

# "An Overview including Non-Motor Symptoms, eg Apathy"

## Hagop Bessos

- *History of Levodopa and Dopamine Agonists: Benefits and Myths.*  
Stanley Fahn MD, Columbia University, New York
- *Can We Predict And Therefore Minimise Falls in PD?*  
Lynn Rochester PhD, Newcastle University
- *Can We Predict Falls?*  
Colleen Canning PhD, Australia
- *Factors that Contribute to Falls*  
Anat Mirelman PhD, Tel Aviv
- *What is apathy?*  
Kathy Dujardin PhD, Lille University Medical Centre, France
- *Managing Peripheral Problems in PD* Dr Lim Shen-Yang, Division of Neurology, University of Malaya

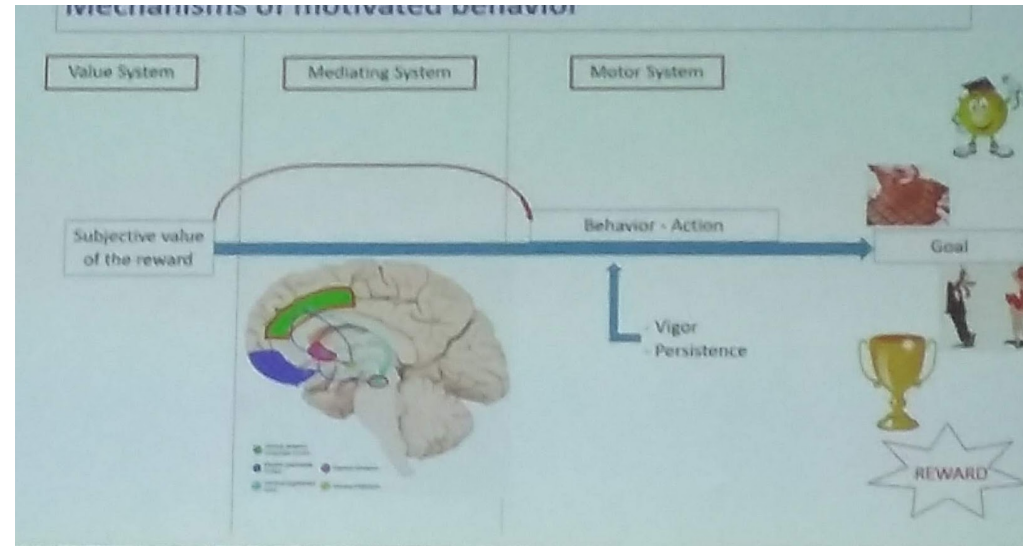
**Synopses of the above topics available on Branch website, or by post from Olivia Bell**

# What can help us deal with apathy?

- Apathy overlaps:
  - Anhedonia
  - Fatigue
  - Anxiety

So we need **high reward**

- Great personal value
- Differs by each individual



High reward leads to behaviour and action: vigour and persistence

# What's suggested?

Non-pharmacological treatment of apathy in PD:

- Tango
- Nordic walking
- Physical therapy one-to-one

“HHI stimulates the tactile sensory system via non-verbal communication. Interactions from hands, torso and arms form a sensory tactile communication channel about movement goals between partners during cooperative physical interactions.”

Non-pharmacological treatment of apathy in Parkinson's disease				
Type of intervention	N	Effect on non-motor symptoms	Effect on apathy	
Tango vs control <sup>1</sup>	46	+	+	Apathy scale
Tango vs self-directed exercise <sup>2</sup>	40	+	None	Single item
Nordic walking vs control <sup>3</sup>	20	+	+	Apathy scale
Physical therapy <sup>4</sup> (individualized PT vs group class PT vs home exercise)	58	+	+	(LARS), higher effect in the "individualized PT" group

1:10 et al. *Complement Ther Med.* 2015;23(2):210-9; <sup>2</sup>Rios Romanets S et al. *Complement Ther Med.* 2015;23(2):175-84; <sup>3</sup>Cugusi et al. *NeuroRehabil* 2015;23(2):245-54; <sup>4</sup>King et al. *J Neurol Phys Ther.* 2015;39(4):204-12

# What can we do?

- Identify the reward
- People: Find an activity that involves other people – either one other person, or a like-minded group
- Music and rhythm: Find an activity that is driven by music and/or rhythm
- Get out into the open air (implied with Nordic walking).

# The key to motivation

Enjoyment :

In company with other people (HHI)

Being the focus of professional attention

& with music and/or rhythm