Feedback
We welcome your comments. If you have any ideas about how we could do something better or feedback about positive aspects of the service please let us know.

If you have a complaint please let us know as soon as possible so that we can try to put things right.

If you prefer not to raise an issue with the our team you can contact the Patient Advice and Liaison Service (PALS) for advice, information and support on
Telephone: 0300 330 1444
Email: Pals.Community@pch-cic.nhs.uk
or you can write to:
PALS
Peninsula Community Health
Level 4
Sedgemoor Centre
Priory Road
St Austell
PL25 5AS

Parkinson’s Nurse Specialists

Parkinson’s Nurse helpline: 01209 318048

Please contact the helpline...

- If you are experiencing side effects from your Parkinson’s medication;
- If your symptoms ‘flare up’ (please ensure you have ruled out underlying causes as per flowchart overleaf);
- If you have concerns that cannot wait until your next appointment.

www.peninsulacommunityhealth.co.uk
Peninsula Community Health is a not for profit Community Interest Company responsible for providing NHS adult community health services in Cornwall and the Isles of Scilly.
Registered in England and Wales No: 7564579
Registered office: Peninsula Community Health CIC,
Sedgemoor Centre, Priory Road, St Austell PL25 5AS
How to manage an acute deterioration in your Parkinson’s symptoms

Have your Parkinson’s symptoms become noticeably worse within the last month?
(symptoms include: tremor; stiffness; slowness of movement and poor speech)

You may have an infection
- Take a urine sample to your surgery for testing;
- Your GP may also want to examine your chest, any skin rashes and/or take bloods (full infection screen).

Are you constipated?
Has it been more than two days since you last opened your bowels?

If you have found an infection
Once your infection has been treated you should start to feel better after a couple of weeks.
Your Parkinson’s medication will not be changed during infection treatment.
If you have on-going concerns, ask your nurse for a bladder questionnaire.

If you are constipated
Increase fluids to eight glasses a day and increase your fibre intake.
If you find you do not have any improvement you may need to see a GP to talk whether you need a laxative.
If you have persistent constipation, ask your nurse for a bowel questionnaire.

Speak to your Parkinson’s nurse
For details of the telephone helpline and to speak to a Parkinson’s nurse, please call: 01209 318048

Medication
Are you taking your medication as prescribed?

Medication aids
If you are having difficulties remembering to take your medication on time then speak to your community pharmacist about medication aids.

Yes

No