

World Parkinson's Congress 2013: A Therapist's Perspective

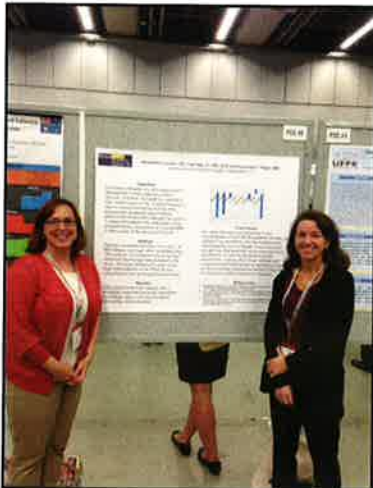
Lisa Ebb, PT, MS, NCS

On October 1, 2013 over 3000 registrants from all over the world attended the World Parkinson's Congress, hosted in Montreal, Canada. Participants included people with Parkinson's, care partners, families, allied health professionals and physicians. Dr. Alexandra Landen, Dr. Reversa Mills and I, Lisa Ebb, PT, represented Medstar Georgetown University Hospital, not only in attendance, but with poster presentations about ongoing research at our facility. Dr. Landen and I presented a poster on "The Effects of LSVT BIG on Quality of Life in a Person with Parkinson's Disease". My experience at the four day conference was overwhelmingly positive. Seeing everyone come together from all over the world, speaking many different languages with varying levels of abilities for a common purpose of knowledge was empowering. The reciprocity of sharing and gaining knowledge with others was tremendous. Advancements in Parkinson's disease research, models of care and the importance of exercise were the themes running through the conference.

One other common theme that was conveyed during the conference was working together as a well-informed Interdisciplinary Team. An ideal team includes the person with Parkinson's, their family, physician, nurse practitioner, physical therapist, occupational therapist, speech therapist and a community outreach coordinator. When I listened to other allied health care professionals from all over the world talk at the conference, I realized how fortunate we are in the DC Metropolitan area to have a National Parkinson's Foundation Center of Excellence at Medstar Georgetown University Hospital. As one Physician said so eloquently, "Illness starts with the letter 'I', and Wellness starts with 'WE'. Working together, we can take the "I" out of Illness and put the "WE" into Wellness.

Summary from Recognise Study: Rasagiline Effects on Cognition in Parkinson's Patients with Mild Cognitive Impairment, Reversa Mills, M.D.

We are conducting a randomized, double-blinded, placebo- controlled trial evaluating effects of Rasagiline 1mg/day on cognitive function in patients with Idiopathic Parkinson's Disease (PD) and Mild Cognitive Impairment (MCI). This ongoing study will provide valuable information for Parkinson's Disease patients with MCI. Thus far, no standard-of-care medications for Idiopathic Parkinson's Disease have been shown to significantly enhance cognition. The addition of Rasagiline to a patient's medication regimen could potentially be of great value in addressing the issue of cognitive decline along with improving motor function.



Pictured at Left, from Left to Right: Lisa Ebb, PT, MS,NCS (Physical Therapist), Medstar Georgetown University Hospital; Alexandra Landen, DO, 2013 graduate, Movement Disorders Fellowship program, Medstar Georgetown University Hospital, standing with their poster: "The effects of LSVT BIG on Quality of Life in a Person with Parkinson's Disease".

Pictured at right: Reversa Mills, M.D. 2013 Movement Disorders Fellow, Medstar Georgetown University Hospital, standing with poster "Recognise Study: Rasagiline Effects on Cognition in Parkinson's Patients with Mild Cognitive Impairment".

