

Contacting the Parkinson's Specialist Nurse Service

Telephone: 01851 763301

Please leave your phone number and name if leaving a message. If you have any problems with speech that may make this difficult, please ask somebody to phone for you.

Email: angela.macleod@nhs.scot

The Parkinson's Specialist Nurse covers all the islands of the Western Isles and works four days per week. Therefore there may be a delay in replying to your message – but she will contact you as soon as possible.

Accessing support out of hours

If you require help or advice outside of office hours, please contact:

NHS 24 Freephone 111

In emergency or life threatening situations, where you require urgent medical attention, you should attend your local Emergency Department, or phone '999' for an ambulance.

Useful Links

Parkinson's UK (Scotland) www.parkinsons.org.uk/about-us/our-work-scotland

Patient.co.uk www.patient.co.uk

NHSinform www.nhsinform.scot

Further Information

For further information contact:

Angela MacLeod
Parkinson's Specialist Nurse
Stornoway Health Centre
Springfield Road, Stornoway
Isle of Lewis HS1 2PS
Tel. 01851 763301
Email: angela.macleod@nhs.scot
www.wihb.scot.nhs.uk

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website www.wihb.scot.nhs.uk or share your story at - www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

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Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar
NHS Western Isles

Parkinson's Specialist Nurse Service



Information and advice on the Parkinson's Specialist Nurse Service in the Western Isles

Introduction

This leaflet explains some of the ways in which your Parkinson's Specialist Nurse can help you and your carers to learn more about your condition, how to keep well, and how to cope with any problems associated with Parkinson's Disease.

About your Parkinson's Specialist Nurse Service

This service has been developed to provide specialist nursing to those in the Western Isles who have Parkinson's Disease or a related condition. It also aims to give help and support to families and carers.

The Parkinson's Specialist Nurse will work with you, and the people who care for you, to ensure that you receive the best care at the right time. The type of help that will best suit you and your family and carers will vary, depending on the stage of your condition and what you and your family/carers need and want.

As well as the Parkinson's Specialist Nurse, people with Parkinson's are also cared for by a team of people which can include a range of specialists. This may include neurologists, your GP, Nurses, Physiotherapists, Occupational Therapists, Speech & Language Therapists, Dieticians, Social Services, and members of voluntary organisations.

What kind of help can the Specialist Nurse offer you?

People who have a long term condition often stay well for longer if they feel that they are in the driving seat.

This means giving you choices and options so you can work together with professionals to manage your condition.

The Parkinson's Specialist Nurse will:

- help you and your family to understand your diagnosis and what it will mean to your life.
- help you and your family learn about your condition and understand how to manage your symptoms.
- help you to maintain your independence.
- discuss your treatment with you and refer you to other professionals when you need their help.
- monitor your medication, liaise with the neurologist and make changes if your medication isn't working well.
- ensure that everyone who needs to know about your condition understands how it affects you.
- discuss care options with you and act as co-ordinator where several agencies will be involved in your care.

When should I contact the Parkinson's Specialist Nurse?

The Parkinson's Specialist Nurse will meet with you regularly if required, to see how things are going and discuss any issues you may need help with. In between times, you can contact the Parkinson's Specialist Nurse at any time if you:

- want information about your Parkinson's.
- have a question about your Parkinson's or your treatment.
- are concerned about your symptoms.
- need advice about your medication, have side effects or feel that it is not working as well.
- are admitted to hospital.
- are finding it difficult to cope with symptoms.

Relatives, carers and professionals are also welcome to contact the Parkinson's Specialist Nurse.

The role of the Parkinson's Specialist Nurse involves offering support, advice, information, education and help to those who are affected by Parkinson's Disease.