

Parkinson's Life Assessment- Symptom Tracking

Score each PD symptom on a scale of 1 – 5 (1 best) for symptom severity and bothersome impact on life. Some symptoms may have strong (5) sensory impact but small life style (1) affect. Examples would be:

Tremor (5 for sensory impact and a 4 for life style affect)

Olfaction (5 for sensory impact and a 1 for life style affect)

Micrography (2 for sensory impact and a 1 for life style affect)

Look for “pockets” of symptoms that have both high impact and affect. They need a Strategy (group of tactics) to combat the negative affects of those symptoms.

Identify 5 to 15 Factors that support those Strategies.

As an example: Symptoms = Poor Balance, Bad Depth Perception, Hit Head on Objects, Tripping and Stumbling

Strategy = Yoga and Tai Chi

Motor

Akinesia – Dead Arm Swing

Bradykinesia- Slowness of Movement

Micrography – Small Hand Writing

Dyskinesia – Jerky movements

Tremor – Involuntary Movements

Hypotension – Light headedness

Hypophonia – Soft or Slurred Speech

Hypomimia – Dead Pan Facial Expression

Retropulsion – Falling Backwards

Freezing – Muscles Stiffen Up

Festination – Rapid, Short steps

Voice issues – Soft voice, Less Emotion

Hyperhidrosis – Excessive Sweating

Non-Motor

Olfaction – Loss of Sense of Smell

Hypogeusia – reduced ability to taste

Seborrhea – Oily Facial Skin

Hypersalivation – Excessive drooling

Constipation – Infrequent Bowel Movement

Vivid Dreams – Night Terrors

Anorexia – Weight Loss

Fatigue – Common with Sleep Disorders

REM – REM Sleep Behavior Disorder

Insomnia – Inability to Fall or Stay Asleep

Melanoma – Skin Cancer

Urinary Dysfunction – Urgency; Frequency; Hesitancy

Psychological

Matrix Thinking – Lack of Executive Cognition Anxiety – Feelings of Worry and Apprehension

A sociality - Lack of Motivation to Engage/ Talk ICD – Impulse Control Disorder

Libido – Sexual Dysfunction Depression