



Moving Medicine

New resource launches on World Parkinson's Day for busy healthcare professionals to support people with Parkinson's to be active

On World Parkinson's Day 2021, the Faculty of Sport and Exercise Medicine UK are delighted to announce the launch of a new resource, which forms part of the existing Moving Medicine online resource and supports healthcare professionals to have conversations with patients who live with Parkinson's and their families, on how to keep active.

In the UK, around 145,000 people are already living with Parkinson's and every hour, two more people are diagnosed. That's the same as 18,000 people every year. In fact, 1 in 37 people alive today will be diagnosed with Parkinson's in their lifetime.¹

There are many benefits to being physically active for people living with Parkinson's, including helping to manage the physical symptoms of the condition and other symptoms such as sleep problems and fatigue. Moving Medicine have worked with clinicians, experts, academics, charities and patients to build an evidence based, Parkinson's specific resource for healthcare professionals. This free online resource is built in an award winning² behavioural change framework and supports the healthcare professional.

Healthcare professionals can play a leading role in supporting patients who are struggling to keep active, with one in four people stating that they would be more active if they were advised by a healthcare professional.

The tool contains conversation guides - ranging from one, five and more minutes - that can be used by healthcare professionals, to provide clear and consistent messaging about the benefits of physical activity for people who live with Parkinson's and their families.

Dr Harriet Collins, Sports Physician and Moving Medicine Lead of the Parkinson's resource said: 'My thanks go to my research team, patients, and experts across the field of Parkinson's who have contributed towards this resource to help the promotion of physical activity and exercise in Parkinson's. The evidence is strong across all stages of Parkinson's - " It's never too early to start being active, it's never too late".'

Professor Helen Dawes, Professor of Movement Science and Director for the Centre for Movement, Occupational and Rehabilitation Sciences at Oxford Brookes University said: 'This is the ' go to resource ' to help people with Parkinson's and their family achieve an active lifestyle and follow the best exercise program for them. Developed by experts and people living with Parkinson's for both health care practitioners and people with Parkinson's to use, it is full of great evidenced ideas and conversations to support people at every stage.'

Jamie Blackshaw, National Physical Activity and Healthy Weight Lead at PHE, comments: "For people living with Parkinson's, there is no one-size-fits-all approach when it comes to deciding how to keep active. The easy-to-follow conversation guides support healthcare professionals to provide personalised advice to patients who are newly diagnosed or displaying progressive or complex symptoms, about how to keep active in a way that works for them and their families."

¹ Parkinson's UK <https://www.parkinsons.org.uk/about-us/media-and-press-office#:~:text=In%20the%20UK%2C%20around%20145%2C000,as%2018%2C000%20people%20every%20year.>

² Moving Medicine won the Royal College of Physicians Excellence in Patient Care award for Person centred care in 2020





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Sarah Ruane, Strategic Lead for Health at Sport England said “Physical Activity is good for us, and it is especially good for people with Parkinson’s. Our work with Parkinson’s UK highlighted that people with Parkinson’s wanted a personal, tailored approach to help them become more active. The Moving Medicine Module does just that by providing easy to use guides for healthcare professionals and patient information to support people with Parkinson’s to explore how activity could fit into their lives”.

The free consultation guide covers the main benefits to physical activity to support people living with Parkinson’s. It also covers the main barriers that healthcare professionals hear when talking to people about becoming more active and offers support and ideas on how to navigate these.

The resource has been developed with Parkinson’s UK, parkinsons.me and Parkinson’s Care and Support UK.

Notes to editors

- Launched in 2018, Moving Medicine is a free, evidence based resource for Healthcare professionals to give brief advice on physical activity.
- Moving Medicine is an initiative by the Faculty of Sport and Exercise Medicine UK in partnership with Public Health England and Sport England and forms part of PHE’s Moving Healthcare Professionals programme.
- Moving Medicine won the Royal College of Physicians Excellence in Patient Care award for Person Centred care in 2020. The Active Hospital section on the website was one of only 4 shortlisted finalists for the Quality Improvement Category at the same awards.

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