Let's Talk about Parkinson's: How can Speech and Language Pathologists deliver the best care?

Module #1: Overview
70 minutes
Overview of Parkinson's
Presenter(s): Nina Browner, MD
Lori Campbell, MA, CCC-SLP (person with Parkinson’s perspective)

Dr. Browner will present an overview of Parkinson’s Disease, the diagnostic criteria, stages of progression and motor and non-motor symptoms. Setting the stage for further discussion and why SLPs are an integral member of interdisciplinary care for people with PD. She will also discuss the spectrum of medical and surgical treatment(s) and common drug side effects as well.

Ms. Campbell will present her personal account of diagnostic process, medication trials and errors, the impact of illness and infection in People with Parkinson’s, and challenges People with Parkinson’s face during hospital encounters and having multiple specialists.

Learning Objectives:
1. To identify motor and non–motor symptoms of PD
2. To understand the goals of Parkinson’s disease (PD) medical and non-medical treatment
3. To define challenges in speech and swallowing on different stages of PD
4. Recognize challenges and success from the patient perspective

Module #2: Role of Cognition in Assessment and Treatment of People with Parkinson’s Disease
55 minutes
Role of Cognition in Evaluation and Treatment of People with PD
Presenter: Leslie Mahler, PhD, CCC-SLP

Changes in the basal ganglia that cause motor deficits in people with PD also cause cognitive changes. Even people who are recently diagnosed may have changes in cognition that have implications for assessment, diagnosis, and treatment. Information on cognitive changes associated with PD and the implications for treatment and carryover will be presented along with specific treatment recommendations.

Learning Objectives:
1. Understand why PD causes changes in cognition as well as motor function
2. Describe how cognitive changes impact evaluation, diagnosis, and treatment of communication and swallowing disorders in people with PD
3. Understand how medications and deep brain stimulation surgery may affect cognition
4. List specific treatment strategies for people with PD who have cognitive disorders
Module #3: Speech
75 minutes
Treatment of Speech Changes
Presenter(s): Jessica Huber, PhD & Karen Hegland, PhD, CCC-SLP

This session will cover common speech impairments associated with Parkinson’s disease. We will discuss how these symptoms fit in two prominent disease frameworks. Assessment will be briefly covered. The bulk of the session will be focused on case discussion, covering assessment, treatment, and best practices. Cases will cover a variety of disease severities and symptomatologies.

Learning Objectives:
1. Understand the ICF and Van der Merwe’s frameworks in assessment and treatment of dysarthria in people with PD.
2. Discuss the importance of properly identifying deviant speech characteristics in treatment planning.
3. List several treatment options available for treatment of people with Parkinson’s disease that have dysarthria.
4. State the importance of other factors that influence treatment outcomes and thus should be considered when determining therapy recommendations.

Module #4: Dysphagia
80 minutes
Swallowing: Understanding the Causes and Solutions for Dysphagia
Presenters: Michelle Ciucci, PhD & Karen Hegland, PhD, CCC-SLP

Deglutition, or the entire act of swallowing, is a complex sensorimotor and cognitive task that requires the fine coordination of multiple systems to move the bolus safely through the aerodigestive pathway. Swallowing dysfunction is likely related to multiple levels of brain dysfunction and there are no clear links to disease progression and dysphagia severity. This session will cover swallowing dysfunction as it relates to PD, hypothesis-driven assessment, impairment-based treatment approaches and the importance of timing, adherence, and maintenance in treatment.

Learning Objectives:
1. List the major signs/symptoms of dysphagia (swallow disorder) associated with Parkinson’s disease.
2. Describe how dysphagia can lead to health and quality of life issues in Parkinson’s disease.
3. Describe a comprehensive assessment approach for dysphagia in Parkinson’s disease.
4. List several treatment options available to people with Parkinson’s disease that have dysphagia.
5. State the reasons for early evaluation, intervention, and frequent monitoring of dysphagia in Parkinson’s disease.
6. List the challenges of adherence to therapy recommendations Parkinson’s disease.
Module #5: Panel Discussion
45 minutes
Panel Discussion/Wrap-up:
Moderator: Jessica Huber, PhD, CCC-SLP
Panelists: Nina Browner, MD
Lori Campbell, MA, CCC-SLP
Michelle Ciucci, PhD, CCC-SLP
Karen Hegland, PhD, CCC-SLP
Leslie Mahler, PhD, CCC-SLP