

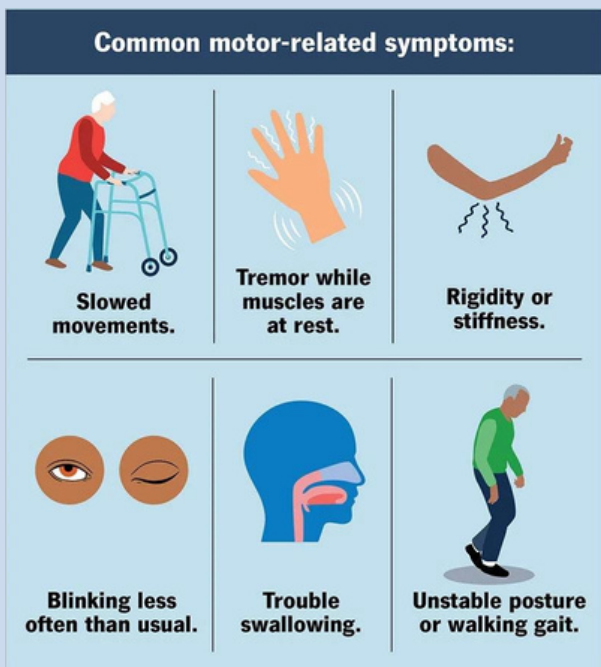
# Nursing interventions to improve the quality of life of people with Parkinson

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## Introduction

Parkinson disease is a degenerative condition of the brain (deficit of dopamine) characterized by the presence of (1,2):

- Motor: slow movement, tremor, rigidity.
- Non-motor: mental health disorders,
- cognitive impairment and sleep disturbances.



(3)

As illness progress --> symptoms --> disability and care requirements that reduced patient's **quality of life** (4).

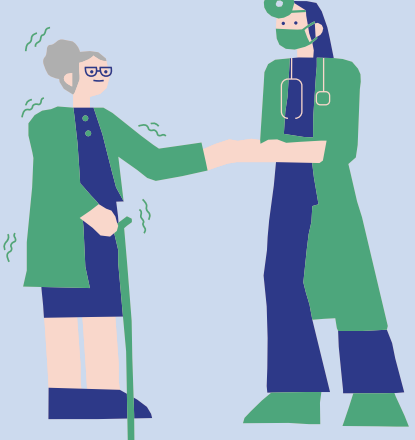
Multidisciplinary treatment (5):

- Medications
- Surgery
- Physical therapy and exercise: effective tool --> reduces disability + improves physical functioning (6).

Nurses play an important role in the treatment and management of both motor and non-motor symptoms and improve quality of life (7,8).

## Objective

Identify which nursing interventions exist to improve the quality of life of people living with Parkinson Disease.



## Methodology

### Bibliographic search

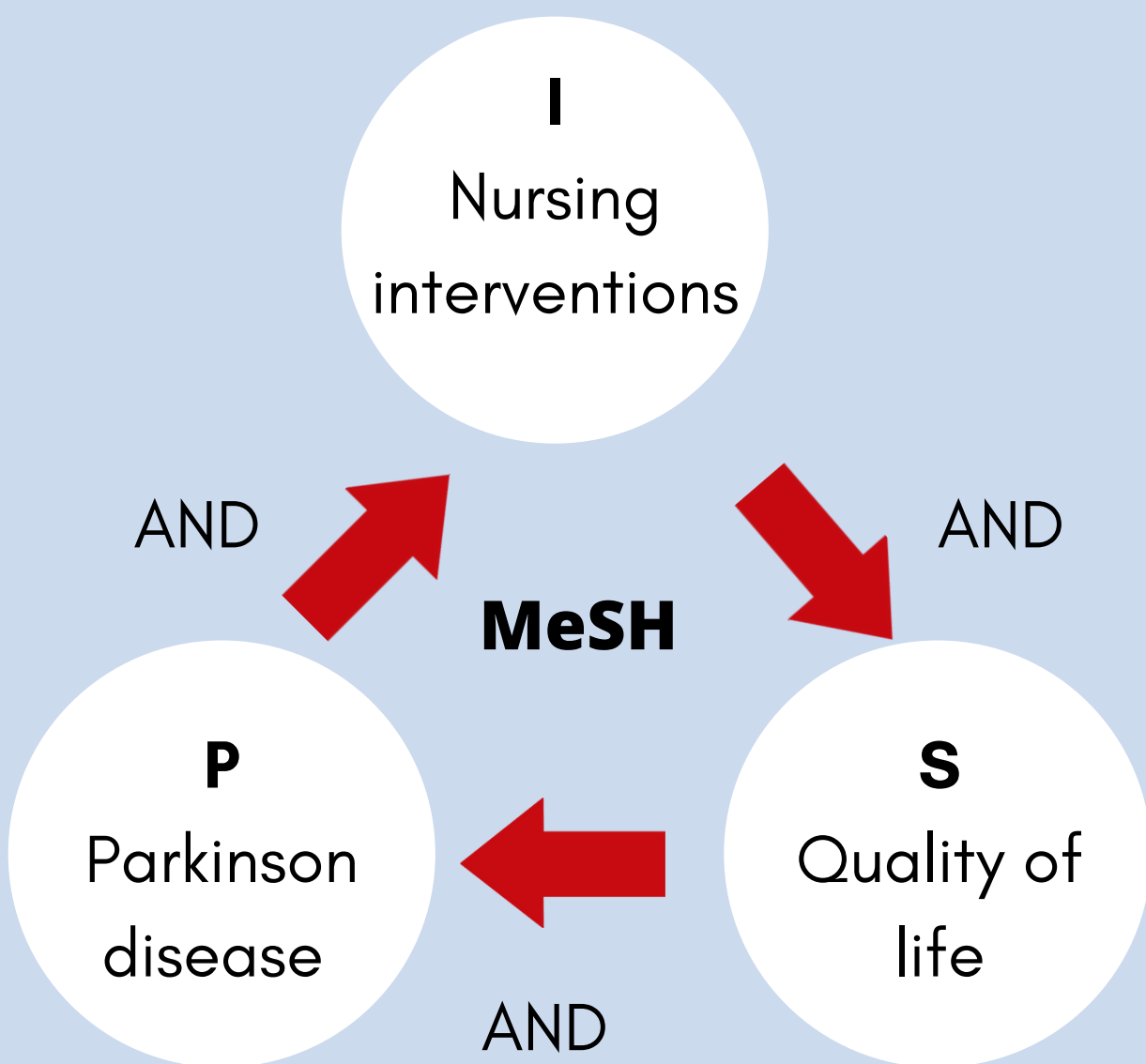
Databases



✓ Inclusion	✗ Exclusion
Full-text	Online or at home
< 5 years	Patients with cancer, palliative care settings and Covid-19
Language: English, Spanish	Grey literature

### Search strategy:

- Research question type PIS —> Which nursing interventions exist to improve the quality of life of patients with Parkinson's disease?
- Key words: Nursing interventions, quality of life, Parkinson Disease.
- Booleans: "AND", "OR".



## Results

11 articles included



(9)

Two main **thematic areas**:

1. Physical exercise interventions
2. Music and Dance interventions

Interventions were **carried out** by different professionals

- Researchers (10)
- Health care professionals (10)
- Physiotherapists (11)

All articles evaluated the effects and benefits of performing different types of interventions:

- Physical exercise interventions significantly improved motor symptoms: walking ability, flexibility, and capacity to stand up and sit down (12-15).
- Physiotherapy interventions such as hydrotherapy, resistance exercises, nordic walking (15).
- Patients felt more motivated to performed the activities of daily living after the dance program (11).
- All interventions significantly improve patients quality of life (10-20).

	Motor symptoms	Social support	Quality of life	Balance, gait, and cognitive functions	Activities of daily living	Speech outcomes	Psychological disorders
Singing							
Dance							
Music and Dance							

### Physical exercise interventions

	Motor symptoms	Social support and stigma	Quality of life	Balance, gait, and cognitive functions	Risk of falling
Aerobic exercises					
Functional training					
Martial arts					
Physiotherapy exercises					
Xbox videogames					

### Music and Dance interventions

## Conclusions

### Implications for practice

- To **train** and **teach nursing professionals** on **how** to carry out physical exercise, music and dance interventions in order to **incorporate** them into their daily practice. In this way, nurses will be able to **help** patients in their treatment and management of motor and non-motor symptoms that significantly reduce their **quality of life**.
- It is also necessary to educate **nursing students** about the **limitations** that patients experience as the disease progresses. **Knowing** their physical and psychological disorders allows students to **identify** them early and to be able to carry out a **comprehensive patient care**. In this way, students will be able to develop an **active role** during these interventions.

### Implications for research

- It is needed further **study** and **research** on the different interventions that nurses can carry out in order to improve symptom control and, therefore, patient's quality of life.



(21)

### Bibliography

