

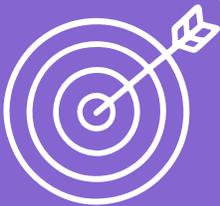
# INTER-PROFESSIONAL APPROACH FOR PARKINSON'S DISEASE

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## Why Inter-professional Practice Matters

Collaboration between PT, OT, SLP, and medical professionals improves quality of life, slows progression, and supports holistic care.



## Therapeutic Interventions

OT: Focuses on optimizing daily living skills through adaptive strategies, motor learning, energy conservation, and task-specific training to maintain independence.

PT: Emphasizes gait training, balance exercises, strength conditioning, and amplitude-based movement programs to improve mobility and reduce fall risk.

SLP: Targets speech, voice, and swallowing through interventions like LSVT LOUD, swallowing exercises, and communication strategies to enhance safety and communication.



## LSVT

Evidence-based protocols focusing on amplitude:

OT: Task-specific training, ADLs/IADLs, cognitive strategies.

PT: Gait, balance, neuroplasticity-based training.

SLP: Treat voice/speech changes, address swallowing, cognitive-communication support.



## Challenges and Solutions

Barriers: In an interdisciplinary OT, PT, and SLP team, collaboration can be limited by miscommunication, tight schedules, and hierarchy that affects equal input.

Solutions: Clear communication, mutual respect, strong leadership, and teamwork help align goals, reduce hierarchy, and improve coordinated care.



## Conclusion

Interprofessional, amplitude-based care (LSVT BIG & LOUD) has the strongest evidence for improving function and quality of life in PD. Collaboration across PT, OT, SLP, medical, and community teams is key.

## REFERENCES

Wood, J., Cianci, H. J., & Hodges, H. (n.d.). An amplitude-focused interprofessional approach for Parkinson's disease, in partnership with LSVT® Global. *OccupationalTherapy.com*. Retrieved from <https://www.occupationaltherapy.com>