

## Useful Contact Details

**Gloucestershire Hospitals NHS Trust PDNS Team**  
Great Western Road, Gloucester GL1 3NN  
**Telephone:** 0300 422 6636

**Healthwatch Gloucestershire**  
**Telephone:** 0800 652 5193 or 01452 504989  
**Email:** [info@healthwatchgloucestershire.co.uk](mailto:info@healthwatchgloucestershire.co.uk)

**Parkinson's UK**  
215 Vauxhall Bridge Road, London SW1V 1EJ  
**Telephone:** 020 7931 8080  
**Helpline:** 0808 800 0303  
**Website:** [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

**NHS 111**  
When you need medical help fast but it's not a 999 emergency.  
**Telephone:** 111

**Social Services Adult Helpdesk**  
**Telephone:** 01452 426868

**GP**  
In hours via your surgery contact number

**Out of Hours GP service**  
**Telephone:** 0300 421 0220

## Your experience

Your views are important to us. If you need advice or have feedback on a community hospital in Gloucestershire, or on our community health and adult social care services, you can contact one of the advisers from our service experience team. All enquiries are completely confidential.

You can contact us between 9.00am and 5.00pm, Monday to Friday.

This leaflet can also be supplied in braille, audio format, PDF, large print, easy read and other languages on request.

**Telephone:** 0300 421 8313 (answerphone available outside office hours)

**Email:** [yourexperience@glos-care.nhs.uk](mailto:yourexperience@glos-care.nhs.uk)

**Write to:** Service Experience Team  
Gloucestershire Care Services  
NHS Trust  
Edward Jenner Court  
1010 Pioneer Avenue  
Gloucester Business Park  
Brockworth  
Gloucester  
GL3 4AW



## Community Parkinson's Disease Nurse Specialist Service

## Introduction

Parkinson's disease is a progressive neurological condition that arises as a result of loss of Dopamine producing nerve cells in the brain. Physical (motor) symptoms include tremor, stiffness in muscles and slow movements. There are also a range of non-motor symptoms. The condition can impact on a person's daily function and quality of life.

## The Community Parkinson's Disease Nurse Specialist (PDNS) Team

We are a team of three community-based nurses covering the county and our community hospitals. We also work across organisations to provide shared care, liaising with consultant neurologists, physicians and PDNS teams from other Trusts.

## Nurse Led Community Clinics

Clinics are held in:

- Cirencester Hospital
- Cotswold Care Hospice, Minchinhampton
- Lydney Community Hospital
- North Cotswolds Community Hospital, Moreton
- Summerfield Nursing Home, Cheltenham
- Tewkesbury Community Hospital
- The Dilke Hospital, Cinderford
- The Prestbury Centre, Cheltenham
- Thirlestaine Park Care Centre, Cheltenham
- Vale Community Hospital, Dursley

## How often will I be seen?

Guidance from the National Institute of Health and Care Excellence (2006) recommends a 6-12 monthly review by a specialist. This will be determined on an individual basis with some people being seen more often, if required.

## At your Appointment

### Getting the most from your appointment

- Take someone with you
- Make a list of questions you would like to discuss
- Keep a diary of symptoms and any side effects of medication to discuss
- Bring a list of your medication, including any over-the-counter medication or supplements
- Be honest and ask questions

## Useful Advice

Sudden changes in Parkinson's symptoms are not usually expected and are likely to be due to other factors.

Commonly these include infection, constipation, dehydration, medication changes or changes in personal circumstances. It is important that the underlying issue is identified and resolved to allow Parkinson's symptoms to return to previous levels. This can take some time.

Please seek medical advice, via your GP, for treatment of underlying health problems. If in doubt contact your Parkinson's nurse team.

## Telephone Support

We run regular telephone clinics to offer contact, support and information.

## Local Support / Branch Groups

There are several local groups which can be assessed through Parkinson's UK.

## How do I get referred in?

We accept referrals from patients, relatives or clinicians via telephone, letter, fax or email.

## I cannot get to a clinic, can I still see you?

Home visits can be arranged for patients who are unable to attend clinic appointments.

## Contact Us

### Community Parkinson's Disease Nurse Specialists

Edward Jenner Court, 1010 Pioneer Avenue, Gloucester Business Park, Brockworth, Gloucestershire GL3 4AW

**Telephone:** 0300 421 8109

**Fax:** 0300 421 8387

**Email:** [Parkinson's.team@glos-care.nhs.uk](mailto:Parkinson's.team@glos-care.nhs.uk)

**My Parkinson's Nurse is:**

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