

Building evidence for best practice  
nursing services for people with  
Parkinson's disease in regional NSW

Research commissioned by Parkinson's NSW  
and conducted in partnership with our  
Research Team from CSU

### School of Nursing, Midwifery & Indigenous Health

- Associate Professor Rachel Rossiter
- Associate Professor Marguerite Bramble
- Dr Annabel Matheson

### Mid North Coast Local Health District

- Vince Carroll Parkinson's Nurse Consultant

Why has the CSU team been  
commissioned to undertake this  
research?

# Parkinson's disease

- A **chronic**, neurodegenerative, incurable, complex and disabling neurological condition with no known cure.
- Affects as many people in Australia as cancer and heart disease does.
- 20% of those affected are of working age and the remaining 80% are over 65.

# World Health Organisation policy framework

- Parkinson's disease places a heavy burden on the person with the disease, their caregiver, family and society.
- WHO emphasises the need for positive and proactive government policies with clearly identified links to healthcare organisations and the community.

# International examples

- In the UK, well-developed policies formed jointly by government and nursing bodies have increased the scope of the Parkinson's Disease nurse specialist
  - Cost-effective primary health services are available for people with Parkinson's disease in the UK.
- Since 2004, the Netherlands have implemented the ParkinsonNet program, a low cost, evidence-based model of integrated care.
- International collaboration across Europe and Canada to improve community care for people living with Parkinson's disease.

# In Australia

- Currently, no policy framework in this country addressing the needs of people living with Parkinson's disease.
- The lack of policies and a coherent approach to providing integrated specialist nursing care is particularly noticeable in regional, rural and remote areas.
- People living in these areas have lower health-related quality of life and poorer management of Parkinson's Disease when compared with those living in urban areas.

# The research project thus far:

## **Purpose:**

To provide evidence to support the advocacy role of Parkinson's NSW with State and Federal Governments, as they seek to draw attention to the deficit in specialist neurological nursing services in rural and regional areas of NSW.

## **Stage 1: (Completed)**

A comprehensive review of the existing research evidence to identify:

best practice nursing services for people living with Parkinson's disease, and

Measures of sustainability for recruitment and retention for rural and remote area nurses.



## Stage 2: (In progress)

Evaluating the effectiveness of two specialist Parkinson's disease nurses in regional NSW.

## Stage 3: (Under development)

Examining the role of Parkinson's disease support groups across NSW.

(Vince Carroll is enrolled in a Master of Philosophy (Research) with CSU to undertake this component of the project.

## Message from the CEO of Parkinson's NSW Ms Jo-Anne Reeves

“Initiatives such as this art exhibition provide the opportunity to highlight the day-to-day struggles and realities experienced by people living with chronic illness. Parkinson's NSW is pleased to be working in partnership with Charles Sturt University and Associate Professor Rachel Rossiter and the research team to highlight the need for specialist nurses in rural and regional areas of NSW.”

## For further information.

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