately important: 11.31%
If you or a clinic team member evaluates safety and judgement of individuals with Parkinson’s disease, what measurement tool(s) are consistently utilized? (Check all that apply).
Results

- Informal (non-standardized) 79.17%
- Patient or caregiver report 79.17%
- Standardized Assessment (a...) 60.71%
- Standardized Assessment (V...) 36.31%
- Informal (list of standardized...) 32.14%
- Other (please specify) 22.02%
- Independent Living Scale...
- Independent Living Scale...
Other Themes:

Formal:
- 6 respondents: CLQT & RBANS
- 4 respondents: RIPA Version (RIPA 2, RIPA G2)
- 3 respondents: BCAT
- 2 respondents: ALFA, Cognistat
- 1 respondent: ACL, SAGE, BCRS/GDS, Woodcock Johnson, SCCAN, BEAT, MMSE, TCAL, Clock Drawing, VHI (the PT VHI), Allen Cognitive levels, Favres, CPT, Fall measures, Swallowing screening tools

Informal:
- 2 respondents: Subtests (full or portion pulled from various formal assessments).
- 2 respondents: Collaboration/Collaborative meeting
- 3 respondents: Observation
- 1 respondent: Clinician judgement
- 2 respondents: Not currently done or not sure
Who is the primary and most consistent clinician/team member that administers these tools?
Results
Other Themes

Team Approach - 1
SLP and OT - 2
Whomever sees the patient first administers the tools - 1
Unknown - 1
Research team - 1
After the evaluation is completed, and if therapy is recommended specifically for safety and judgement concerns, who is the primary treating therapist?
Results

- Case Manager: 0.60%
- Neurologist: 1.79%
- Neuropsychologist: 1.19%
- Occupational Therapist: 14.29%
- Physical Therapist: 4.17%
- Psychologist: 0.60%
- Registered Nurse: 0.60%
- Speech-Language Pathologist: 70.83%
- Other (please specify): 5.95%
Other Themes

OT and SLP - 4
  - OT ADLS, SLP language based tasks
Social work assistance as needed - 1
Outside referral - 1
Recreational Therapist - 1
Team effort and collaboration of disciplines - 2
Depends on the safety issue - 1
Unknown - 1
How satisfied are you with current assessment tools for safety and judgement for individuals with Parkinson’s disease?
Results

- Very satisfied: 4.17%
- Satisfied: 28.57%
- Neither: 41.67%
- Dissatisfied: 21.43%
- Very dissatisfied: 4.17%
What challenges do you come across in evaluating safety and judgement with individuals with Parkinson’s disease?
(Check all that apply).
Results

- Lack of an identified... 62.50%
- Patient participation. 40.48%
- Lack of resources... 38.69%
- Family participation. 32.74%
- Reduced satisfaction of... 26.79%
- Undetermined ownership of... 25.00%
- Facility support of... 14.29%
- Reduced satisfaction of... 12.50%
- Other (please specify) 10.71%
Other Themes - Scope

“Is it in our scope of practice?”
Other Themes - Real World

“Testing would be best if it more closely mirrored tasks the pt does on a daily basis so you are not challenged by the pt and family regarding how valid your testing is. I would like an eval that includes tasks such as check writing/balancing, budget math, organizing meds from 2-3 med labels simultaneously, taking a phone message and recording information especially for an appointment, and clock design. These tasks in addition to some of the more academic tasks would help make pt's and families more believers in the results.”

“I wish there was a more functional validated cognitive screening tool for all populations.”

“trying to replicate situations in the clinic vs real situations”
Other Themes - Numbers

“I give the MoCA because a number is needed. I prefer my informal questions as I feel that they are more comprehensive.”
Other Themes - Awareness

“ Awareness/insight impairments for patients with PD“

“Lack of patient “self-awareness” of deficits is an important key to evaluating safety and judgement.“

“Questions are subjectively completed by the patients and they may not feel they are a fall or safety risk.“

“ Most Parkinson's patients, in my experience, have little awareness of their cognitive deficits.“
Other Themes - All the Things!

“Time, prioritization of cognitive/judgement/safety, swallowing, speech/voice.’

“If speech and swallowing are involved, families and patients often see those areas as most important and question why precious time is being taken in assessment of anything but those areas.”
Other Themes - Teamwork

“Lack of consistent support across disciplines (many "don't want to go there" - because it's hard to address) as well as inadequate training with how to communicate concerns and provide resources to the patient, if needed or even if available."

“I work in an acute hospital system. In most cases, patient safety is typically addressed via PT, OT & SLP, and the patient is discharged to either a rehab, SNF or home with services and the patient is further (more formally) evaluated."

“We don’t have multidisciplinary team for our cases. No cooperation or feedback for case"
Other Themes - Expectations

“Unrealistic expectations/understanding of the situation by the patient and/or family.”
Other Themes - Own Awareness

“Unknown, I do not currently administer this type of assessment. After taking this survey, I may begin to!”
Limitations

- Where do you work?
- Clarification that this wasn’t just for SLPS who work in multidisciplinary clinics or settings.
- International aspects
Assessment Review

- The Montreal Cognitive Assessment (MoCA)
- The Saint Louis University Mental Status Examination (SLUMS)
- Independent Living Scale (ILS)
- Cognitive Linguistic Quick Test (CLQT)
- Repeatable Battery for Neuropsychological Status (RBANS)
- Ross Information Processing Assessment (RIPA)
- Brief Cognitive Assessment Tool (BCAT)
- Assessment of Language Related Functional Activities (ALFA)
What do you do?
CoxHealth - Assessment Process

- Multidisciplinary
- Formal cognitive - MoCA or SLUMS
- Informal yet standardized questions
Informal Questions - Basic

1. What would you do if your friend or spouse collapsed onto the floor and would not respond to you at all?

2. If you cut your finger and it was bleeding heavily, what would you do?

3. If you mixed up your medication and were unsure about which ones to take, what would you do?

4. Never reach for an electric appliance with ___ hands.

5. Where do you put your important phone numbers?
Informal Questions - Basic

6. If there was a tornado warning and the sirens went off, what would you do?

7. If someone knocked on the door at night and you were alone what would you do?

8. What would you do if you discovered a grease fire on your stove?

9. If the electricity went out in the house, could you locate a flashlight or candle in your home? Where?

10. What if you woke up and smelled smoke or your smoke alarm was going off?
Informal Questions - Advanced

1. You prepare the dinner party for eight people, just as you and your guests are sitting down to dinner, a couple from out of town shows up for a surprise visit. You have only prepared eight steaks. What is the problem? What should you do?

2. You just returned to work after a long illness. Your boss seems distant and cold about your return. He assigns you were here not familiar with. What is the problem? What should you do?

3. For 30 years you have prepared the traditional Thanksgiving dinner for the 24 members of your family. You haven’t been feeling well lately and thanksgiving is just two weeks away. What’s the problem? What should you do?

4. A friend is visiting you at your house one afternoon. The doorbell rings and your eight year old grandson and his dog are at the door. Your friend doesn’t like dogs. What’s the problem? What should you do?

5. You work at home running a catering business. The codes of your town have changed so that you are no longer able to run a commercial business in a residential neighborhood. What is the problem? What should you do?
Informal Questions - Advanced

6. You have a return to work after having a stroke. You still have a slight speech deficit that makes your speech sound slurred. What is the problem? What should you do?

7. Your grandson comes back to your town from college about once a month. You write to him every week, but he doesn’t stop to see you when he’s home. What is the problem? What should you do?

8. You receive a phone call that a family member is in jail in Mexico. They need you to send a cashier’s check (or buy gift cards) immediately in order to bail them out of jail. What do you do?

9. You receive a phone call from the IRS (or other major company) that you have a past-due bill and owe a significant amount. They request for your to pay this bill by sending a cashier’s check (or gift cards) immediately. What do you do?
Treatment
What do you do? Treatment?

Depends on the setting, unique cases, and depends on the results of testing!

Acute care

Inpatient Rehabilitation

Outpatient Rehabilitation

Home Health

Skilled Nursing Facility

Private Practice
Therapeutic Interventions... What now?

- Spaced retrieval
  - Tactus Therapy: https://tactustherapy.com/spaced-retrieval-training-memory/
- Mild cognitive impairment - borderline patients
- Are we treating the whole person?
  - Nutrition, sleep, medication, emotional state, bradyphrenia?
Summary

- Multidisciplinary: Evaluation/treatment of safety and judgement in individuals with Parkinson’s disease is a team effort!
- Gold Standard: The SLP community clearly needs to continue to do better of finding a standardized, quick, and functional assessment per each unique therapeutic setting.
- Recommendations: Formal and Informal


References


References


References


Questions