

Who is this service for?

The Parkinson's disease nurse specialist service is available for people who have a confirmed diagnosis of Parkinson's disease or associated conditions such as Progressive Supranuclear Palsy (PSP), Multiple System Atrophy (MSA) and Corticobasal Degeneration (CBD).

We aim to improve the quality of life for people diagnosed with Parkinson's disease (including associated conditions) and their families and carers through non-urgent support, advice and education.

How do I access the service?

This service accepts any patient who is registered with an East Grinstead or Crawley General Practitioner (GP) and under the care of an NHS Consultant Neurologist or NHS Consultant Geriatrician.

Your GP or NHS Consultant can send a referral to us either by post or email.

What support does the service provide?

- Nurse-led clinics at QVH, video reviews and/or home visits for assessments, lifestyle advice, emotional support and support with problem solving
- Help with accessing additional professional services and referrals to multidisciplinary teams/agencies where necessary
- Support and advice with symptom management

- Reviews of medication
- Advice, information and support by telephone

How often will I be seen?

Guidance from the National Institute for Health and Care Excellence recommends regular reviews with a specialist at intervals of six to 12 months.

How to make the most of your appointments

- Bring someone with you for support
- Make a list of questions before you come
- Bring a diary of symptoms with you
- Bring a list of your medications, including over-the-counter medications or supplements
- Be open about your condition and don't be afraid to ask questions

We will offer you up-to-date and accurate information so that you can be actively involved in managing your condition.

When should I contact the Parkinson's nurse?

- If you have a question about your Parkinson's
- If you are concerned by any symptoms you are experiencing
- If you are finding it difficult to cope with any aspect of your Parkinson's or associated condition.

If you need advice or support whilst the nurse is away, please contact your GP.

Useful information

Sudden changes do not normally occur in Parkinson's and are not normally expected. Sudden changes are likely to be due to other factors such as: infection, constipation, dehydration, medication changes or changes in personal circumstances. It is important that the underlying issue is identified and resolved to allow your Parkinson's symptoms to return to your normal. This can take some time.

Get the best from your NHS

Our patient advice and liaison service (PALS) can help patients, families and carers with questions, comments or concerns about NHS services.

If you need advice about our services, facilities, staff or would like to make a comment, please contact PALS at: qvh.pals@nhs.net

Contact us

01342 414323

qvh.parkinsons@nhs.net

Rehabilitation Unit
Building 17
Queen Victoria NHS Trust Hospital
Holtye Road
East Grinstead
RH19 3DZ

qvh.nhs.uk

Useful contacts

Parkinson's UK

215 Vauxhall Bridge Road
London SW1V 1EJ

020 7931 8080

hello@parkinsons.org.uk

parkinsons.org.uk

If you'd like to find out how you can support QVH, please visit www.supportqvh.org



Please ask if you would like this leaflet in larger print or a different format.

Issue 1 - Ref: no. 0103
Approved by the Patient Information Group
Print July 2022 - Review July 2025

Copyright QVH NHS Foundation Trust
qvh.nhs.uk

Parkinson's disease nurse
specialist service

For East Grinstead and Crawley

