

# Integrated Care

Produced by: Parkinson Disease Knowledge Translation Task Force

## Fact Sheet

**Physical therapist service should be delivered within an integrated care approach to reduce motor disease severity and improve quality of life in individuals with Parkinson disease.**

Integrated care approaches include multidisciplinary, interdisciplinary, and interprofessional health care teams working to improve care for people with PD.

Types individuals with PD who would most/least benefit from the intervention:

- Persons with idiopathic PD H&Y stage 1-3 without cognitive impairment. However, expert opinion suggests integrated care should be used across all stages of disease.

Integrated care teams

- Strong evidence toward integrated care teams that included a variety of practitioners such as PT, OT, SLP, movement disorder specialist/neurology, nursing, social work, and psychology
- Individuals with PD who participated in an integrated care model required less medication dosage increases over time.

How to perform integrated care approach:

- Dosage, type intervention, dosage, and intensity: not applicable
- Considerations for practice setting: independent practitioners may need to establish relationships with community partners of other disciplines
- Benefits: Reduced motor disease severity, non-motor improvements, improved functional outcomes, improved QoL, lower dosage increases of dopamine replacement therapy medication.
- Risk/harm/cost: increased cost of care due to seeing multiple practitioners, increased cost to practitioner due to communication between team members is required, available funding/payment for interdisciplinary clinic visits.

