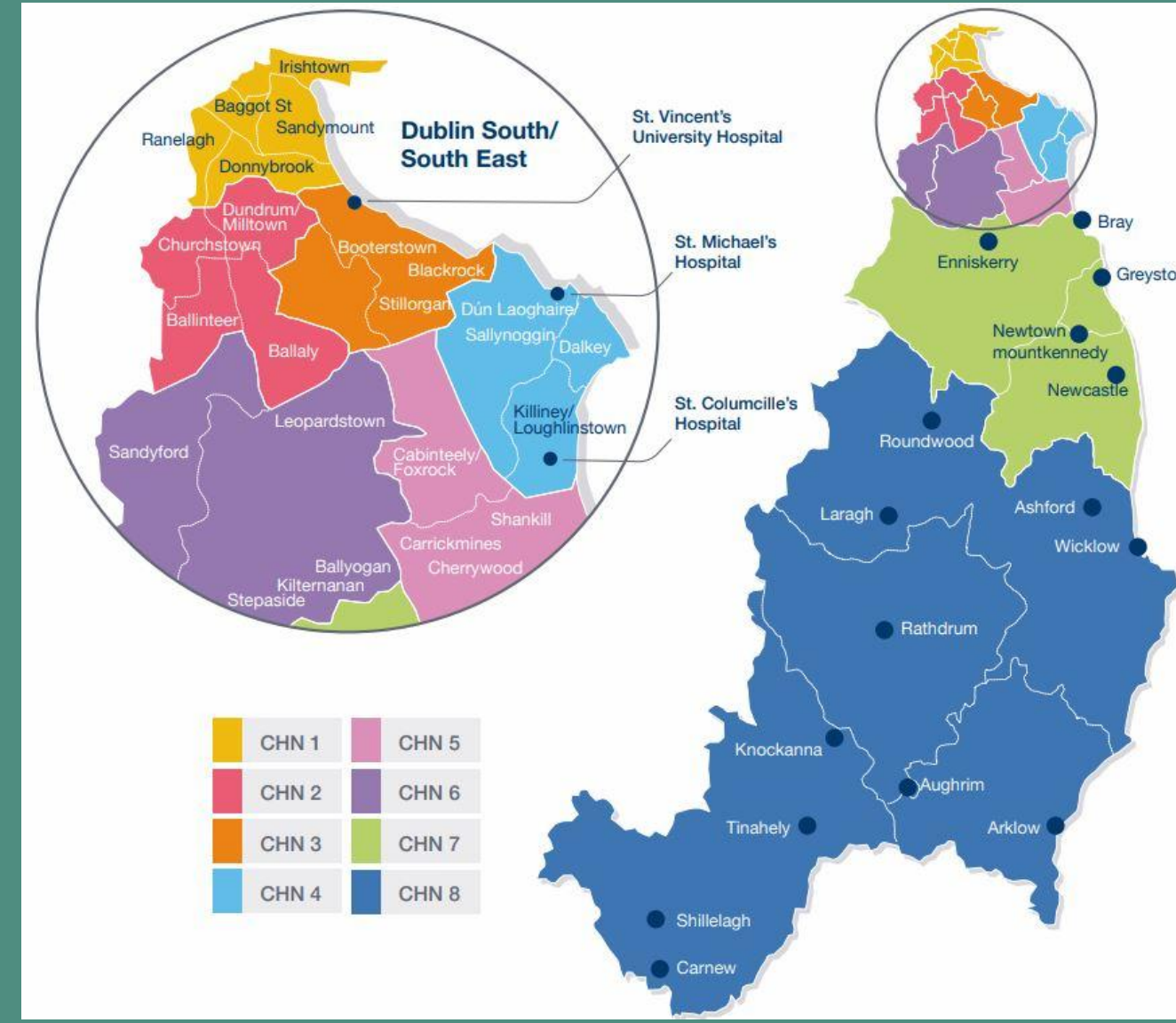


Presented by: Fiona Craven, Laura Nuzum, Barbara Flynn, & Josephine Doyle, Speech and Language Therapists CHN7 & CHN8

Introduction

Background:

- People living with Parkinson's Disease represent a significant cohort of the Adult Speech and Language Therapy (SLT) service across Wicklow (approx. 20%).
- Client and carer feedback identified a gap in service provision for clients living with Parkinson's Disease across CHN7 North Wicklow and CHN8 South Wicklow.
- Individual 1:1 therapy was reported to provide positive client experience but identified the need for additional support to maintain gains on completion of initial therapy.



Sláintecare.

Project Aims and Objectives

Aim:

- To develop a clinical pathway within Primary Care for clients living with Parkinson's Disease who are attending the SLT service in Wicklow, building on client and carer feedback.

Objectives:

- To develop a peer support forum for client's living with Parkinson's Disease in Wicklow and their care partners.
- To provide support for clients in maintaining therapeutic gains following 1:1 SLT intervention.
- To provide a forum for further education from the multidisciplinary team regarding symptoms and supports for client's living with Parkinson's Disease

Project Development

- Following feedback from clients and their carers, a peer support group for people living with Parkinson's Disease was designed, implemented and evaluated in Wicklow.
- A 6 session peer support group was implemented to run fortnightly across 3 months in both Bray Primary Care Centre (CHN7, North Wicklow) and Wicklow Primary Care Centre (CHN8, South Wicklow).
- Clients and their carers were invited to attend the 1.5 hour sessions.
- Each session provided an opportunity for shared practice of exercises learned in 1:1 therapy sessions, a focused discussion with members of the MDT, and space to build social links and supports across the group.



Progress to Date



LOUD Therapy Maintenance Group Autumn 2022



What would you like to achieve from the group?



- Groups ran in CHN7 & CHN8 in Q1 and Q4 2022. 15 clients attending regularly with their care partners.
- Educational input provided by Physiotherapy, Occupational Therapy, Dietetics, Pharmacy, and patient advocate.
- Pre and post baseline measures indicated changes in client perception of support, knowledge of PD & confidence carrying out voice exercises. Qualitative feedback from care partners highlighted positive gains from meeting other care partners
- Participants indicated a desire to continue with the group - monthly voice exercise group has been established in both CHN7 & CHN8
- New client cohort scheduled to attend 2nd roll-out of groups.

Opportunities

Past:

- Build on existing service pathways based on shared learning of lived experience of clients in Wicklow
- Additional ECC post enabled development of service
- Group room space available in new primary care centres

Present:

- Shared Learning across Adult SLT team in Wicklow and CH East
- Increased capacity within the team with the support of additional funding
- ECC Physio post facilitated joint SLT/PT group in CHN8

Future:

- Further opportunities to support timely access to care
- Develop and refine care pathways offered within PC Adult SLT
- Continue to develop MDT working opportunities

Challenges

Past:

- Initially only 1 WTE post across Wicklow
- Extensive waiting list for service prior to recruitment of Adult SLT posts and additional ECC posts

Present:

- Dual pathways with some clients also accessing hospital based services
- Sourcing additional Physio support in CHN7 to run joint groups
- Group setting not appropriate to all clients (e.g. cognitive impairment, transport barriers)

Future:

- Clinical, administrative challenges
- Supported engagement across Acute and Community based services

The client voice

"I found it very helpful to speak to other Parkinson sufferers and share day-to-day issues"

"It was encouraging to meet others with the same condition"

"Supported by (other) professionals was very helpful"

"It has been a positive experience to have somewhere to go to consistently exercise"

"I find the group very welcoming and interesting"

