**King’s Parkinson’s Nurse – led Phone Clinic**

***What is the King’s Parkinson’s nurse-led Phone Clinic?***

The Parkinson’s Phone Clinic is a dedicated phone advice service for people living with Parkinson’s disease already under the care of the King’s College Hospital PD Nursing service.

**It offers people living with Parkinson’s and their carers:**

* Easy access to specialist advice
* Assistance in navigating the health system

***How does it work?***

1. Health care professional must refer you to the service. ( including; G.P, Neurologist, Geriatrician, Physio)
2. You will be scheduled to receive a phone (not video) call.
3. Calls happen during allocated appointment time you receive.
4. On the day a Parkinson’s Nurse Specialist will speak with you over the phone for 15min -30 min.
5. Please ensure you or your partner/carer are free to take the call and ready with the list of medication you are currently taking.
6. If you have blood pressure machine at home please record your blood pressure when you are laying down and then after 2 min record standing blood pressure. Please write down this recording prior to our call.
7. Make sure that you take the medication long enough before the call to allow it to work, so that you can talk clearly, if you have trouble with speech.

**During the phone consultation the following will be covered:**

1. Parkinson’s symptoms status including motor and non-motor symptoms. What is your worst symptom?
2. You will be asked on other conditions you may have been diagnosed.
3. List of medication you are now taking, and how long since your last change of dose. What was the previous dose, if recent change, and the reason for the change?
4. Parkinson’s medication tolerability, efficacy and potential side effect.
5. Are you driving? Do you have any symptoms which can affect safe driving?
6. We can provide education and information regarding symptom management.
7. Advice on available services and assistance in making timely referrals.
8. Follow up from clinic visits if requested by your Neurologist or Geriatrician.
9. You will be asked on any concerns /issues related to your Parkinson’s symptoms.
10. The Parkinson’s nurse may identify short term medical concerns during your phone clinic conversation. If this happens, we will make sure you have appropriate medical treatment options available.
11. If necessary, we will call emergency services.
12. In exceptional circumstances, if you are running out of medication immediately, we can send you a prescription with your copy of the letter, which will takes days / weeks to arrive. It is imperative that you continue to obtain your prescription from your pharmacy in the usual way to avoid interruptions.

 **Following the phone consultation:**

1. You will receive a summary of consultation in a form of clinic letter with recommendation.
2. A new date for follow up appointments with your Neurologist/ Geriatrician or Nurse specialist.

 ***What can’t the Parkinson’s Phone Clinic do?***

Provide physical assessment.