

EPAC (Edinburgh Parkinson's Assessment Clinic)

What is the Aim

Although the majority of patients are carefully monitored by their GP, some being regularly seen by hospital specialists as well, these services are not always able to provide the support that is often needed in addition to drug therapy. In Parkinson's disease, disabilities develop relatively slowly.

To help patients and carers LIVE with the condition over many years, regular assessment is needed, not just by doctors, but by an integrated specialist team of Physiotherapist, Speech Therapist and Occupational Therapist.

How does it operate?

The clinic provides the opportunity for members of the team to give patients plenty of time for reassurance and practical advice, time to talk things over and ask all manner of questions in a relaxed atmosphere. Each patient is initially seen by all members of the team together to discuss general issues relating to their condition; following this, time is spent with each member of the team individually. Plenty of time is deliberately allocated in each interview for patients and carers to discuss in detail their questions about the disease progress, its complications and treatment.

Types of Therapy

THE OCCUPATIONAL THERAPIST assesses practical problems of daily living, by noting home circumstances and facilities as well as the support being received from the community and other social services. Suggestions are offered to suit your particular needs and further referral to community services may be advised.

THE PHYSIOTHERAPIST assesses posture, balance, walking and general mobility problems such as getting on and off chairs and turning in bed etc. Advice and exercises will be given and referral for physiotherapy in the community if necessary.

THE SPEECH THERAPIST is concerned with problems of speech and communication as well as other problems with the mouth such as chewing and swallowing. Specific advice and exercises will be given, and referral to more comprehensive speech therapy sessions if needed.

This is a Therapist Led clinic. That means you WILL NOT see a Doctor at this clinic. However your GP gets a report after you attending the clinic.

VENUE: The Royal Victoria Hospital (RVH) medical out-patients department on Wednesday afternoons each week. Patients may be referred by their GP or hospital consultant but are at liberty to refer themselves. Patients must make their own way to the Royal Victoria Hospital. Where possible patients should be accompanied by a family member / carer and it is helpful if a list of all medicines being taken is also brought with you.

FURTHER INFORMATION

Contact Royal Victoria Hospital on 0131 537 5006 or 537 5038 and ask for Edinburgh Parkinson's Disease Assessment Clinic (EPAC)