Specialist rehabilitation for people with Parkinson’s disease in the community: a randomised controlled trial

Heather Gage,1* Linda Grainger,1 Sharlene Ting,1 Peter Williams,2 Christina Chorley,1 Gillian Carey,1 Neville Borg,1 Karen Bryan,3 Beverly Castleton,4 Patrick Trend,5 Julie Kaye,3 Jake Jordan1 and Derick Wade6

1School of Economics, University of Surrey, Guildford, UK
2Department of Mathematics, University of Surrey, Guildford, UK
3Division of Health and Social Care, University of Surrey, Guildford, UK
4Outpatient Department, The Runnymede Hospital, Chertsey, UK
5Department of Neurology, Royal Surrey County Hospital, Guildford, UK
6Oxford Centre for Enablement, Nuffield Orthopaedic Centre, Oxford University Hospitals NHS Trust, Oxford, UK

*Corresponding author

Declared competing interests of authors: Funding received from the South East Coast Dementias and Neurodegenerative Disease Research Network and the NHS South East Coast.

Published December 2014
DOI: 10.3310/hsdr02510

Plain English summary

Rehabilitation for people with Parkinson’s disease

Health Services and Delivery Research 2014; Vol. 2: No. 51
DOI: 10.3310/hsdr02510

NIHR Journals Library www.journalslibrary.nihr.ac.uk
Plain English summary

Parkinson’s disease (or ‘Parkinson’s’) is caused by the deterioration of brain cells. Most people with Parkinson’s are older. The condition makes it difficult for them to move, and many experience uncontrollable trembling. As the disease progresses, they require help with everyday activities such as eating, dressing and washing. There is currently no cure, and management of symptoms relies on medicines and rehabilitative therapies (physiotherapy, occupational therapy and speech and language therapy). A collaborative multidisciplinary team (MDT) approach to rehabilitation is recommended, but its effectiveness has not been widely researched. The Specialist Parkinson’s Integrated Rehabilitation Team Trial (SPIRIT-T) sought to address this gap in evidence.

People with Parkinson’s received a 6-week MDT intervention in their own homes, and the impact on their functioning and well-being was measured. Family carers were included in the trial (if they wished) to see if the intervention reduced their strain and stress. Some participants additionally received telephone calls and visits from a care assistant trained in Parkinson’s for 4 months after the MDT intervention ended to see if ongoing support maintained improvements.

A total of 227 people with Parkinson’s (plus 125 live-in carers) completed the 6-month study. The MDT intervention resulted in the improved psychological well-being of people with Parkinson’s and carers, and a small reduction in Parkinson’s disability. Ongoing care assistant support helped to maintain some benefits from the MDT, and to slightly reduce carer strain. Participants reported that they valued the information and advice from the MDT professionals. More research is needed to identify effective management strategies.
Criteria for inclusion in the *Health Services and Delivery Research* journal

Reports are published in *Health Services and Delivery Research* (HS&DR) if (1) they have resulted from work for the HS&DR programme or programmes which preceded the HS&DR programme, and (2) they are of a sufficiently high scientific quality as assessed by the reviewers and editors.

**HS&DR programme**

The Health Services and Delivery Research (HS&DR) programme, part of the National Institute for Health Research (NIHR), was established to fund a broad range of research. It combines the strengths and contributions of two previous NIHR research programmes: the Health Services Research (HSR) programme and the Service Delivery and Organisation (SDO) programme, which were merged in January 2012.

The HS&DR programme aims to produce rigorous and relevant evidence on the quality, access and organisation of health services including costs and outcomes, as well as research on implementation. The programme will enhance the strategic focus on research that matters to the NHS and is keen to support ambitious evaluative research to improve health services.

For more information about the HS&DR programme please visit the website: http://www.nets.nihr.ac.uk/programmes/hsdr

**This report**

The research reported in this issue of the journal was funded by the HS&DR programme or one of its proceeding programmes as project number 08/1909/251. The contractual start date was in September 2009. The final report began editorial review in December 2012 and was accepted for publication in January 2014. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The HS&DR editors and production house have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the final report document. However, they do not accept liability for damages or losses arising from material published in this report.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, NETSCC, the HS&DR programme or the Department of Health. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the HS&DR programme or the Department of Health.

© Queen’s Printer and Controller of HMSO 2014. This work was produced by Gage et al. under the terms of a commissioning contract issued by the Secretary of State for Health. This issue may be freely reproduced for the purposes of private research and study and extracts (or indeed, the full report) may be included in professional journals provided that suitable acknowledgement is made and the reproduction is not associated with any form of advertising. Applications for commercial reproduction should be addressed to: NIHR Journals Library, National Institute for Health Research, Evaluation, Trials and Studies Coordinating Centre, Alpha House, University of Southampton Science Park, Southampton SO16 7NS, UK.

Published by the NIHR Journals Library (www.journalslibrary.nihr.ac.uk), produced by Prepress Projects Ltd, Perth, Scotland (www.prepress-projects.co.uk).
Health Services and Delivery Research Editor-in-Chief

Professor Ray Fitzpatrick  Professor of Public Health and Primary Care, University of Oxford, UK

NIHR Journals Library Editor-in-Chief

Professor Tom Walley  Director, NIHR Evaluation, Trials and Studies and Director of the HTA Programme, UK

NIHR Journals Library Editors

Professor Ken Stein  Chair of HTA Editorial Board and Professor of Public Health, University of Exeter Medical School, UK

Professor Andree Le May  Chair of NIHR Journals Library Editorial Group (EME, HS&DR, PGfAR, PHR journals)

Dr Martin Ashton-Key  Consultant in Public Health Medicine/Consultant Advisor, NETSCC, UK

Professor Matthias Beck  Chair in Public Sector Management and Subject Leader (Management Group), Queen's University Management School, Queen's University Belfast, UK

Professor Aileen Clarke  Professor of Public Health and Health Services Research, Warwick Medical School, University of Warwick, UK

Dr Tessa Crilly  Director, Crystal Blue Consulting Ltd, UK

Dr Peter Davidson  Director of NETSCC, HTA, UK

Ms Tara Lamont  Scientific Advisor, NETSCC, UK

Professor Elaine McColl  Director, Newcastle Clinical Trials Unit, Institute of Health and Society, Newcastle University, UK

Professor William McGuire  Professor of Child Health, Hull York Medical School, University of York, UK

Professor Geoffrey Meads  Professor of Health Sciences Research, Faculty of Education, University of Winchester, UK

Professor John Powell  Consultant Clinical Adviser, National Institute for Health and Care Excellence (NICE), UK

Professor James Raftery  Professor of Health Technology Assessment, Wessex Institute, Faculty of Medicine, University of Southampton, UK

Dr Rob Riemsma  Reviews Manager, Kleijnen Systematic Reviews Ltd, UK

Professor Helen Roberts  Professor of Child Health Research, UCL Institute of Child Health, UK

Professor Helen Snooks  Professor of Health Services Research, Institute of Life Science, College of Medicine, Swansea University, UK

Please visit the website for a list of members of the NIHR Journals Library Board:
www.journalslibrary.nihr.ac.uk/about/editors

Editorial contact: nihredit@southampton.ac.uk