

# THE PD NEWSLETTER

## Avoiding Parkinson’s Medication Errors in the Hospital

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My fellow neurologists and I have encountered many Parkinson disease (PD) patients hospitalized for medical reasons who experienced additional problems due to incorrect dosing of their medication-- or because they received drugs that worsen PD symptoms. This is a common problem, not just in Utah, but throughout the world. In reviewing University of Calgary Hospital records, neurology resident Katie Wiltshire found that half of the time, levodopa was not ordered in the hospital the way it was being taken at home- and 44% of the time dopamine blocking drugs (that can worsen PD symptoms) were ordered. Neurologist Oliver Gerlach and colleagues, of Maastricht University Medical Centre (The Netherlands), found that 21% of their PD patients experienced deterioration of motor symptoms, 33% had complications, and 26% received incorrect anti-Parkinson’s medication in the hospital. PD and related conditions

cause very low levels of the brain chemical dopamine, which is essential for control of voluntary movements. Therefore, administration of drugs that block dopamine receptors in the brain can dramatically worsen parkinsonian symptoms, leading to complications and extending the duration of hospital stay and recovery time. PD patients often experience hallucinations in the hospital. It is common practice to administer dopamine receptor blocking antipsychotics to delirious patients in the hospital, but in PD patients this must be avoided. The one exception is the drug Seroquel (quetiapine), which comes off dopamine receptors very quickly and therefore does not worsen PD symptoms. Many drugs for treatment of nausea also block dopamine receptors in the brain, and so choices like Zofran (ondansetron) or Tigan (trimethobenzamide) are preferred. Most hospitals do not have adequate coverage to ensure that every PD patient has review of


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their medication orders by an experienced Neurologist to prevent these errors. Different hospitals and clinics may not have access to all of your medical records, so it is important that you have these readily available. If you or a loved one suffers from a parkinsonian condition, you must be proactive in helping prevent drug errors-- and ensuring portability of medical records.

### Some helpful tips:

1. Keep copies of all your medical records (including X-ray, MRI, and CT images) in a portable electronic format. This can be safely done using an encrypted (password protected) thumb drive or smart phone. If you are not sure how, start talking to computer-savvy family members or friends (don't wait for an emergency!) Online file sharing services like Dropbox may be blocked by hospital firewalls, and therefore are not ideal.
2. Provide a schedule with exact doses of your medications, and insist that the schedule be adhered to. If it is not being adhered to, insist that a neurologist be consulted (or arrange a conversation between your neurologist's office and the hospital care team to review the medications).
3. Provide a copy of this article and this list:

### MEDICATIONS TO AVOID

#### Nausea:

- You must avoid anti-nausea medications that block dopamine in the brain. These include:
  - Metoclopramide (Reglan)
  - Promethazine (Phenergan)
  - Prochlorperazine (Compazine)
  - Droperidol (Inapsine)
- If you need to take medication for nausea, the following are acceptable:
  - Zofran (ondansetron)
  - Tigan (trimethobenzamine)
  - Ginger preparations (capsules, tea)
  - Anzemet (dolasetron)
  - Domperidone (available only through select pharmacies)

#### Hallucinations or delusions or sleep or depression:

- You must not take antipsychotics that block dopamine in the brain.
  - Haloperidol (Haldol)
  - Risperidone (Risperdal)
  - Olanzapine (Zyprexa)
  - Ziprasidone (Geodon)
  - Aripiprazole (Abilify)
- The first step review medications and remove or lower medications that may contribute. Mild hallucinations need not be treated. If you need to take medication for the above issues the following can be considered:
  - Quetiapene (Seroquel)
  - Clozaril (clozapine)
  - Pimavanserin (nuplazid)

## Want More Information?

Go to [awareincare.org](http://awareincare.org)

To order your own FREE aware in care kit to help avoid hospital errors.

Each Aware in Care kit is filled with useful tools and information to help a person with Parkinson's during the next hospital visit. Each kit includes: hospital action plan, ID bracelet, medical alert card, medication form, PD fact sheet, reminder slips and magnet for your hospital stay.



# Support Groups

## THE BETTY RUTLEDGE CACHE VALLEY PARKINSON SUPPORT GROUP

2nd Monday at 10 AM Logan Steak House 2427 N. Main St – Logan

Diane Jensen 435-563-3174 [dianesjensen44@yahoo.com](mailto:dianesjensen44@yahoo.com) Wilford Duersch 435-245-4024 [wduersch@gmail.com](mailto:wduersch@gmail.com)

## CEDAR CITY

3rd Wednesday at 1 PM Brookdale Senior Living 995 S. Regency Rd – Cedar City

Diane Talbot [dtsourdough@gmail.com](mailto:dtsourdough@gmail.com) (775) 292-0057

## DAVIS COUNTY

1st Wednesday at 6 PM North Davis Senior Activity Center 42 S. State St – Clearfield

Dale George (facilitator) [dalegeorge6268@msn.com](mailto:dalegeorge6268@msn.com) (801) 451-6238

## HEBER CITY

1st Monday at 11 AM Heber City Senior Center 465 E. 1200 S. – Heber City

Penelope Peterson (facilitator) (435) 657-0114

## SALT LAKE CITY

3rd Thursday at 6 PM Imaging & Neurosciences Center 729 Arapeen Dr – Salt Lake City

Questions: Claudine Saxton [claudine\\_saxton@hotmail.com](mailto:claudine_saxton@hotmail.com) (801) 292-2188

## ST. GEORGE

3rd Wednesday at 10am St. George Senior Center 245 N. 200 W. – St. George

Pat Sapio (facilitator) [patrick.sapio@intermountainmail.org](mailto:patrick.sapio@intermountainmail.org) (435) 669-3664

**TOOELE** 3rd Friday at 1 PM Tooele Applied Technology College (TATC) 88 S. Tooele Blvd – Tooele

Barbara Royal (facilitator) [barbcroyal55@hotmail.com](mailto:barbcroyal55@hotmail.com) (801) 656-9673

## UTAH COUNTY

3rd Thursday at 6 PM Utah Valley Specialty Hospital 306 W. Riverbed Ln – Orem

Randy and Liz Covington (facilitators) [bettycoed@gmail.com](mailto:bettycoed@gmail.com) (801) 225-9099

## WEST JORDAN

4th Thursday at 6 PM Copper Ridge Health Care 3706 W. 9000 S. – West Jordan

Diane Hagen (facilitator) [dhagen@ensigngroup.net](mailto:dhagen@ensigngroup.net) (801) 232-9242

## YOUNG ONSET

2nd Thursday at 7 PM Ameritech College Building 12257 S. Business Park Dr Suite 200 – Draper

Rebecca Starks [rebecca.starks@hsc.utah.edu](mailto:rebecca.starks@hsc.utah.edu) (801) 585-2354

**PSP/MSA/CBD/LBD QUARTERLY INFORMATION NIGHT** Meets quarterly in May, August, November, and

February — 2nd Monday at 6 PM Imaging & Neurosciences Center 729 Arapeen Dr – Salt Lake City

To attend please RSVP to: Rebecca Starks [rebecca.starks@hsc.utah.edu](mailto:rebecca.starks@hsc.utah.edu) (801) 585-2354

# Rock Steady Boxing

Rock Steady Boxing is a non-contact, boxing-inspired fitness program that was developed to specifically fight the symptoms of Parkinson's Disease. Every exercise and activity is done to target common symptoms of PD; such as tremors, postural instability, vocalization weakness, loss of strength, and more. By exercising with Coaches who know the ropes, you can fight your way out of the corner and start to feel and function better. Boxing works by moving your body in all planes of motion while continuously changing the routine as you progress through the workout. These classes have proven that anyone, at any level of Parkinson's, can actually lessen their symptoms and lead a healthier/happier life.

## Logan Rock Steady Boxing

Michelle Harmon  
209 West 300 North  
Logan, UT 84321  
(435) 716-8535 or [logan@rsbaffiliate.com](mailto:logan@rsbaffiliate.com)

## Utah County Rock Steady Boxing

Sherri Bickley, MSW  
80 North 850 East  
Lehi, UT 84043  
(913) 488-6823 or [sherribickley@gmail.com](mailto:sherribickley@gmail.com)

## Riverton Rock Steady Boxing

Sherri Bickley, MSW  
12544 Pasture Road  
Riverton, UT 84096  
(913) 488-6823 or [sherribickley@gmail.com](mailto:sherribickley@gmail.com)

## Wasatch (Park City) Rock Steady Boxing

Rebecca Roberts  
597 Parkway Drive  
Park City, UT 84068  
(435) 640-8695

# Grey Matters: Stretching the Mind, Body and Soul

Sponsored by the University of Utah Departments of Modern Dance and Physical Therapy, Grey Matters: Stretching the Mind, Body, and Soul through Dance provides participants living with Parkinson Disease, their immediate family members, and caregivers and opportunity to enjoy the many pleasures and possibilities dance and music offer as a form of symptomatic therapy.

## **Mondays, 10:15-11:15 AM @ the Skaggs Wellness Center**

530 Wakara Way SLC, UT 84108

Call (801) 587-9161 for more information, you must be a Skaggs Wellness member

## **Thursdays, 2:15-3:30 PM @ the 10th East Senior Center**

237 S. 1000 E. SLC, UT 84102

Free pre-screening is required. Contact [lennie.swenson@utah.edu](mailto:lennie.swenson@utah.edu) to set up an appointment

## **Saturdays, 12:30-1:30 PM @ the Rose Wagner Performing Arts Center, West Studio**

138 W. Broadway (300 S.)

SLC, UT 84101

## PRICE

Prices dependent on specific classes.

# Speech and Swallowing

**Q:** Will Parkinson's disease affect my speech and swallowing? **A:** The muscles of the throat, mouth, and those that control breathing can be affected by PD. This can make your speech harder to understand and make swallowing more difficult. As Parkinson's disease progresses, the symptoms that were once mild or unnoticeable may become worse.

**Q:** How will I know if my speech is affected? **A:** The voice may sound hoarse, breathy or low in volume. Speech that sounds mumbled or monotonous may be one of the first indications of a problem. Listeners often notice this before the person with Parkinson's disease.

**Q:** How soon can this become a problem? **A:** This varies in each patient. Speech difficulty can be an early symptom of PD, but can come years after the diagnosis.

**Q:** What should I do if I have trouble speaking? **A:** Medicine doesn't necessarily help with the speech and swallowing problems. Speech therapy is the best option to control and improve Parkinson's speech symptoms.

**Q:** Where can I find Therapy? **A:** Speech Therapy will likely be available at your local hospital or rehabilitation center. Most speech therapy recommended for PD will use concepts taught and used in the Lee Silverman Voice treatment therapy. Lee Silverman Voice Treatment is a Parkinson's disease program designed to develop the strength to speak with normal volume and clarity. For a List of certified clinicians in the state of Utah, go to: [http://www.lsvt.org/main\\_site.htm](http://www.lsvt.org/main_site.htm).

**Q:** What about swallowing? **A:** The same muscles that are used for speaking are used for swallowing. A speech-language pathologist can make an assessment of your swallowing. He or she may recommend taking small bites of foods, using multiple swallows if needed to clear food, and taking small sips of water following food.



**Utah Parkinson Disease Registry**

*Its simple!*

Go to: [updr.org](http://updr.org)

Enter your Information 



Then Submit!

## Welcome!



We would like to welcome Dr. Camila Aquino MD, MSc to the Movement Disorders Team at the University of Utah. We are excited to welcome her into our Utah Parkinson's Community and look forward to getting to know her. Below is a little bit more about her.

Camila Aquino, MD, MSc is an assistant professor of neurology at the University of Utah School of Medicine. She is both a clinical and research faculty member within the Department of Neurology. Dr Aquino completed her medical school and neurology residency in Brazil. Afterwards she furthered her training with a clinical fellowship in movement disorders and deep brain stimulation at the University of Toronto, Canada. She has clinical experience in diagnosis and management of a broad spectrum of movement disorders, particularly Parkinson's disease. Her research interests are motor complications in Parkinson's disease, dyskinesia, deep brain stimulation, and genetics of movement disorders.

# Pedal Away Parkinson's

Saturday, July 22nd at 8:00 am

10 mile Family Fun Ride

Gailey Park in Kaysville  
(200 South 300 West)

Participants will receive an .

- ★ Ride T-Shirt
- ★ Raffle ticket for prize drawings (Grand Prize is a bike from Biker's Edge!)



Live Music ★ Raffle ★ Food ★ Face Painting ★ Games and Fun

[www.PedalAwayParkinsons.com](http://www.PedalAwayParkinsons.com)

Proceeds benefit the Mountain West Parkinson's Initiative

For more information call 801-585-2354 or email [mwparkinson@utah.edu](mailto:mwparkinson@utah.edu)



Department of Neurology

