



Physiotherapy Management of Parkinson's Disease

1 – 14 February 2022 (Self-paced Online Learning)

15, 16 & 18 February 2022 (Live Zoom)

Introduction

This course aims to provide participants with an opportunity to increase their knowledge and understanding of current evidence-based assessment and management of people with Parkinson's disease (PD) within a multidisciplinary setting. It also covers the use of movement strategy training to address gait, freezing and mobility issues, and design of effective treatment programs including exercise classes for people with PD. This course comprises lectures, demonstrations and case discussions; all via Zoom. Each participant is expected to bring a case study of a patient with PD encountered in clinical practice (if possible) and apply the principles learnt during the case reviews.

Course Objectives

At the end of the course, participants should be able to:

- 1) Discuss the pathophysiology of Parkinson's disease (PD).
- 2) Differentiate between PD and other atypical parkinsonian syndromes.
- 3) Discuss the medical management of people with PD.
- 4) List the criteria for deep brain stimulation.
- 5) Discuss the non-motor symptoms of PD and their impact on patients and caregivers.
- 6) Perform a competent physiotherapy assessment of the patient with PD.
- 7) Discuss the rationale underlying various treatment approaches in people with PD. These include resistance training, cognitive movement strategies and use of cues.
- 8) Design and implement treatment programs for people with PD using an evidence-based approach. This includes identifying individuals who are at risks of falls.
- 9) Design and conduct comprehensive exercise classes for people with PD.

Course Outline

- 1) Physiotherapy assessment of patients with Parkinson's
- 2) Mobility and gait problems, and falls in PD
- 3) Atypical parkinsonism syndromes
- 4) Current trends in medical and surgical management
- 5) Non-motor symptoms and their management
- 6) Managing behavioural and cognitive changes in PD
- 7) Incorporating music in rehabilitation
- 8) Palliative issues in advanced stage PD
- 9) Exercise programmes for people with PD

Target Audience

Physiotherapists managing people with Parkinson's

Quick Links

[FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)

Course Details

Self-paced Online Learning

Date : **1 – 14 February 2022**
Duration : **Total of 5.5 hours**
Platform : **SingHealth e-Learning Portal**

Live Interactive Session

Date : **15, 16, 18 February 2022**
Duration : **12 hours**
Time : **1.00 pm – 5.00 pm**
Class size : **25 pax**
Device : **Laptop/ Desktop**
required *(with microphone, speaker and webcam)*
Platform : **Zoom Cloud Meetings**
Fee : **S\$520** (SingHealth staff or SPA member)
S\$580 (Regular)
(inclusive of 7% GST)

Faculty

Singapore General Hospital

Department of Physiotherapy

Dr Dawn Tan, Senior Principal Physiotherapist
Sarah Lim, Physiotherapist

Department of Psychology

Christopher Gabriel, Senior Principal Psychologist II (Clinical)

Department of Speciality Nursing

Dr Tan Siok Bee, Deputy Director, Nursing (Advanced Practice Nurse)

National Neuroscience Institute

Department of Neurology

Dr Prakash Kumar, Senior Consultant
Dr Ang Kexin, Senior Consultant

Parkinson Society Singapore;

Ease and Joy Physiotherapy

Shamini Balakrishnan, Senior Physiotherapist

St Luke's Hospital

Rehabilitation Department

Isabel Tan, Music Therapist

Registration

To register, scan the QR code or click on the web link.
Registration closes on **11 January 2022, Tuesday**.



<https://form.gov.sg/61809e8a544c980015e9b767>

Upon registration, you agree to PGAHI [Terms & Conditions](#).