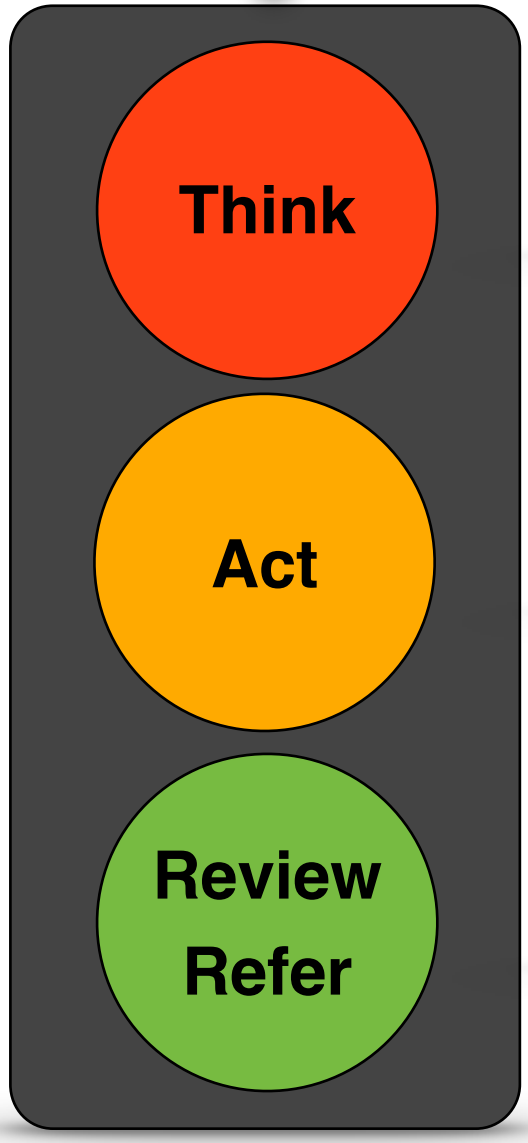
**PD patient "NBM"**

South Tees Hospitals NHS
NHSFoundation Trust




**"NBM" does <u>not</u> mean "no bl@*dy meds"**

so ask yourself…

- **do they really need to be "NBM"?** click
- **this matters, because …?** click

- **get the drugs** click
- **prescribe them** click
- **follow the 5R's** click

- **got it right? too much? too little?** click
- **refer to the team** click

# Do they really need to be “NBM”?

Whilst your patient may not be able to manage 3 square meals/day - would they manage their medication will small sips of water?

Is their swallow poor due to omitted medication?

# This matters because…

## NMS - Neuroleptic Malignant Syndrome

- due to sudden withdrawal of PD medication
- onset 1-9 days
- hyperthermia, muscle rigidity, altered state of consciousness, autonomic instability and elevated CK
- significant mortality

## DAWS: Dopamine Agonist Withdrawal Syndrome

- causes significant distress to patient.
- physical (pain, orthostatic hypotension) and psychiatric (anxiety, panic attacks, depression,psychosis) consequences
- muscle spasms and freezing resolves on agonist replacement

# Get the drugs


PD meds are urgent – try:

- patient's own
- neurology/elderly care wards
- emergency drug cupboards
- pharmacy

# Prescribe them

Follow the online calculator

http://pdmedcalc.co.uk

# Follow the 5R's

*right* patient
*right* drug
*right* dose
*right* time
*right* route

Check, and double check, the correct medication, preparation and dose is given

***Timing*** of medication is very important and individualised to the patient.  Ensure prescribed and given at these times

# Got it right?

Signs of ***under*** treatment – poor symptom control; slowness of movement, muscle rigidity, tremor, postural instability

Signs of ***over*** treatment – hypotension, hallucinations, confusion, convulsions, involuntary movements (dyskinesias)

Note that a patient's Parkinson's symptoms may fluctuate across the course of a day

# Refer

Movement Disorder Team

Dr Neil Archibald (Consultant Neurologist)
Zenita Cowen (PD Nurse Specialist)
Sue Palfreeman (PD Liaison Sister)
Vivien Horton (Pharmacist)

**PD helpline - (01642) (8) 54319**

**Mon - Fri**

email: jane.clayton@stees.nhs.uk
phone: 01642 835808
fax: 01642 282770