

Establishment and Evaluation of a New Movement Disorders Service in Hawke's Bay

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Aim

The population of adults over 65 years of age in Hawke's Bay is predicted to rise from 31000 to over 55000 by 2048. It is estimated that around 367 people in Hawke's Bay have Parkinson's disease. Most patients with Parkinson's disease are older with some degree of frailty. A lack of multidisciplinary care for frail older patients with Parkinson's disease was evident.

In February 2021, a new movement disorders service focusing on the care of older people with Parkinson's disease and related conditions was established.

The MDS – Movement Disorders Service

The service is led by a geriatrician with special interest in movement disorders, supported by an administration secretary, a clinic secretary and Clinical Nurse Specialists in Gerontology. The service has objectives to recruit and train a Parkinson's specialist nurse to join the team.

Referrals from primary care and secondary care multidisciplinary teams are triaged weekly, and assessed in outpatient settings and home visits for patients unable to travel. As patients get frailer with accumulating functional and cognitive burden, their care is transferred from Neurology to our service, facilitated by regular inter-speciality MDT meetings. Multidisciplinary support is available in outpatients and community via our EngAGE teams.

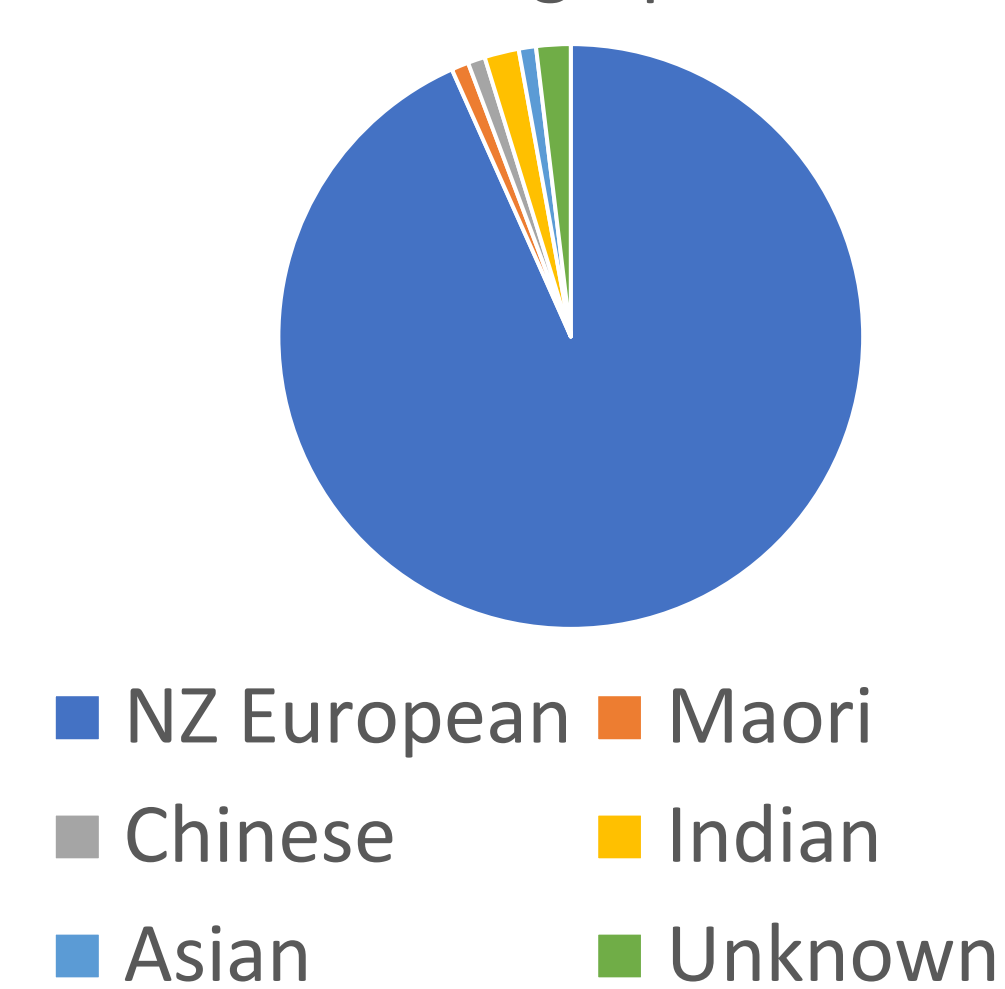
Scope of service

The service has cared for a total of 224 new patients in 32 months since inception, with 314 follow up visits. During this time, 79 patients have been discharged from the service and 20 patients have died. There are 120 patients under current follow up.

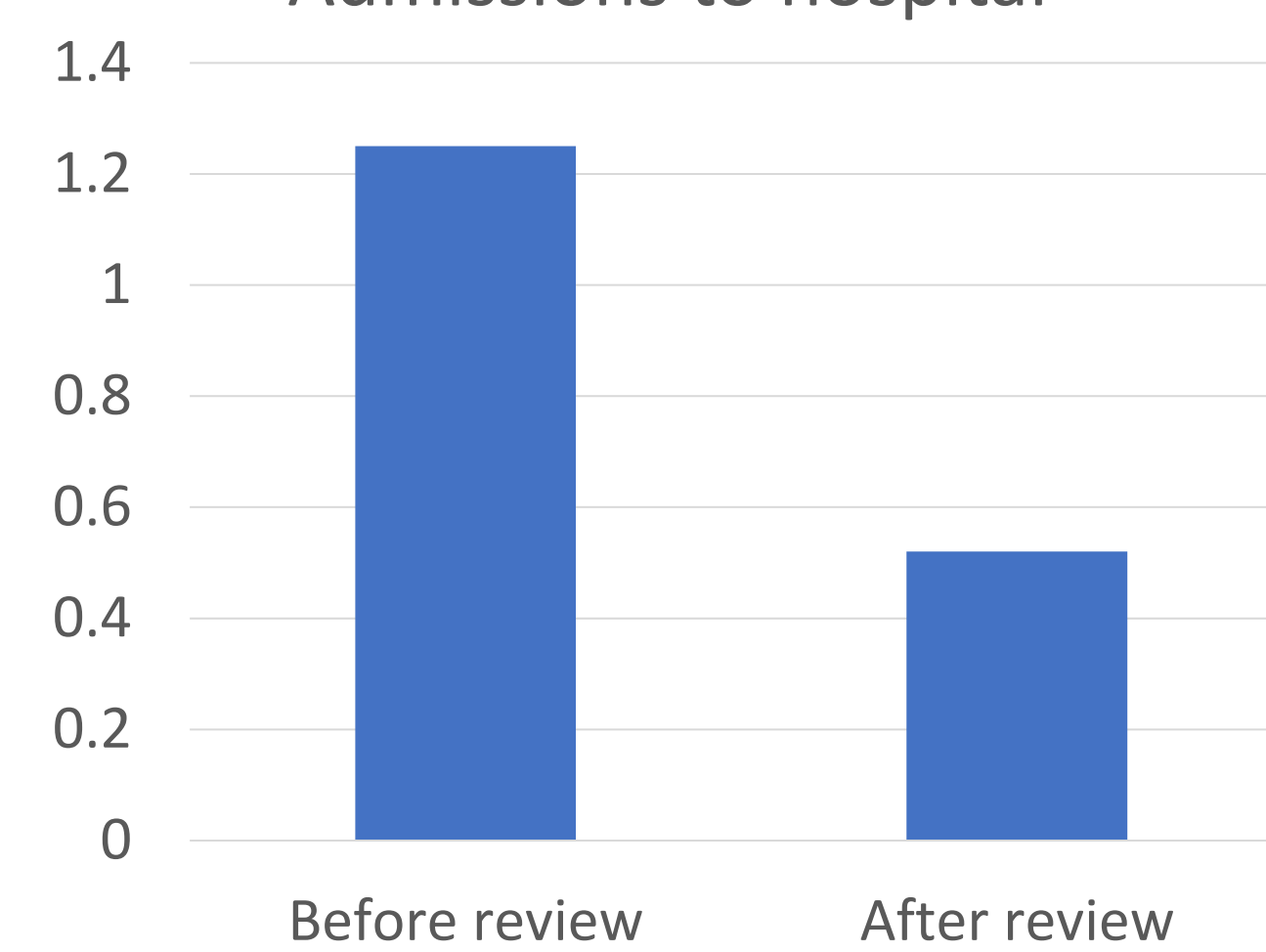
Impact on hospital admissions

Between February 2021 and May 2022, 105 patients were reviewed in the service. Patients were predominantly of NZ European origin, with very few patients in other ethnicities. 116 clinic appointments and 36 home visits were conducted during this period. Average hospital admission/person/year before first review was 1.25. Average hospital admission/person/year after first appointment was reduced to 0.63 (0.52 if adjusted for follow up period, p value 0.0005). This has translated to a saving of 1,124.5 bed days and an equivalent saving of NZD \$923,214.50, in the first 16 months of the service. Beyond bed days and financial savings, this has multifaceted positive effects for frail older patients and the health system, considering Parkinson's disease patients are twice as likely to stay in hospital for more than 3 months and more likely to die in hospital.

Demographics



Admissions to hospital



Patient evaluation and feedback

We designed a questionnaire to seek feedback for our service, and 50 patient responses between April 2021 and August 2022 were collected. 61.22% of these patients had Parkinson's disease. 98% of patients felt they had enough time at their appointment and that their questions and concerns had been answered. 65.52% said they would like a regular review at the clinic or by a Parkinson's specialist nurse.

Future

The service anticipates doubling of numbers of Parkinson's disease patients in the next 2 decades. Te Matau a Māui Hawke's Bay is actively looking to recruit a Parkinson's specialist nurse to join the team. Improvement in nursing support in the outpatient clinic is anticipated. Additionally, collaboration with Parkinson's Society New Zealand will enhance patient care further.

Acknowledgements

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