



# Home Health Aide On-the-Go In-Service Lessons: Vol. 3, Issue 6: Patients with Parkinson's Disease

*HCPPro, Inc., Beacon Health*

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This lesson on Patients with Parkinson s Disease includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - there s no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year. LESSON OBJECTIVES After completion of this program, the home health aide will be able to: List three of the four major symptoms of Parkinson s disease Name two measures for helping Parkinson s disease patients maintain balance Describe three energy-conserving measures helpful for Parkinson s disease patients, and Name three secondary symptoms common to Parkinson s disease patients. LESSON OVERVIEW Three out of every 100 Americans over the age of 60 have Parkinson s disease. More than 50,000 people in the United States are diagnosed each year. According to the National Parkinson Foundation the total health care cost for Parkinson s disease is more than \$5.6 billion annually. Patients with Parkinson s disease can be challenging for home health aides because of their muscle tremors, rigidity and bradykinesia. In addition, these symptoms can be unpredictable. On one visit the patient moves relatively easily, and on the next visit he or she has prolonged periods of akinesia. It is difficult for home health aides to understand why patients may freeze instead of taking more steps. Since patients with Parkinson s disease frequently require assistance with personal care, it is important for home health aides to understand the disease process as well as how to assist these patients. The purpose of this in-service program is to provide the information needed to allow home health aides to better care for patients with Parkinson s disease.

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