



The PD OT Trial

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A pilot randomised controlled trial of
occupational therapy to optimise
independence in Parkinson's disease



Aim of the PD OT Pilot Trial

- To obtain data to allow accurate sample size estimation and identify suitable outcome measures for a high quality trial of community occupational therapy for PD, in particular the effects on functional independence, mobility, carer strain, quality of life and costs.



PD OT Pilot Trial: Intervention

Occupational therapy intervention devised by an expert panel of occupational therapists and trialists:

- Dr Marion Walker, Senior Lecturer in Occupational Therapy, University of Nottingham (Chair)
- Ms Angela Birleson, Senior Occupational Therapist, Teeside
- Ms Ana Aragon, Senior Occupational Therapist, St. Martin's Hospital, Bath
- Ms Vicky Kelly, Senior Occupational Therapist, St Helens
- Trial Occupational Therapist, Senior Occupational Therapist
- Professor Cath Sackley, Professor of Health Sciences, University of Birmingham
- Dr Carl Clarke, Reader in Clinical Neurology, University of Birmingham
- Focus on optimising independence with interventions to improve activities of daily living, such as transfers and mobility



PD OT Pilot Design

- 50 patients with PD who may benefit from OT
- Standard community-based occupational therapy
 - 6 x 45-minute sessions over two months
- Control intervention - standard care
 - Occupational therapy deferred



PD OT Pilot Design

- Inclusion criteria:
 - UK PDS Brain Bank Diagnostic Criteria
 - PD patients with Hoehn and Yahr stage II to IV
- Exclusion criteria:
 - Dementia
 - Received occupational therapy in last 2 years and/ or physiotherapy in last year



PD OT Pilot Design

- *Primary outcome*
 - Nottingham Extended Activity of Daily Living Scale
- *Secondary Outcomes*
 - Rivermead Mobility Index
 - Unified Parkinson's Disease Rating Scale ADL scale – patient completed version
 - Parkinson's Disease Questionnaire 39 (PDQ 39)
 - EuroQol-5D (EQ-5D)
 - The Hospital Anxiety and Depression Scale (HADS)
 - Adverse events (such as fractures and falls)
 - Health Economics
- Assessments at baseline, 2 months and 8 months

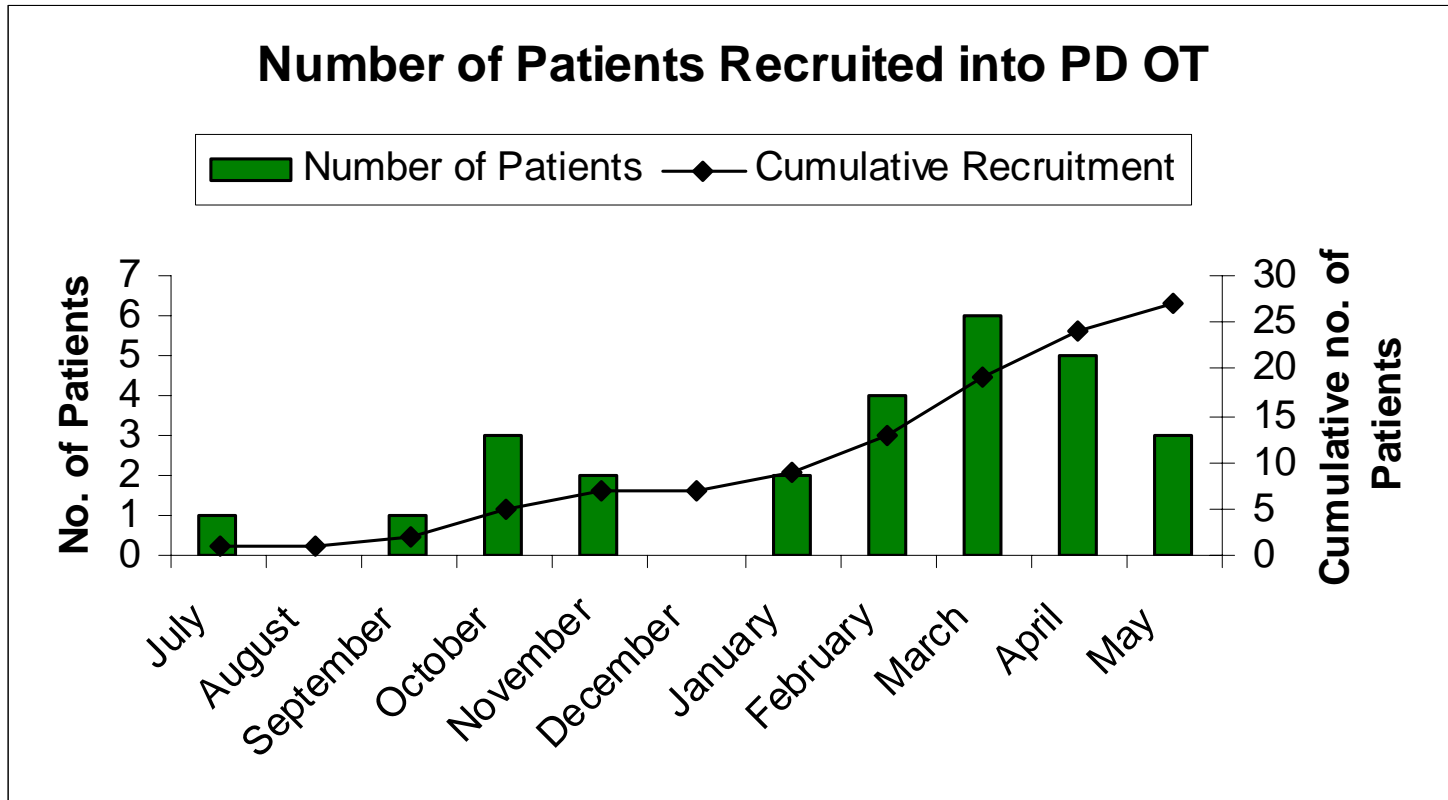


PD OT Pilot – Trial Centres

- City Hospital, Birmingham
- Sutton Coldfield Cottage Hospital
- Queen Elizabeth Hospital
- Moseley Hall Hospital
- Birmingham Heartlands Hospital
- Manor Hospital, Walsall
- Good Hope Hospital



PD OT Pilot - Recruitment

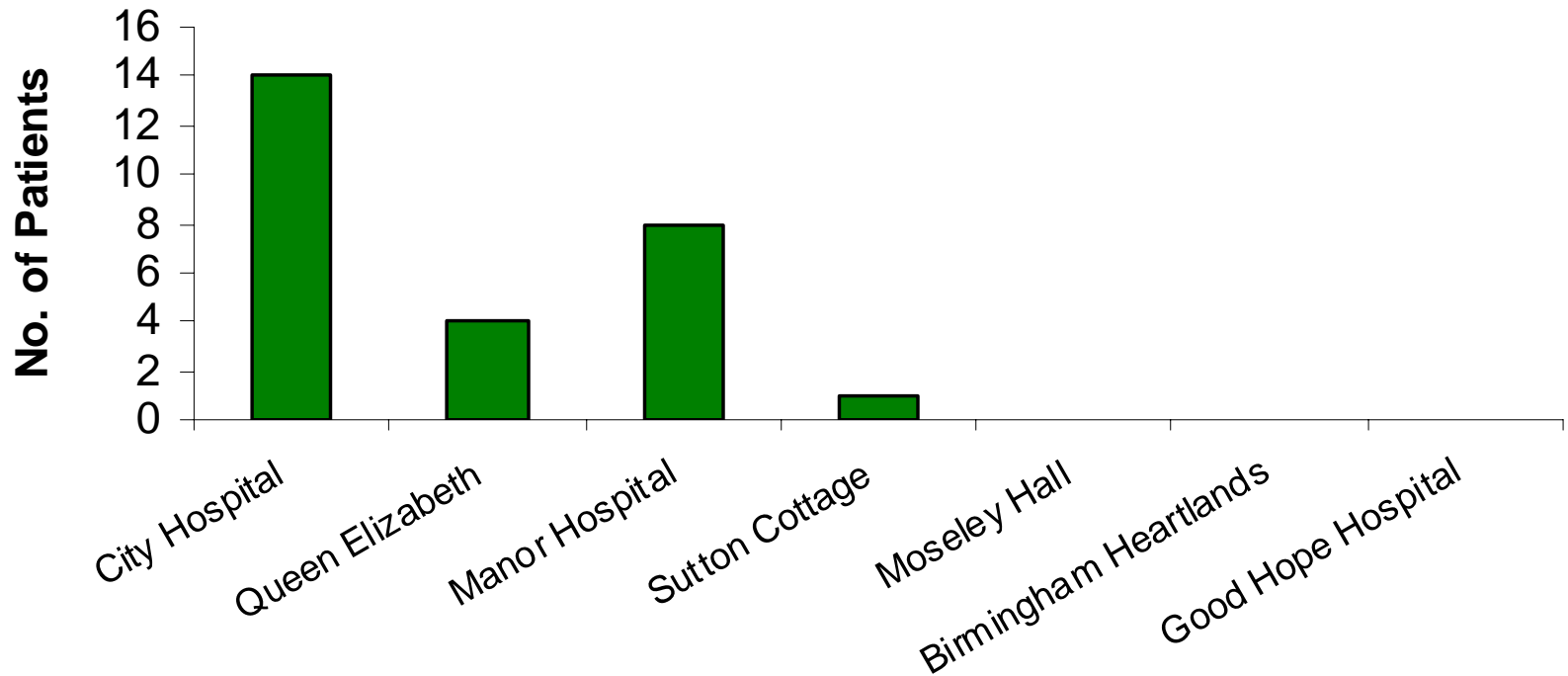


- 27 patients so far
- Target of 50 by end June 2006



PD OT Pilot – Recruitment

Recruitment by Centre





PD OT Pilot

Thank you!