

## Subjective

- Patients hands are shaking uncontrollably
- Denies pain
- Patient is A&Ox2

## Nursing Diagnosis/Outcomes

- Potential for falls due to unsteady gait occurring with bradykinesia, tremors rigidity, and postural and autonomic instability./ After instruction, the patient demonstrates safe and effective ambulatory techniques and preventive measures against falls and remain free of trauma.
- Decreased mobility due to difficulty initiating and/or maintain movement./ After instruction, the patient demonstrates measures that enhance ability to initiate desired movement.

## Objective

- Bradykinesia
- Rigidity
- postural instability also referred to as parkinsonism
- Tremor is the most apparent and well-known symptom.

## Parkinson Disease

Parkinson's Disease. Parkinson's disease is a brain disorder that leads to shaking, stiffness, and difficulty with walking, balance, and coordination. Parkinson's symptoms usually begin gradually and get worse over time. As the disease progresses, people may have difficulty walking and talking.

## Nursing Interventions

- Assess ambulation and movement for deficit
- During ambulation, encourage patient to deliberately swing the arms and raise the feet.
- Teach head and neck exercises
- Remind the patient to keep a wide-based gait.