

The VALUE, IMPACT and ACCESSIBILITY of online (eHealth) neurological physiotherapy



ISSUES

Exercise is proven to have neuroprotective elements in the management of Parkinson's disease.

If you live remotely, work full time or have difficulty accessing specialised services how do you:

- Access the experts?
- Know what the latest evidence based treatment approaches are?
- Understand what you can be doing proactively?

The CORE principles of exercise for Parkinson's disease that everyone needs to know and be implementing include:



IMPACT

Parkinson's disease has an extremely high risk of secondary complications resulting from immobility which have the most dramatic impact, these include; heart disease, lung disease and diabetes

Traditionally referral to physiotherapy was not made until the individual was already struggling with their mobility or falling, this is too late, referrals to neurological physiotherapy need to be at the time of diagnoses.

Regular specific high intensity exercise is neuroprotective, it has the ability to slow down the progression of the disease. Providing individuals with education, support and individualised Parkinson's specific exercise programs, while there is minimum impairment and maximum opportunity, will dramatically improve the long term management of Parkinson's, quality of life for the individual and reduce public health spending.

ACCESSIBILITY

With improving internet coverage eHealth is a growing service in Australia's health sector, as it addresses the challenges of remote and rural community health needs and makes health services more accessible for people with physical disabilities. Using the internet allows specialists to work closely together forming a stronger multidisciplinary approach. If the internet is not available most elements can be delivered over the phone.

Think BIG as the internet has made the World a smaller place

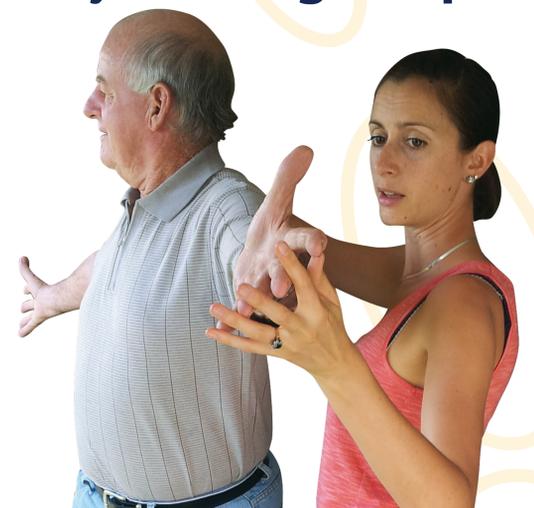
VALUE

Everyone has the right to access experienced neurological physiotherapists to receive specialised input.

Specific treatment for Parkinson's disease that can be delivered over either telephone or video includes:

- Basic assessment of function
- Education on the disease presentation, process, and the importance of exercise
- Empowerment for self-management
- Motivation
- Individualised treatment programs
- Progression of treatment programs
- Collaboration with the multidisciplinary team involved in the clients care
- Education and training to personal trainers, exercise physiologists and physiotherapists to provide more specific face to face or hands on treatment.
- Education and training to family members
- Positive health behaviour training

You can have the experts at your finger tips



CONCLUSION:

EHealth delivers an ideal platform and access to the latest evidence based exercise approach for individuals, especially those with young onset or newly diagnosed Parkinson's. By specialising in education, eHealth provides increased empowerment and self-management.

To learn more today on the principles watch this short Video <https://youtu.be/CSV06GSLMeE>

www.connectneurophysiotherapy.com