

ACTIVE LEARNING TEMPLATE: *System Disorder*

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DISORDER/DISEASE PROCESS Parkinson's

REVIEW MODULE CHAPTER _____

Alterations in Health (Diagnosis)
Parkinson disease

Pathophysiology Related to Client Problem
Dopamine depletion from the basal ganglia results in major disruptions in the connections to the thalamus and motor cortex, and leads to parkinsonian signs such as bradykinesia.

Health Promotion and Disease Prevention
Eat Fresh, Raw Vegetables.
Incorporate Omega-3 Fatty Acids into your diet and Vitamin D3
Do regular aerobic exercise

ASSESSMENT

Risk Factors
Age
Heredity
Sex
Exposure to toxins

Expected Findings
Tremor, Slowed movement (bradykinesia), Rigid muscles, Impaired posture and balance, Loss of automatic movements, Speech changes, Blood pressure changes, Smell dysfunction, fatigue, sexual dysfunction

Laboratory Tests
no standard biological tests for the disease (blood test) but researchers are trying to find biomarkers in blood & other fluids

Diagnostic Procedures
MRI
CT, ultrasound of the brain, and PET scans

SAFETY CONSIDERATIONS

Falls prevention
Medication interaction

PATIENT-CENTERED CARE

Nursing Care
Nurses are responsible for planning patient medication schedules to maximize drug effectiveness
Constipation is addressed by increasing the patient's fiber and fluid intake and by increasing the patient's mobility.
Patient mobility is increased when the patient is taught purposeful activities and to concentrate on the way he walks
Communication is facilitated if the patient takes deep breaths before speaking and uses diaphragmatic speech

Medications
Carbidopa-levodopa
Dopamine agonists
MAO B inhibitors
Catechol O-methyltransferase (COMT) inhibitors
Anticholinergics
Amantadine

Client Education
Remove things that can cause you to trip. These include throw rugs, loose wires, or cords.
Fix uneven flooring.
Make sure your home has good lighting, especially in hallways.
Install handrails in the bathtub or shower and next to the toilet.
Place a slip-proof mat in the bathtub or shower.

Therapeutic Procedures
Deep brain stimulation
Transplantation of fetal tissue stem cells

Interprofessional Care
Nurses
OT/PT
Swallowing therapist
Speech therapist
Dietitian

Complications
Thinking difficulties
Depression and emotional changes
Swallowing problems
Chewing and eating problems
Sleep problems and sleep disorders
Bladder problems
Constipation