EFFECTS OF A PARKINSON'S DISEASE COMMUNITY EXERCISE GROUP ON SELF REPORTED PROMIS MEASURES

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BACKGROUND

Parkinson's Disease (PD) is an upper motor neuron disorder that results in bradykinesia, rigidity, shuffling gait patterns, and balance impairments. Non-motor issues include depression, anosmia, GI issues, pain, and more.

Approximately 90,000 people in the U.S. are diagnosed every year.

HYPOTHESIS

Self efficacy and satisfaction roles will positively correlate with participation in the 6 week exercise program.

METHODS

PROMIS is a person- centered measurement tool that evaluates and monitors physical, mental, and social health.

Pre and post data were collected on self-report measures and assessments including:

- PROMIS and Freezing of Gait-Questionnaire (FOG-Q)
- Freezing of Gait-Analysis (FOG-A) and 10 Meter Walk Test (10MWT).

Sample size n = 5

PWR! Parkinson Wellness Recovery

Strives to help combat the impact of bradykinesia, postural instability, rigidity and tremor in those impacted by PD.

- Incorporates activities to help boost breathing, fine motor skills, and vocal projection.
- Unlike the LSVT Big program, PWR! does not require participants to adhere to a specific protocol or dosage.
- Equipment used to emphasize motor learning and neural priming

COMMUNITY EXERCISE CLASSES

6 week student-led program with biweekly classes. Vitals and time of last medication was taken prior to each class session.

10 Minute Aerobic Warm-up:	10 Minute PWR! Moves Flow:	20-30 Minute Individualized Exercises:
		

RESULTS

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No statistically significant changes in self efficacy or satisfaction with social roles

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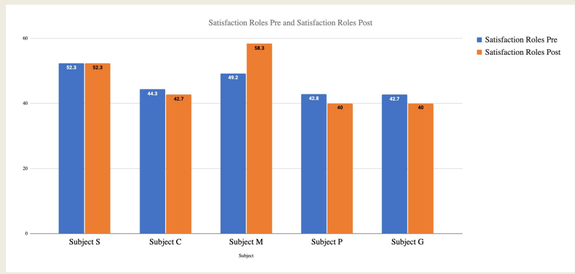
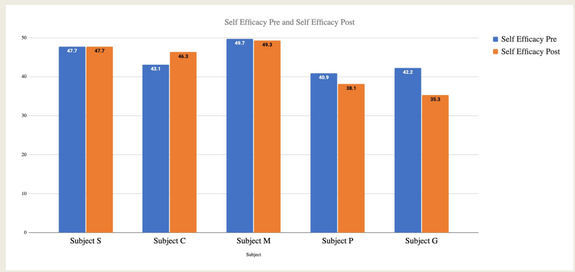
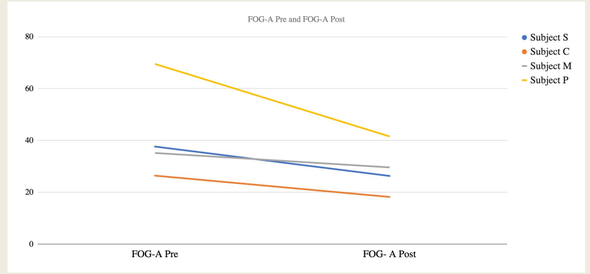
Statistically significant improvements in depression and FOG-A results







DISCUSSION

Given high baseline scores for self efficacy, we would not expect changes in these PROMIS scores over the course of a 6 weeks.

All participants demonstrated statistically significant improvements in depression subscores in addition to improvements in FOG-A which aligns with the results of pre-existing literature.

Subgroup of ⅜ participants that attended a majority of classes demonstrated positive trends in pain, fatigue, and physical function.

DECLARATIVE STATEMENTS

- Participation in a Parkinson's disease community exercise program can positively impact depression.
- Future studies should continue to target self efficacy in order to impact physical activity.