IMPLEMENTING CUEING THERAPY EVIDENCE IN PARKINSON'S DISEASE: THE RESCUE PROJECT CD ROM


Objective

To provide a multi-media educational resource for physiotherapists to support the implementation of gold standard evidence on cueing as a rehabilitation strategy in Parkinson's disease.

Background

The Rescue project (Rehabilitation in Parkinson's Disease: Strategies for Cueing) three year programme of work, funded by the European Commission and involving a consortium of physiotherapy researchers from three European countries (UK, Belgium and The Netherlands), culminated in a large randomised clinical trial of an optimised, guideline-based cueing therapy programme, including a prototype cueing device, in the home, designed to improve gait/gait-related mobility. Results showed that cueing was safe, non-invasive and beneficial for clinical use. Computer based guidelines can help implementation of results, providing a readily available resource to support patient-specific decision making.

Methods

Guidelines and educational material originally collated to support research physiotherapists undertaking the trial intervention were reviewed and updated for 'Using Cueing to Improve Mobility in Parkinson's Disease: A CD-Rom for Therapists'.

Results

Introductory sections include information on the principles of cueing and background to Parkinson's disease, with a focus on gait deficits. Information on cueing in practice is structured around 12 cueing therapy aims in 5 domains: gait (e.g. improving stride length, freezing), dual tasks, balance, transfers and other (e.g. improving posture, fitness, stiffness). Each specific therapy aim includes information on: target patient group in appropriate disease stage; optimal cueing modality (type of cue - auditory, visual, somatosensory), cue parameter (specificity of information - timing, size) and...
associated instructions; and examples of exercises and progression (simple to complex surfaces, tasks and environments) with embedded illustrative video. Each aim is: underpinned by guidelines based on evidence from the Rescue project and the literature and graded for level of evidence and strength of recommendation; linked to an appropriate outcome measure to monitor progress; and supported by patient information sheets.

Conclusions

The Rescue CD Rom links science to practice through educational material. Information about the CD Rom can be found on the project website: www.rescueproject.org.

Reference

Movement Disorders 2006; 21(Suppl. 13): S130.