Let's Talk about Parkinson's:
How can Speech and Language Pathologists deliver the best care?
Presented by:
Parkinson's Foundation
October 28, 2017

Program
8:00 - 8:30am: Registration & Welcome

Module #1: Overview
8:30 – 9:45 am

Overview of Parkinson's
Nina Browner, M.D.
Dr. Browner will present an overview of Parkinson's Disease, the diagnostic criteria, stages of progression and motor and non-motor symptoms. Setting the stage for further discussion and why SLPs are an integral member of interdisciplinary care for people with PD. She will also discuss the spectrum of medical and surgical treatment(s) and common drug side effects as well.
Lori Campbell, MA, CCC-SLP *(person with Parkinson's perspective)*
Ms. Campbell will present her personal account of diagnostic process, medication trials and errors, the impact of illness and infection in People with Parkinson's, and challenges People with Parkinson's face during hospital encounters and having multiple specialists.

9:45 - 10:00 am: Break

Module #2: Role of SLP and Cognition
10:00-11:15am

Role of Cognition in Evaluation and Treatment of People with PD
Leslie Mahler, Ph.D., CCC-SLP
Changes in the basal ganglia that cause motor deficits in people with PD also cause cognitive changes. Even people who are recently diagnosed may have changes in cognition that have implications for assessment, diagnosis, and treatment. Information on cognitive changes associated with PD and the implications for treatment and carryover will be presented along with specific treatment recommendations.

11:15am - 12:00pm: Lunch & Learn - Conversations with Presenters

Module #3: <u>Speech</u>
12:00-1:45pm

Speech: Success is in the therapy
Jessica Huber, Ph.D. & Karen Hegland, Ph.D., CCC-SLP
This session will cover common speech impairments associated with Parkinson's disease. We will discuss how these symptoms fit in two prominent disease frameworks. Assessment will be briefly covered. The bulk of the session will be focused on case discussion, covering assessment, treatment, and best practices. Cases will cover a variety of disease severities and symptomatologies.

1:45 – 2:00pm: Break

Module #4: <u>Dysphagia</u>
2:00 - 3:45PM

Swallowing: Understanding the causes and solutions for dysphagia
Michelle Ciucci, Ph.D. & Karen Hegland, Ph.D., CCC-SLP
Deglutition, or the entire act of swallowing, is a complex sensorimotor and cognitive task that requires the fine coordination of multiple systems to move the bolus safely through the aerodigestive pathway. Swallowing dysfunction is likely related to multiple levels of brain dysfunction and there are no clear links to disease progression and dysphagia severity. This session will cover swallowing dysfunction as it relates to PD, hypothesis-driven assessment, impairment-based treatment approaches and the importance of timing, adherence, and maintenance in treatment.

3:45 – 4:15: **Hands-on Roundtable Station**

1. **Technologies** - **Jessica Huber, Ph.D**

   This roundtable will feature a set of technologies available for use in assessment and treatment of people with Parkinson's disease. Explanations of the functional use of each technology, along with hands-on practice, will be provided.

2. **BIG and LOUD** – **Leslie Mahler, Ph.D., CCC-SLP**

   This roundtable will discuss translating principles of motor learning to practice to drive activity-dependent changes in neural plasticity as well as recent research findings.

3. **Medical Treatments, Why This Med?** – **Nina Browner, M.D.**

   This roundtable discussion will review the current evidence – based approach to medical treatment of motor and non–motor symptoms of Parkinson's disease. Mechanism of action as well as benefits and common side effects of medications will be discussed. Participants will also learn about newly approved and investigational drugs for motor and non–motor symptoms of Parkinson's disease.

4. **Respiratory Function** – **Karen Hegland, Ph.D., CCC-SLP**

   This roundtable discussion will provide information on the measures and interpretations that the speech-language pathologist should be familiar with in terms of general respiratory function. We will discuss how these metrics can change with PD, and the implications for speech and swallowing. There will be hands-on demonstrations with instrumentation necessary to measure respiratory function.

5. **Animal Models** – **Michelle Ciucci, Ph.D.**

   The pathology of Parkinson's disease (PD) is complex. Animal models have revolutionized our understanding the onset, progression, and pathology underlying some of the least understood signs/symptoms of the disease as well as afforded us the opportunity to study pre-clinical disease. This session aims to discuss some of the latest findings in PD, including gut-brain interactions, spread of disease pathology, and some potential avenues for treatment.

6. **VICTORY**: **Living Well with Parkinson's** –**Lori Campbell, MA, CCC-SLP**

   This roundtable will feature how practicing mindfulness, embracing optimism, and use of stress reduction techniques such as breathing exercises, guided imagery, and affirmations can change how a person evaluates their future well-being and personal significance of their symptoms. Hands on practice and resources will be provided.

Module #5: <u>Panel Discussion</u>
4:15 - 5PM

Panel Discussion/Wrap -up:
- Moderator: Jessica Huber, Ph.D., CCC-SLP
- Panelists: Nina Browner, M.D.
**   Lori Campbell, MA, CCC-SLP**
**   Michelle Ciucci, Ph.D., CCC-SLP**
**   Karen Hegland, Ph.D., CCC-SLP**
**   Leslie Mahler , Ph.D., CCC-SLP**