

A stylized, light blue illustration of a human brain and a hand, set against a dark blue background. The brain is shown in profile, with its gyri and sulci clearly defined. The hand is positioned below the brain, with fingers slightly curled. The overall style is clean and modern, using white and light blue lines on a dark blue background.

Medication Support Groups for Parkinson Disease

Session #1 Medication Management Of Motor
Symptoms in PD | February 3, 2024 | 10-11 AM



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Introductions

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Session Outline

- Educational session
- Q&A
- Debrief
- Survey



Learning Objectives

- Describe the three cardinal symptoms of PD
- Discuss early vs. late/advanced medication therapy in PD
- Compare the safety and efficacy of:
levodopa/carbidopa, dopamine agonists, and
MAO-B inhibitors



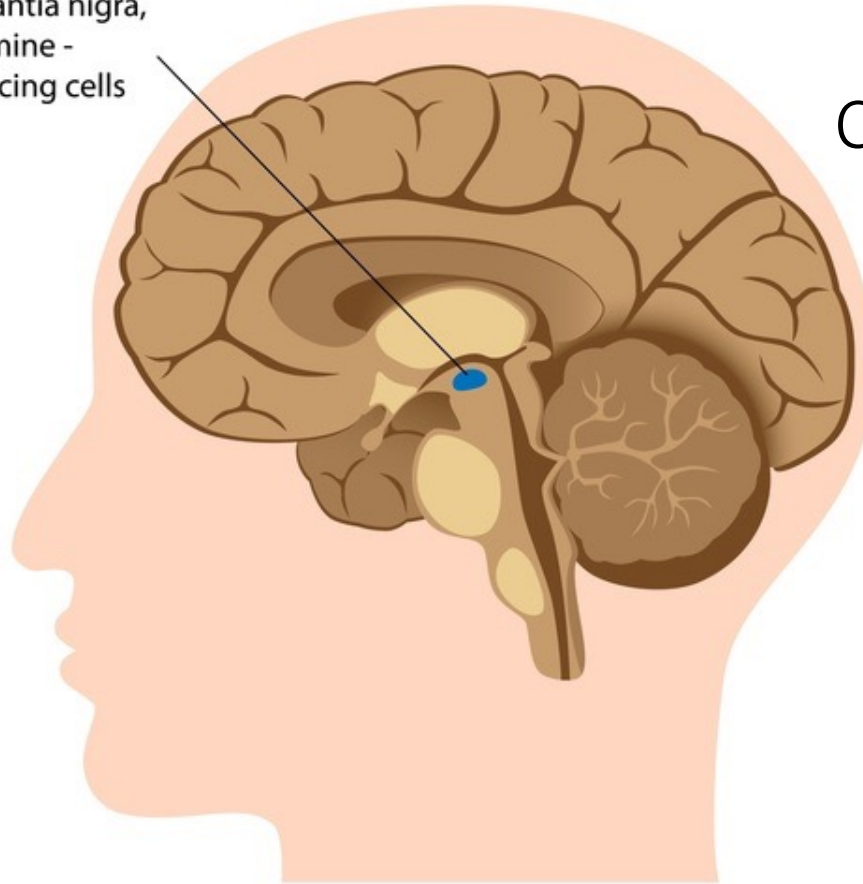
What is Parkinson Disease?

- Imagine the brain is like a conductor of an orchestra
- An error in the conductor's baton – slower/less precise – musicians aren't able to follow the right tempo



Parkinson's disease

Substantia nigra,
dopamine -
producing cells



Chronic, progressive,
neurodegenerative
disease



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Credit: Alila Medical Media/Shutterstock.com

MOTOR Symptoms

- Cardinal clinical features:
 - RESTING TREMOR
 - BRADYKINESIA
 - RIGIDITY



- Postural instability and asymmetric onset are supporting features

NONMOTOR Symptoms

- Pain
- Memory challenges
- Changes in mood and sleep
- Autonomic dysfunction
 - Low blood pressure from sitting to standing
 - Constipation
 - Changes to urination



Medication Management

- No treatment to prevent or delay PD progression
- Treatment often determined by patient-specific factors including:
 - **Risks vs. benefits**
 - Age
 - Motor symptoms – limbs affected
 - Limitations to social, work, daily activities of living, quality of life
 - **Early vs. late/advanced**



Medication Management

- Levodopa/Carbidopa or Levodopa/benserazide
- Dopamine Agonists (ropinirole, pramipexole, rotigotine)
- MAO-B Inhibitors (rasagiline, selegiline, safinamide)



How do they work?

Levodopa/Carbidopa

- Increases the amount of dopamine in the brain

Dopamine Agonists


- Mimics the effects of dopamine in the brain

MAO-B Inhibitors

- Stops dopamine from being broken down in the brain

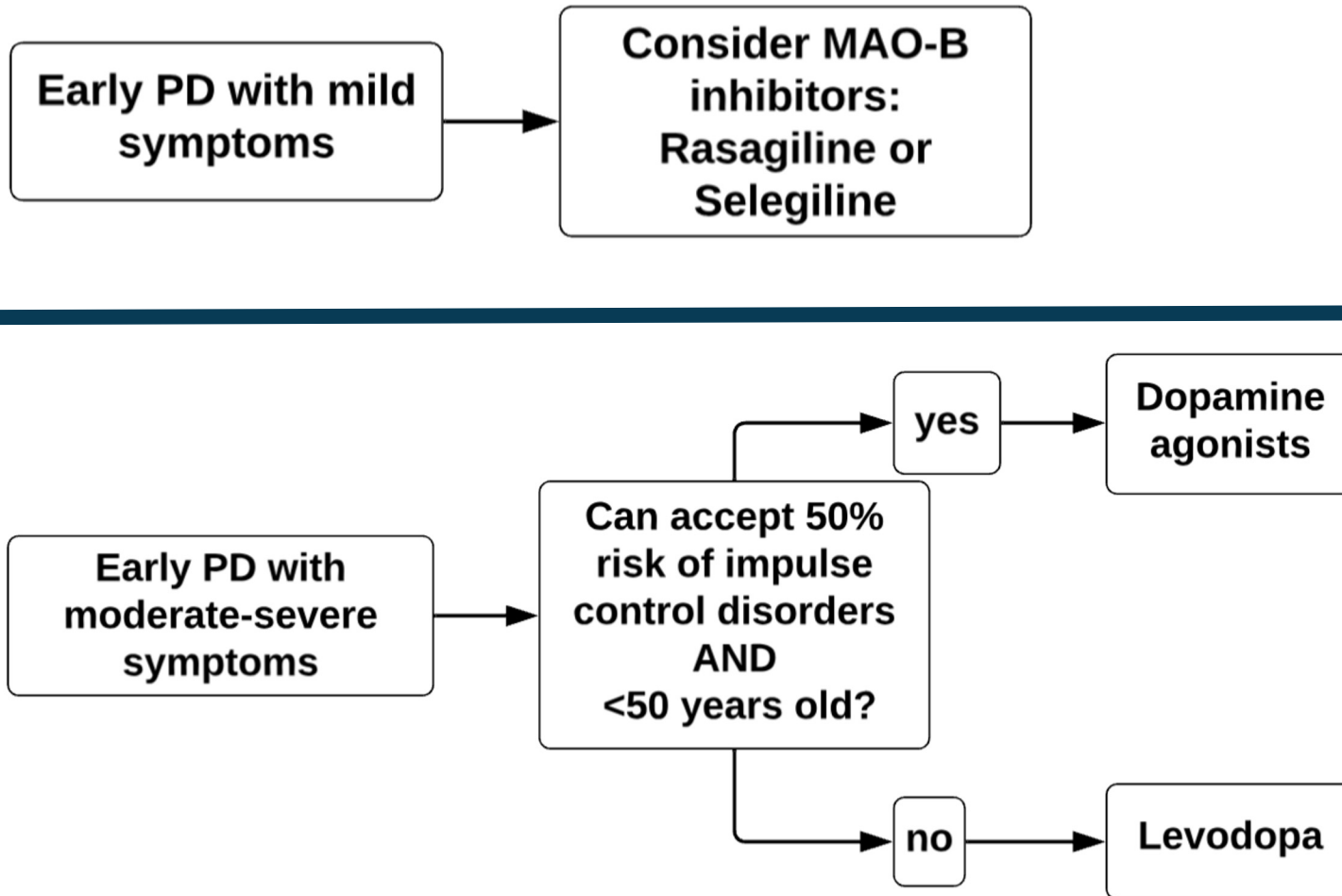


Efficacy and Safety

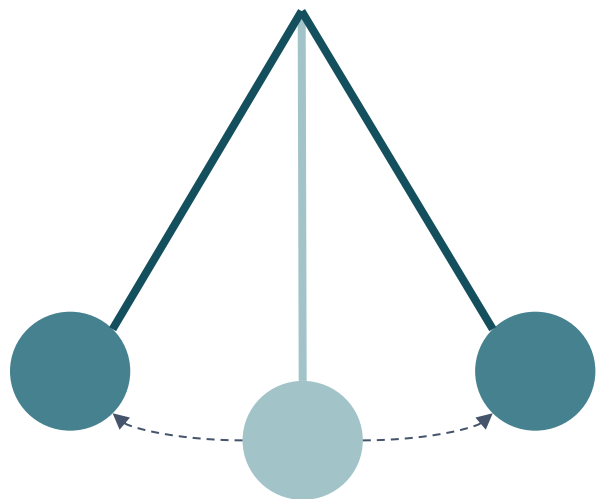
	Levodopa/ Carbidopa	Dopamine Agonists	MAO-B Inhibitors
EFFICACY (motor symptom control)	 Most effective (gold standard drug)	Moderately effective	Least effective
SAFETY (side effects)	Dyskinesias (higher risk) , nausea, low blood pressure, confusion, hallucinations	Impulse control disorder, daytime drowsiness, dyskinesias (lower risk) , nausea, low blood pressure, confusion, hallucinations	Dyskinesias (lower risk) , nausea, low blood pressure, confusion, hallucinations



Treatment in Early PD



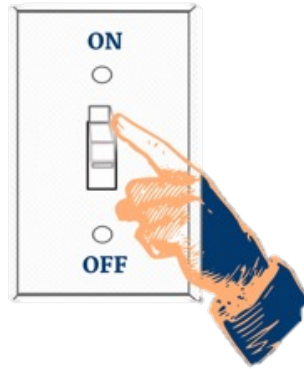
Treatment in Late/Advanced PD



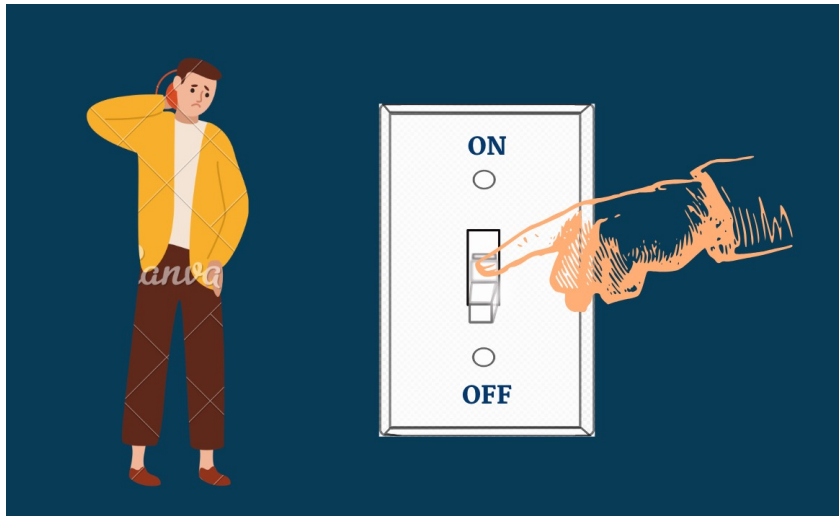
- As PD progresses, response to medication changes over time
- After 5 years, 50% of patients on Levodopa/carbidopa will experience MOTOR FLUCTUATIONS and/or DYSKINESIAS



Motor Fluctuations – TOO LITTLE Dopamine



Ability to move turns “ON” and “OFF” after taking your medication



Dyskinesias – TOO MUCH Dopamine

Large, uncontrolled “writhing” or “dance-like” movements that often affect neck, arms and legs as a result of TOO much Dopamine



Treatment in Late/Advanced PD

- Depending on the type of motor fluctuation or dyskinesia, your healthcare team may try:
 - Adjusting the dose of your current medication
 - Adjusting the frequency of your current medication
 - Adding new medication e.g. amantadine or entacapone
- To be discussed in more detail in SESSION 2





BREAKOUT GROUPS

Q&A



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Parkinson Wellness Projects:

- <https://parkinsonwellness.ca/medication-management>



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SURVEY (OPTIONAL)

We would like to hear your experience participating in these medication support groups today!

Participation in this study will involve an online survey (~15 minutes) about your experience participating in the Online Medication Support Groups for Parkinson Disease. All data will be kept confidential and survey data will be anonymous.

If you participate, you will be entered into a raffle for a \$25 gift card. If you have any questions, please contact Larry Leung at larry.leung@ubc.ca.

https://ubc.ca1.qualtrics.com/jfe/form/SV_3klvBe6iBdf2bUq



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