# **Quality of Life for Clients with Parkinson's Disease**

### Thesis

Submitted for Fulfillment of the Requirements
of Master Degree in Nursing Science
Community Health Nursing

#### By

#### **Enas Hassan Ahmed Hassan Awad**

(B.Sc. Nursing, 1998)

Head of Technical Nursing Institution
EL-Salam Specialized Hospital

Faculty of Nursing
Ain Shams University
2020

# **Quality of Life for Clients with Parkinson's Disease**

### Thesis

Submitted for Fulfillment of the Requirements
of Master Degree in Nursing Science
Community Health Nursing

Under Supervision of

#### **Dr./ Hala Mohamed Mohamed**

Assistant Prof. of Community Health Nursing Faculty of Nursing - Ain Shams University

#### Dr/ Wafaa Khalil Ibrahim

Lecturer of Community Health Nursing
Faculty of Nursing - Ain Shams University

Faculty of Nursing
Ain Shams University
2020



First and foremost, I feel always indebted to ATAH, the Most Kind and Most the Merciful for all his blessing and for giving me the will and strength for completion of this work.

I am deeply grateful to Dr/ Hala Mohamed Mohamed Assist prof. of Community Health Nursing, Faculty of Nursing, Ain Shams University, for her guidance, constructive criticism and supervision for the perfection of this thesis.

I would like to express my deep thanking and appreciation to Dr/ Wafaa Khalil Ibrahim Lecturer of Community Health Nursing, Faculty of Nursing, Ain Shams University, for her unlimited help, effort, support, guidance and for the time she devoted to me in this work. I would not have been able to start and continue this work without her help.

I would like to express my thanks to all clients, their family and all person shared in study, who helped me in collection of the data, and my thanks to all those who contributed by giving their time, effort and encouragement to the fulfillment of this study.

Enas Hassan Ahmed



#### **Contents**

Table	Page
List of Tables	I
List of Figures	VI
List of Abbreviations	VIII
List of Glossary	Х
Abstract	XII
Introduction	1
Aim of the Study	5
Review of Literature	6
Part (I): Parkinson's disease	7
Part (II): Quality of life for Clients with	43
Parkinson's disease	
Part (III): Community health nurse role toward	52
clients with PD according to level of prevention	
Subjects and Methods	70
Results	82
Discussion	
Conclusion	
Recommendation	
Summary	
References	
Appendices	211
Protocol	
Arabic Summary	

#### **List of Tables**

No.	Table	Page
	Table in Review	
1	Summary points for drugs used to treat	38
	Parkinson's disease	
	Table in Results	
1	Number and Percentage of Parkinson's	83
	clients according to their socio-demographic	
	data (n=360).	
2	Number and Percentage of Parkinson's	85
	clients according to their health status of	
	disease about mobility (n=360).	
3	Number and Percentage of Parkinson's	86
	clients according to their health status about	
	of daily living activities (n=360).	
4	Number and Percentage of Parkinson's	87
	clients according to their health status about	
	emotional well-being (n=360).	
5	Number and Percentage of Parkinson's	88
	clients according to their health status about	
	stigma of disease (n=360).	
6	Number and Percentage of Parkinson's	89
	clients according to their health status about	
	social support (n=360).	

#### ☐ List of Tables €

No.	Table	Page
7	Number and Percentage of Parkinson's	90
	clients according to their health status about	
	cognitive (n=360).	
8	Number and Percentage of Parkinson's	91
	clients according to their health status about	
	communication (n=360).	
9	Number and Percentage of Parkinson's	92
	clients according to their health status about	
	physical exhausting (n=360).	
10	Number and Percentage of Parkinson's	94
	clients according to their knowledge about	
	definition and cause of PD (n=360).	
<b>10</b> a	Number and Percentage of Parkinson's	95
	clients according to their knowledge about	
	predisposing factors for Parkinson's disease	
	(n=360).	
10b	Number and Percentage of Parkinson's	96
	clients according to their knowledge about	
	symptoms and signs of PD (n=360).	
11	Number and Percentage of Parkinson's	97
	clients according to their knowledge about	
	complications of PD (n=360).	
<b>11</b> a	Number and Percentage of Parkinson's	98
	clients according to their knowledge about	
	emergence and discovery of PD (n=360).	

No.	Table	Page	
12	Number and Percentage of Parkinson's	99	
	clients according to their knowledge about		
	stages of PD (n=360).		
13	Number and Percentage of Parkinson's	100	
	clients according to their knowledge about		
	treatment of PD and its effect on the quality		
	of life (n=360).		
<b>13</b> a	Number and Percentage of Parkinson's	101	
	clients according to their knowledge about		
	impact Parkinson's disease on the quality of		
	life (n=360).		
13b	Number and Percentage of Parkinson's	103	
	clients according to their knowledge about		
	prevention of Parkinson's disease (n=360).		
14	Number and Percentage of Parkinson's	105	
	clients according to their general level		
	quality of life for clients with PD (n=360).		
15	Number and Percentage of Parkinson's	106	
	clients according to their personal care		
	quality of life for clients with PD (n=360).		
16	Number and Percentage of Parkinson's clients	107	
	according to their quality of life for clients with		
	PD about dress and appearance (n=360).		
17	Number and Percentage of Parkinson's	108	
	clients according to their quality of life for clients with PD about food and drink		
	(n=360).		

#### 

No.	Table	Page
18	Number and Percentage of clients according	109
	to their quality of life for clients with	
	Parkinson's disease about elimination	
	(n=360).	
19	Number and Percentage of Parkinson's	111
	clients according to their history of disease	
	(n=360).	
19	Number and Percentage of Parkinson's	112
Cont.	clients according to their history of disease	
	(n=360).	
19a	Number and Percentage of Parkinson's	113
	clients according to their health history of	
	disease about symptoms (n=360).	
20	Relation between clients regarding level of	115
	health status for Parkinson's clients and their	
	socio-demographic data (n=360). Q1	
21	Relation between clients regarding level of	117
	knowledge and their socio-demographic data	
	(n=360).Q2	
22	Relation between clients satisfied and	119
	unsatisfied regarding level of knowledge and	
	their level of QOL for Parkinson's	
	(n=360).Q3	

#### ☐ List of Tables €

No.	Table	Page
23	Relation between clients mild, moderate and severe regarding level of health status for Parkinson's and quality of life for Parkinson's (n=360).Q4	120

## **List of Figures**

No	Figure	Page
	Figure in Review	
1	Parkinson's disease.	7
2	Prevalence of PD.	10
3	Pathophysiology of Parkinson's disease.	11
4	Lew's body	12
5	Environmental factors	15
6	Aging factors	19
7	Stages of Parkinson's disease	22
8	Stage one of Parkinson's disease	23
9	Stage two of Parkinson's disease	25
10	Stage three of Parkinson's disease	26
11	Stage four of Parkinson's disease	27
12	Stage five of Parkinson's disease	28
13	Clinical features of motor PD	30
14	Clinical features of non-motor PD	31
15	MRI for PD	33
16	Surgical treatment DBS	39
17	Exercises for clients with PD	56
18	Balance exercises for clients with PD	57

No	Figure	Page
	Figure in Results	
1	Percentage distribution of Parkinson's	93
	clients according to their level of total	
	health status (n=360)	
2	Perce Percentage distribution of	104
	Parkinson's	
	Clie according to their Level of total	
	knowledge about Parkinson's disease	
	(n=360).	
3	Percentage distribution of Parkinson's	110
	clients according to their level total quality	
	of life for clients with Parkinson's disease	
	(n= 360)	
4	Percentage distribution of Parkinson's clients	114
	according to their number of times enter to	
	the hospital (n=360)	

#### **List of Abbreviations**

Abbr.	Full-term
AAA	Animal-Assisted Activities
AAT	Animal-Assisted Therapy
AD	Alzheimer's Disease
ALS	Amyotrophic Lateral Sclerosis
ATP	Adenosine Tri Phosphate
BBB	Blood Brain Barrier
CHN	Community Health Nurse
CNS	Central Nervous System
COPD	Clients Of Parkinson's Disease
CSF	Cerebrospinal fluid
CT	Computed Tomography
DA	Dopamine Agonist
DBS	Deep Brain Stimulation
DDT	Dichloro Diphenyl Trichloroethane

#### ☐ List of Abbreviations €

Food and Drug Administration
Functional Magnetic Resonance Imagine
Gulf Cooperation Council
Gastro Intestinal Tract
Health Related Quality Of Life
Idiopathic Parkinson's Disease
Intelligent Quotient
Krebs Tri Carboxylic Acid
Lewy Bodies
Lewy Neuritis
Level Of Prevention
Gene -rich repeat Kinase 2
Muscle Dystrophy
Mitochondrial Electron Transport
Magnetic Resonance Imagine
Multiple Sclerosis

#### ☐ List of Abbreviations €

MSA	Multiple System Atrophy
PBL	Peripheral Blood Lymphocyte
PD	Parkinson's Disease
PE	Physical Exercise
PET	Positron Emission Tomography
PSP	Progressive Suprancuclear Palsy
QOL	Quality Of Life
REM	Rapid Eye Movement
SLI	Somatostatin Like Immunoreactivity
TRAP	Traffic-Related Air Pollution
UK	United Kingdom
USA	United Stat of America
WHO	World Health Organization

## **List of Glossary**

Insomnia	less common than the inability to stay asleep
Rigidity Motor symptoms	Symptoms that primarily involve movement
Movement disorder	A neurological condition that affects movement
Non-motor symptoms	Symptoms that do not primarily involve movement
Tai Chi:	A form of exercise developed in ancient China that can help with posture and balance
Tremor	A form of rhythmic shaking
Functional	Imaging technique that allows physicians to
magnetic	see the structure and function of the brain
resonance	
imaging (fMRI)	
Da Tscan	Involves the use of embedded pulse
	generators to suppress the motor symptoms
	of PD, thereby allowing for a reduction in
	medication; surgical option for people with
	advanced PD who have tried a number of