THE ROLE OF THE PARKINSON’S DISEASE NURSE SPECIALIST IN SUB SAHARAN AFRICA

INSIGHTS FROM EXPERIENCE IN TANZANIA
Patients with Parkinson's (PDNS) are managed by a multidisciplinary team.
BACKGROUND

• TAUGHT IN ENGLISH
• 20 NURSES
• EAST SUB SAHARAN AFRICA
  • RWANDA
  • UGANDA
  • ETHIOPIA
  • KENYA
  • NIGERIA
  • TANZANIA
    • INCLUDING PHYSIOTHERAPISTS AND OCCUPATIONAL THERAPISTS
COURSE

• 5-DAY COURSE ALL ASPECTS OF PARKINSON’S DISEASE
  • DIAGNOSIS
  • MEDICATION
  • MOTOR SYMPTOMS
  • NON-MOTOR SYMPTOMS
  • NEUROPSYCHIATRY
  • MULTI-DISCIPLINARY WORKING
  • PROVISION OF UK BASED MENTORS VIA E-MAIL
CHALLENGES FOR STUDENTS

• UNDERSTANDING OF THE COMPLEXITIES OF THE CONDITION
• DISPELLING MYTHS
• MANAGING THIS COMPLEX CONDITION WITH LIMITED RESOURCES
• IMPORTANCE OF THE PDNS
  • IN MANAGING SYMPTOMS
  • RAISING AWARENESS OF THE CONDITION
  • SUPPORTING AND EDUCATING PATIENTS, FAMILIES AND THE WIDER COMMUNITY
• ?AUTONOMOUS PRACTITIONER
EVALUATION AND ASSIGNMENT

• POSITIVE FEEDBACK FROM STUDENTS
• STUDENTS SUPPORTED EACH OTHER
• ALLOCATED UK MENTOR
• USE OF WEB BASED UK RESOURCES
  • PARKINSON’S UK WEBSITE
• ASSIGNMENT AFTER 6 MONTHS
  • SLOW TO FINISH
  • VARIED PROBLEMS FROM MEDICATION ISSUES TO SMALL NUMBERS OF PATIENTS
FUTURE

• MONTHLY CONTACT BETWEEN STUDENT AND UK MENTOR
• AGREEMENT FROM CLINICAL LEAD TO SUPPORT STUDENTS
• REPORT AFTER 6 MONTHS
  • WHAT PATIENTS THEY HAVE ENCOUNTERED
  • INTERVENTIONS/OUTCOMES
  • EDUCATION
  • IF NOT SEEN MANY PATIENTS THEN HOW HAVE THEY RAISED AWARENESS OF PARKINSON’S DISEASE WITHIN THE WIDER COMMUNITY
  • RAISING AWARENESS WITH OTHER HEALTH PROFESSIONALS