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# The development of a complex intervention to support exercise self-management for people with Parkinson's.

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# Development of a complex intervention to support exercise self-management for people with Parkinson's.

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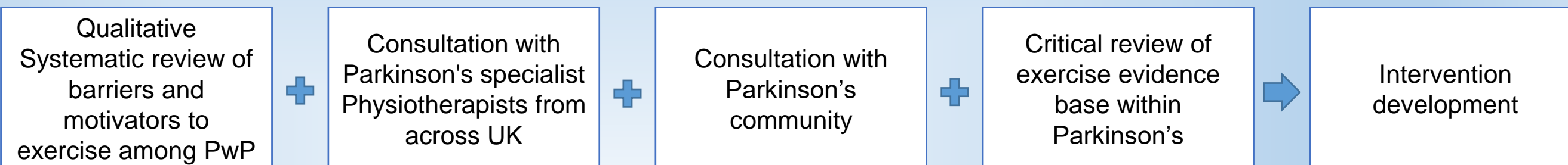


## Background

- The benefits of exercise for people with Parkinson's (PwP) are undisputed.
- New models of care are needed to support long-term exercise participation for PwP
- The Medical Research Council<sup>1</sup> advocates that complex health interventions require planning, development, and evaluation prior to implementation.

**Aim:** To develop an evidence based intervention to equip PwP to self-manage their exercise participation.

## Methods



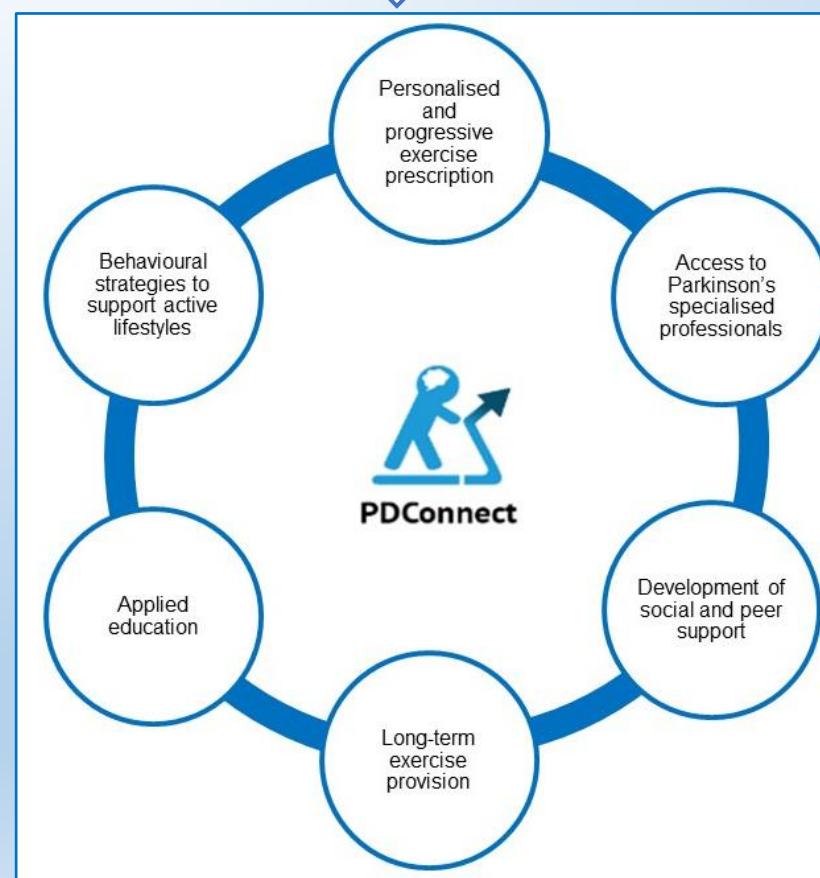
## Results - intervention

The PDConnect programme aims to promote exercise self-management by combining progressive exercise prescription with education and behaviour change strategies, delivered collaboratively by Parkinson's Specialists.

6 weeks 1:1 Physiotherapy delivered by Parkinson's specialist Physiotherapists

12 weeks group-based exercise delivered by Parkinson's specialist Fitness Instructor

12 weeks self-management supported by monthly phone calls



**Conclusions:** The development of PDConnect aligns with the guidelines for developing complex interventions, advocated by the Medical Research Council<sup>1</sup>. A mixed methods feasibility and acceptability study of the PDConnect programme is currently being undertaken funded by Parkinson's UK and the CSO.



Reference:  
<sup>1</sup>Craig et al (2007).  
<https://mrc.ukri.org/documents/pdf/complex-interventions-guidance/>



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