

Prescribing Tip For Information



[Get It On Time – The Case for Improving Medication Management for Parkinson’s](#)

Parkinson’s medication is a time critical medication. The impact of not getting this medication on time can be extremely debilitating causing stress, anxiety, immobility, severe tremors and can be fatal in the worst cases.

All staff in primary care can play a vital role in making sure that people with Parkinson’s take the correct medication, at the correct time. This will help people with the condition to achieve good symptom control and have the best possible outcomes.

The average person living with Parkinson’s may find themselves on nine doses of medication a day. This is because everyone’s Parkinson’s symptoms are different and therefore need different medication management regimes. The timing of these medications alters from person to person and clear and concise instructions are vital.

[Please ensure all timings of every dose of Parkinson’s medication are included in the directions for use.](#)

How else can I help a patient remember to take their Parkinson’s medication on time?

- Setting an alarm on their phone or smart watch
- Get a family member to call them at the right time or arrange care visits around when they need to take their medication
- Use a pill box with sections for each day and time. Their local pharmacist can advise on the different ones available
- Ensure they have contact with a Parkinson’s nurse, if they are struggling to remember to take their medication.

Parkinson’s UK published a [Get It On Time](#) report highlighting the consequences patients face if they do not receive their medication on time in the hospital or care home setting, together with information as to how the issues identified could be managed.

[Parkinson's UK](#) is an excellent website with information and resources for patients and healthcare professionals alike.

To contact the Medicines Optimisation Team please phone 01772 214302

If you have any suggestions for future topics to cover in our prescribing tips please contact Nicola.schaffel@nhs.net