

# TraPCAf & Parkinson's Africa Virtual Support Group Series 2024



## Session 1: About Parkinson's and Diagnosis

Session leaders:

Elikem Ame-Bruce

Mary Agoriwo

Momodou Cham

From Newcastle. **For the world.**

## Outline of session:

- What is Parkinson's Disease (PD)?
- Public Health Importance of PD
- What is the Pathology in PD?
- Some Symptoms of PD
- Clinical Presentation
- Diagnosing PD
- Human Resource Capacity To Diagnose and Manage PD
- After Diagnosis



## What is Parkinson's Disease (PD)?

- PD is a degenerative brain condition
- Often affects people above the age of 60 but younger people can be affected.
- It mainly affects motor function such as movement, mental health, pain and other health issues.



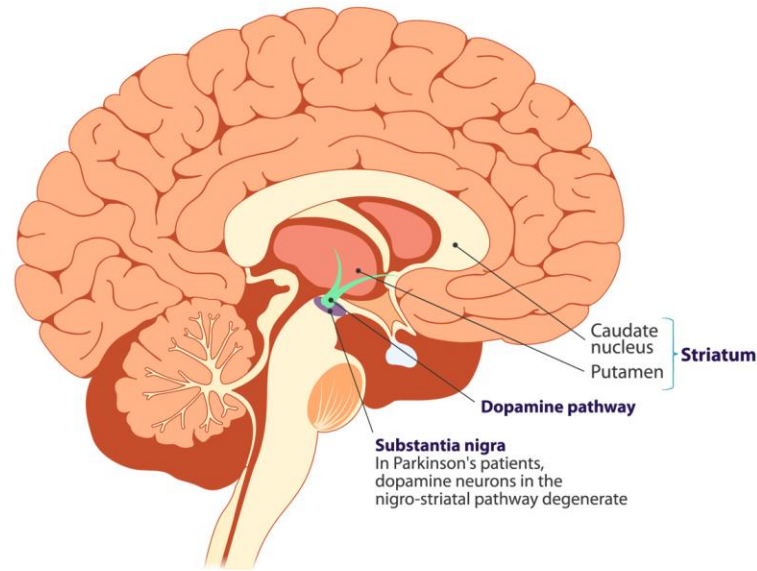
## Public Health Importance of PD

- The prevalence of PD has doubled over the past 25 years.
- Globally, 8.5m people estimated to have PD (2019)
- PD resulted in 5.8 million disability adjusted life years (DALYs) in 2019 ([WHO](#)), representing an 81% increase since the year 2000.
- Over 100% increase in deaths attributed to PD since the year 2000.
- Quality of life of people with PD can be improved significantly with diagnosis and multi-disciplinary team care.



# What is the Pathology in PD?

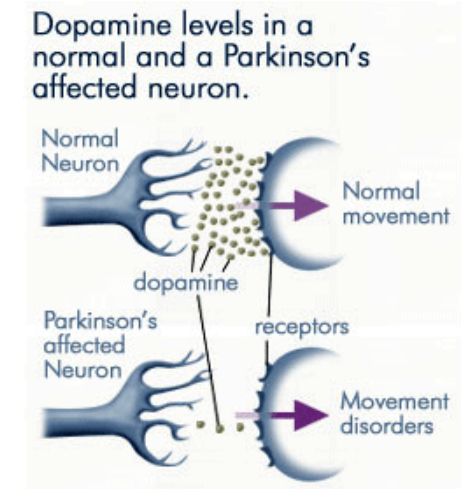
Substantia nigra pars compacta



ParkinsonsDisease.net / How Does Parkinson's Disease Develop?

- Loss of pigmented dopaminergic neurons of the substantia nigra pars compacta.

- Approximately 60-80% of dopaminergic neurons are lost before the motor signs of Parkinson disease emerge.



Source: anti-agingfirewalls.com.



## Some Symptoms of PD

### MOTOR SYMPTOMS

- Resting tremor in an upper extremity.
- Progressive slowness of movement
- Muscle rigidity
- Gait difficulty

### NON-MOTOR SYMPTOMS

- Excessive saliva
- Forgetfulness
- Urinary urgency
- Hyposmia
- Constipation





## Clinical Presentation

- Tremor
- A subtle decrease in dexterity/hand coordination.
- Decreased arm swing on the first-involved side
- Soft voice
- Decreased facial expression
- Sleep disturbances
- Decreased sense of smell
- constipation, sweating abnormalities, sexual dysfunction, and seborrheic dermatitis
- A general feeling of weakness, malaise, or lassitude
- Depression or anhedonia
- Slowness in thinking



# Diagnosing PD: Movement Disorders Society (MDS) Clinical Diagnostic Criteria for PD

## 1. Establish that there is Parkinsonism

Slow movement

Tremor and/or rigidity

## 2. Establish that the following are absent

Exclusion criteria

Red flags

## 3. Presence of Supportive criteria

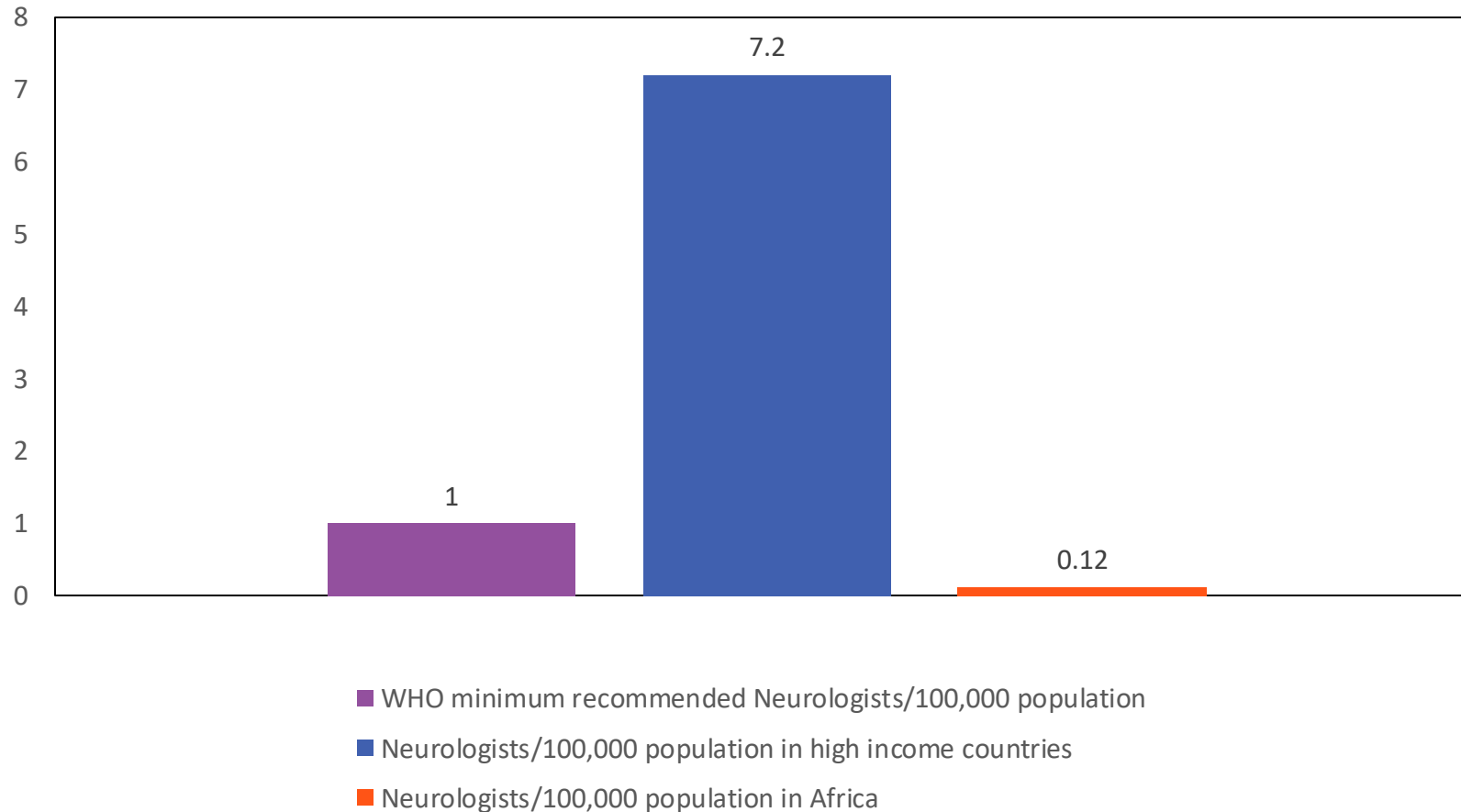
- a. Significant response to Levodopa
- b. Levodopa-induced dyskinesias

- c. Loss of smell or other
- d. Rest tremor of a limb



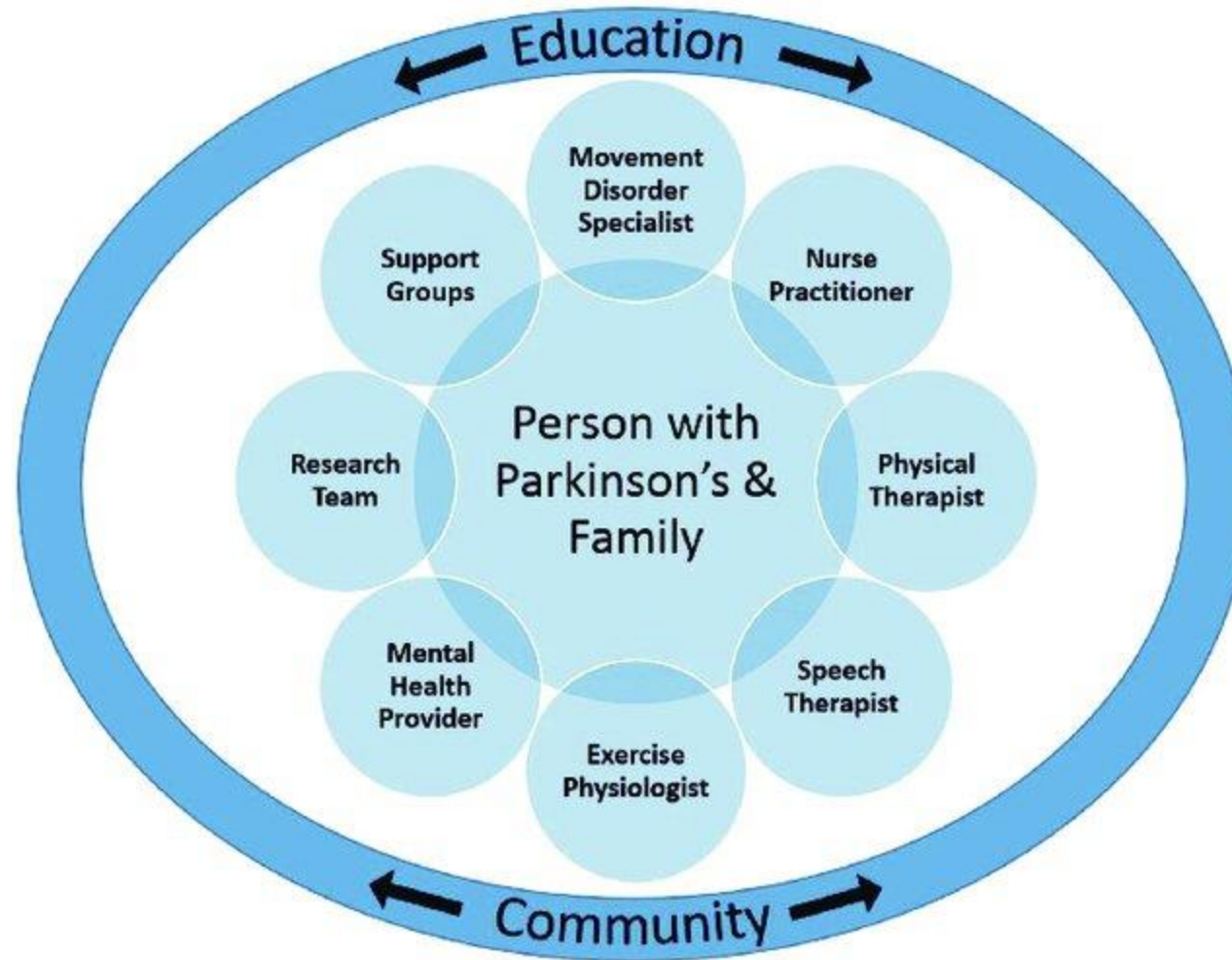


# Human Resource Capacity To Diagnose and Manage PD



# After Diagnosis

Pretzer-Aboff  
and  
Prettyman's  
Parkinson's  
Model.



# Thank you!

For more information and resources visit: [www.parkinsonsafrica.org](http://www.parkinsonsafrica.org)

Get in touch if you have a query: [tania@parkinsonsafrica.org](mailto:tania@parkinsonsafrica.org)

Please complete the post session questionnaire!

