

Framework for professionals supporting patients deteriorating with Parkinson's Disease (PD)

PROBLEM/STAGE	DESCRIPTION	ACTION
Recognising advancing disease	<p>The disease trajectory of PD typically follows a long progressive decline over many years. Identifying when someone with PD is approaching their last months of life is challenging but important.</p> <p>Below are some specific indicators that have been suggested to recognise advancing disease. Be aware that a person may not experience all of these.</p> <ul style="list-style-type: none"> • Hallucinations • Weight loss • LRTI/Recurrent Pneumonia • Swallowing difficulties • Increasing number of falls • Drug treatment not effective or a more complex regime is needed <p>It is important to also note other significant life events that a person is experiencing, for example bereavement.</p>	<p>Identifying when someone with PD is experiencing a period of flux can trigger:</p> <ul style="list-style-type: none"> • Conversations to help identify priorities and wishes of the patient • Opportunities to record these informally or formally and share with relevant HCPs (e.g. by completing a ReSPECT form) • Opportunities to create an 'anticipatory care plan' • Entering the patient's data onto an End of Life Care register/EPaCCS
Sudden deterioration of PD symptoms	<p>It is unusual for a rapid deterioration to be caused by PD alone. Ensure a complete assessment has occurred to identify reversible causes.</p> <p>The following should be considered:</p> <ul style="list-style-type: none"> • Intercurrent illness (e.g. UTI, chest or other infection, aspiration, dehydration, constipation) • Change in medication – consider all medications, not only a change in anti-Parkinson's treatment. For example, has an anti-cholinergic or opiate drug been commenced? 	<ul style="list-style-type: none"> • Clinical assessment to exclude intercurrent illness • Review medication changes • Establish wishes of the patients regarding ceilings of treatment / investigation / place of care. • Ensure any changes in wishes have been updated on ACP documentation such as ReSPECT form, EPaCCS, Connecting care.

<p>Typical / Anticipated Non motor Symptoms</p>	<p>People with PD report an average of at least eight non motor symptoms (NMS), which are often more difficult to recognise and treat than motor symptoms but cause significant distress.</p> <p>Neuropsychiatric:</p> <ul style="list-style-type: none"> • Psychosis • Agitation • Anxiety / Depression • Cognitive impairment <p>Sleep dysfunction</p> <p>Autonomic dysfunction:</p> <ul style="list-style-type: none"> • Bladder • Postural hypotension • Erectile dysfunction • Sialorrhoea <p>Pain</p> <p>GI symptoms:</p> <ul style="list-style-type: none"> • Constipation • Gastroparesis <p>Speech dysfunction:</p> <ul style="list-style-type: none"> • Dysarthria • Dysphagia <p>Sleep dysfunction</p>	<p>Consider assessment of NMS using validated tool - such as NMS quest: https://www.pdnmg.com/imagelib/pdf/nms-quest.pdf</p> <ul style="list-style-type: none"> • Consider referral to PD service for optimisation of symptom control
<p>Parkinson's treatment related issues</p>	<p>Dopaminergic medications offer significant benefit for motor symptoms but motor fluctuations and dyskinesias may occur at even moderate stages of the disease. Adverse neuropsychiatric and autonomic side effects of these medications may be prominent and include:</p> <ul style="list-style-type: none"> • Nausea and vomiting • Confusion / Hallucinations • Dyskinesia 	<ul style="list-style-type: none"> • Ensure all Parkinson's medications are given at the times suggested and that brand is consistent. • Establish whether swallowing difficulties are contributing to concordance issues with medications. • If suspicion that a change in medication has caused someone to feel unwell, seek advice from the PD team.

	<ul style="list-style-type: none"> • Low blood pressure • Drowsiness • Impulse control disorder (with dopamine agonists) <p>Simplifying medications in advanced PD to focus mostly on Levodopa may be preferable to reduce medication burden and ameliorate side effects, particularly those associated with adjunctive therapies such as Dopamine agonists and anti-cholinergics. Changes in medication should be in consultation with the patient's usual PD team.</p> <p>Be aware that some patients report a reduced efficacy when medication brand is switched (for example switching from Sinemet plus 100/25 to generic Co-Careldopa 100/25).</p> <p>Abrupt cessation or withholding of dopaminergic medications is contraindicated in almost all circumstances due to the risk of worsening motor and non motor symptoms in the 'off state' and also because of the risk of neuroleptic-like malignant syndrome (L-dopa) and Dopamine Agonist Withdrawal Syndrome (Dopamine Agonists).</p>	<ul style="list-style-type: none"> • Be alert to features of neuroleptic-like malignant syndrome in anyone who has stopped treatment abruptly • Changes in PD medication should generally take place in consultation with the patient's usual PD team
<p>Inability to swallow Parkinson's medications (when this has arisen acutely)</p>	<p>People with PD are at greater risk of their swallowing deteriorating – either in the context of intercurrent illness or as part of the condition.</p> <p>Avoid the abrupt withdrawal of Parkinson's medications and missed doses.</p> <p>Be cautious in diagnosing dying in a patient with PD who has missed medication doses – the 'off' state may look like dying and be brought about by something like constipation-associated non-absorption of medication.</p>	<ul style="list-style-type: none"> • Rule out additional pathology if someone presents with swallowing difficulties for the first time. • Actively look for and treat intercurrent illness (infection, constipation, urinary retention, electrolyte abnormalities, oral candidiasis) • Offer good mouth care • Do not alter treatment regimens or timings without advice • NEVER prescribe dopamine antagonists (E.g.

		<p>haloperidol, metoclopramide, prochlorperazine)</p> <ul style="list-style-type: none"> • Where possible seek specialist input from the PD team early • If someone is struggling to swallow food and fluids, as well as medication, urgent speech and language assessment should be sought <p>See hyperlink for flow chart and conversion tables to support maintenance of PD meds in patients with swallowing difficulties (BNSSG guidelines 2018) http://remedy.bnssgccg.nhs.uk/media/2557/community-pd-swallow-guidance.pdf</p> <p>Please note caution in conversions. If there is a high risk of delirium consider using the 'Optimal' calculator: http://parkinsonscalculator.com/</p>
<p>Recognising and managing the dying phase</p>	<p>It is important to recognise when someone is 'actively' dying as this allows a change in the focus of care and gives family some warning of approaching death. Recognising imminent death can be particularly challenging in PD, where a person has slowly deteriorated over a prolonged period of time.</p> <p>The dying phase of PD can be unpredictable, sometimes occurring over days or weeks, rather than hours or days. It may be helpful to consider the following:</p> <ul style="list-style-type: none"> • Exclude reversible causes • The 'Off' phase with significant rigidity / bradykinesia may be mistaken for dying <p>A Deep Brain Stimulator (DBS) must be removed before cremation.</p>	<p>Establish the wishes of the person and family in relation to their care at the dying phase (including place of care)</p> <ul style="list-style-type: none"> • Exclude reversible causes • Ensure no recent discontinuation / omission of usual anti-parkinsonian medications before diagnosing dying • Continue usual medications if able <p>Please see link to BNSSG guidelines 2018: http://remedy.bnssgccg.nhs.uk/media/2557/community-pd-swallow-guidance.pdf</p> <p>If the oral route is no longer possible and you are considering converting to a PD medication patch this should usually be done in liaison with the patient's usual PD team.</p>

<p>Management of common symptoms in the dying phase (last days of life)</p>	<p>Pain</p> <ul style="list-style-type: none"> • There are a number of different causes of pain in patients with PD: musculoskeletal (including rigidity), dystonic, neuropathic (often under recognised in PD). • The approach to pain should follow the principles of the WHO analgesic ladder, recognising that analgesia may need to be given via the TD/SC route if patients are unable to swallow safely. Please note the increased risk of constipation with opiates. • Remember to consider use of PD medications to optimise management of motor symptoms causing pain <p>Nausea and vomiting</p> <ul style="list-style-type: none"> • Consider treating any underlying causes of nausea that remain appropriate • Metoclopramide, Haloperidol, Cinnarizine, Prochlorperazine should not be used in PD, as they have antagonist effects at dopamine receptors. Levomepromazine and Cyclizine should be used with caution. <p>Agitation and hallucinations</p> <ul style="list-style-type: none"> • Consider treating any underlying causes (e.g. constipation, urinary retention, pain) • Dopaminergic medications can contribute towards confusion and hallucinations, so these may need to be adjusted • Antipsychotic medications have antagonist effects at dopamine receptors so should be avoided 	<p>To lessen rigidity, ensure dopaminergic medication is given on time according to the individual's usual regimen. If someone is on an apomorphine pump, it may be appropriate to maintain the infusion to prevent rigidity and pain - seek advice from the PD team. If PD medications have been optimised and rigidity remains a problem, it may be appropriate to use midazolam via subcutaneous infusion to manage this alongside other analgesia.</p> <p>Ondansetron (PO/SC) and Domperidone (PO) are the anti-emetics of choice in the management of nausea and vomiting in PD. Cyclizine and other anticholinergics risk worsening of confusion, so should be avoided if possible.</p> <p>If agitation persists, despite optimisation of dopaminergic medication and treatment of reversible causes then consider:</p> <ul style="list-style-type: none"> • Whether a switch to a Rotigotine patch may have contributed, particularly if patient is elderly or previously agonist naïve. • Use of Benzodiazepines (most likely SC midazolam if not swallowing) • Seek specialist advice if persistent despite this • Review response to medications and consider further changes • Consider referral to specialist palliative care team
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