Interventions for Parkinson's Disease: Literature Review

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Interventions for Parkinson’s Disease

Parkinson's disease is a neurological disease that degenerates patients' muscles, causing issues with mobility and consequently affecting their social and mental health (Chen et al., 2020). There is not a straightforward treatment for Parkinson's disease. However, these studies are different interventions researched to improve patients with Parkinson's disease quality of life. The literature review will focus on the success of the interventions and their benefits.

Effect of Exercise on Quality of Life in Parkinson’s Disease: A Systematic Review and Meta-Analysis

When treating a patient with Parkinson's disease, research has proven that exercise improves their quality of life. In this study, researchers assessed the progress of three different groups who practiced anaerobic and aerobic exercises across three timeframes, which were less than 12 weeks, 12 weeks, and longer than 12 weeks. Participants who exercised longer than 12 weeks showed improvement in their activities of daily living, social interaction, and mobility (Chen et al., 2020). Aerobic exercises, dance, and strength training showed the most improvements in quality of life, while anaerobic exercise did not improve compared to the control group (Chen et al., 2020).

Key Points

In the study, 1,143 participants participated. For the participants to qualify, they were diagnosed with Parkinson's disease, capable of participating in exercise interference, and over the age of eighteen (Chen et al., 2020). Most of the participants were male and had a mean age of 68 years. A meta-analysis showed a significant decrease in quality of life with exercise compared to no exercise intervention (Chen et al., 2020). Two reviewers assessed the risk for bias, and the study included a control group (Chen et al., 2020). The results will show an effective alternative to drug therapy if a client can participate in the exercise effectively. Unfortunately, there were no studies conducted for a more extended period than six months.

Assumptions

The assumptions made through the study were to measure the effect of the intervention of exercise in patients with Parkinson's disease, which led the study to be a quantitative analysis. Furthermore, the article assumed that exercise improves the quality of life in individuals with Parkinson's disease and complements drug therapy (Chen et al., 2020). Through the research, it found that exercise intervention could increase mobility and improve quality of life.

Deficit/Conclusion

In conclusion, this article shows the clinical significance that long-term practice of aerobic exercises, dance, and tai chi has a significant impact in approving patients' mobility and

improves their overall quality of life. The intervention needed to be for at least 12 weeks (Chen et al., 2020). When agreeing with these findings, it is believable that it is beneficial to incorporate aerobic exercise into a patient's lifestyle as they deal with the degenerative symptoms of Parkinson's disease. Failing to utilize the proven benefits of exercise is a disservice to patients, as there is currently no treatment for Parkinson's disease. When a beneficial method to treating mobility issues comes along, such as exercise, it is a nurse's responsibility to educate both the patient and their families.

References

Chen, K., Tan, Y., Lu, Y., Wu, J., Liu, X., & Zhao, Y. (2020). Effect of Exercise on Quality of Life in Parkinson's Disease: A Systematic Review and Meta-Analysis. Parkinson's Disease, 2020, 3257623. https://doi.org/10.1155/2020/3257623