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Faculty of Health Sciences

Can support-group based exercise reduce risk factors for falling in people with Parkinson's Disease?

Dr Colleen Canning

Clinical and Rehabilitation Sciences Research Group
Discipline of Physiotherapy

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Faculty of Health Sciences

Research team

Dr Colleen Canning – The University of Sydney
Dr Catherine Sherrington – The University of Sydney
Prof Stephen Lord – POWMRI
Dr Victor Fung – Westmead Hospital
Ms Natalie Allen – The University of Sydney

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Falls in people with PD

- Between 38% and 68% of people with Parkinson's fall each year
- Many people with PD will fall frequently

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Falls can be reduced in older people without PD

Exercise targeting

- balance
- leg muscle strength

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Risk factors for falls in people with PD

• Previous falls	}	Can't change
• Increased disease severity		
• Leg muscle weakness	}	Can change
• Reduced balance		
• Freezing	?	Change

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Aim of study

- Determine the efficacy of a support group-based exercise program in reducing the risk of falls in people with Parkinson's disease.

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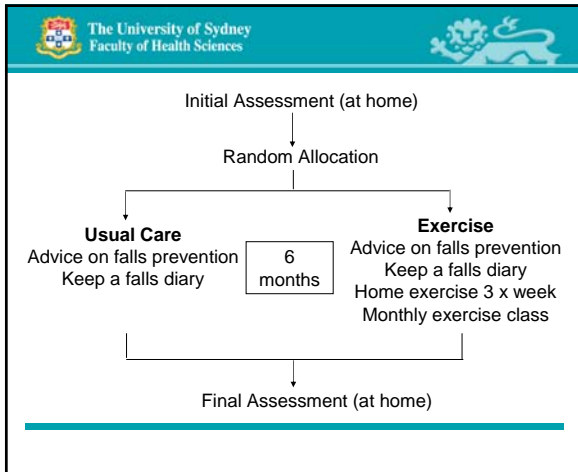
2007

- Parkinson's NSW Research Grant
\$19,880

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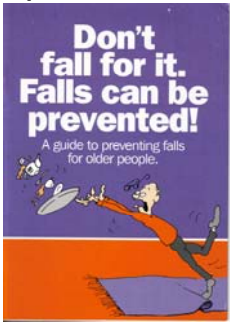
2007

- St George/Sutherland
- Dundas/Parramatta
- Liverpool



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Falls prevention advice



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Falls diary

Name: _____

PD-STABLE Falls Diary
April 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

At the end of the month please pull out this page and place it in one of the envelopes.
No stamp is required
Then post the envelope
Thank you

Please mark the calendar with
F if you have a fall **H** if you are admitted to hospital

If you have any questions please contact

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Home exercise



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Exercise class

[Video](#)

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Research team

Dr Colleen Canning – The University of Sydney
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 Prof Stephen Lord – POWMRI
 Dr Victor Fung – Westmead Hospital
 Ms Natalie Allen – The University of Sydney
 Dr Jacqueline Close – POWMRI
 Dr Mark Latt – Royal Prince Alfred Hospital

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2007	2008 - 2010
Parkinson's NSW Research Grant	National Health and Medical Research Council (NHMRC)
\$19,880	→ \$574,000

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Aims

- Determine the efficacy of an exercise program in reducing rate of falling in people with Parkinson's disease.
- Establish the cost effectiveness of the program from the health providers' perspective



230 Volunteers needed

- Diagnosis of Parkinson's disease
 - Aged over 40 years
 - Able to walk on your own
(with or without a walking aid)
 - Have a stable response to medication
-



2008

- Blue Mountains
- Macarthur
- Many more groups in Sydney metropolitan area

2009

- Many more groups in NSW regional centres
-



CONTACT

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Thanks

Parkinson's NSW

Participants
