

PARKINSON'S DISEASE IN INSTITUTIONS: UNDERSTANDING THE CONDITION AND ADAPTING PROFESSIONAL PRACTICE

Training for professionals working in care facilities (care assistants, nursing assistants, nurses, activity coordinators, caregivers)

Master Parkinson's disease support: from motor symptoms to cognitive disorders, adapting care at each stage

Duration : 6 to 7 hours	Modules : 8 modules
Lessons : 32 lessons	Audience : Healthcare professionals in facilities (care assistants, nursing assistants, nurses, activity coordinators)
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

www.dynseo.com/nos-formationen | contact@dynseo.com | 09 66 93 84 22

Course description

Parkinson's disease is much more than a motor disorder: it affects cognition, emotions, sleep, communication, and autonomy in a progressive and unpredictable manner. This comprehensive training provides professionals with an in-depth understanding of the disease in all its dimensions and concrete tools to adapt care, activities, and the support relationship at each stage of progression. Through 8 modules and 32 lessons, participants will learn to recognize motor and non-motor symptoms, understand treatments and their effects, adapt daily care, stimulate cognition, and work effectively as part of a multidisciplinary team. At the end of the training, each participant will be able to adjust their practice to the specific profile of each resident with Parkinson's disease, taking into account motor fluctuations, treatment effects, and cognitive and emotional needs.

Module summary

MODULE 1	Understanding Parkinson's Disease	4 lessons
MODULE 2	Treatments and their effects on daily life	4 lessons
MODULE 3	Adapting care to motor constraints	4 lessons
MODULE 4	Cognitive disorders and stimulation in institutions	4 lessons
MODULE 5	Communication and support relationship	4 lessons
MODULE 6	Sleep, pain, and quality of life	4 lessons
MODULE 7	Coordination and teamwork around the resident with Parkinson's disease	4 lessons
MODULE 8	Complex situations and practical cases	4 lessons

Learning objectives

Learning objectives

- Understand the neurological mechanisms of Parkinson's disease and identify motor and non-motor symptoms at each stage of progression
- Recognize the effects of dopaminergic treatments, motor fluctuations (ON/OFF phases), and monitor side effects
- Adapt daily care (hygiene, dressing, nutrition, mobility) to motor constraints while preserving autonomy
- Identify cognitive disorders specific to Parkinson's disease and implement adapted stimulation activities
- Adjust communication to speech disorders and build an appropriate support relationship throughout the stages
- Manage sleep disorders, pain, and contribute to maintaining quality of life until end-of-life
- Work effectively within a multidisciplinary team and coordinate with families around the resident's life project
- Handle complex situations (freezing, falls, hallucinations) and apply concrete strategies in the field

General information

Duration	6 to 7 hours
Target Audience	Professionals working in facilities: care assistants, nursing assistants, nurses, activity coordinators, caregivers in nursing homes, community nursing services, or hospital-at-home care
Prerequisites	None
Price	On quote - VAT not applicable (article 261-4-4° of the French General Tax Code)
Certification	Qualiopi - Certificate of completion
Training Organization	DYNSEO - Activity registration number: 11757351875

MODULE 1**Understanding Parkinson's Disease**

4 lessons

Lesson 1 - Neurological mechanisms of Parkinson's disease

- Degeneration of dopaminergic neurons in the substantia nigra and role of dopamine
- Lewy bodies: definition and connection with atypical forms
- Why Parkinson's is a progressive disease that varies among individuals

Lesson 2 - Motor symptoms — recognizing and understanding

- The classic triad: resting tremor, rigidity, akinesia/bradykinesia
- Freezing: sudden blockage while walking, triggers and practical consequences
- Posture and balance disorders, micrographia, dysphonia, swallowing disorders

Lesson 3 - Non-Motor Symptoms — The Iceberg of Parkinson's

- Cognitive disorders: slowing down, memory, attention, executive functions
- Sleep, dysautonomic, and psychiatric disorders
- Pain and fatigue: two underestimated and undertreated symptoms

Lesson 4 - The progression of the disease by stages

- The Hoehn and Yahr scale: 5 stages and practical implications
- What changes in care at each stage of progression
- Atypical forms: Parkinson-plus (MSA, PSP, DLB) and prognosis

MODULE 2**Treatments and their effects on daily life**

4 lessons

Lesson 1 - Dopatherapy — understanding the reference treatment

- Levodopa: mechanism of action and importance of timing consistency
- Why the timing of medication administration is critical in facilities
- The role of the professional in adherence: vigilance without replacing the caregiver

Lesson 2 - Motor fluctuations — understanding ON and OFF

- Definition of ON phases (good mobility) and OFF phases (blocking, rigidity)
- Dyskinesias: involuntary movements during ON phase
- How to organize care based on resident's fluctuations and communicate changes

Lesson 3 - The side effects of treatments to monitor

- Orthostatic hypotension: risk of falls and adapted standing protocol
- Medication-induced hallucinations, confusion, and compulsive behaviors
- Nausea, digestive disorders, excessive daytime sleepiness: adapt the support

Lesson 4 - Non-pharmacological treatments and advanced devices

- Physiotherapy and LSVT method: principles and professional's role
- Speech therapy objectives and deep brain stimulation (DBS)
- Apomorphine pump and intestinal levodopa pump: vigilance and monitoring

MODULE 3**Adapting care to motor constraints**

4 lessons

Lesson 1 - Personal care and hygiene — adapting without rushing

- Choose the right moment: always in ON phase if possible
- Mobilization techniques adapted to rigidity and bradykinesia
- Prevent falls and respect the person's slow pace without rushing

Lesson 2 - Dressing — preserving autonomy despite tremors

- Adapting clothing: Velcro fastenings, wide necklines, slip-on shoes
- Guiding techniques: always start with the most affected side first
- Value each action completed independently: self-esteem as therapeutic lever

Lesson 3 - Nutrition and swallowing

- Parkinsonian swallowing disorders: mechanisms and specific risks

- Adjusting textures and correct positioning during meals
- Meal slowness: adjust time, never rush, monitor for aspiration
- Hypersalivation and drooling: discreet and respectful management

Lesson 4 - Mobility and Fall Prevention

- Understanding freezing: triggers and unlocking strategies
- Turning in bed, getting up protocols to prevent orthostatic hypotension
- Adapting environment: visual markers, grab bars, absence of obstacles

MODULE 4

Cognitive disorders and stimulation in institutions

4 lessons

Lesson 1 - The cognitive profile in Parkinson's disease

- Slowed thinking (bradyphrenia) and attention/working memory disorders
- Executive dysfunction: difficulties in initiating, planning, switching tasks
- Parkinsonian dementia: frequency, signs, difference from Lewy body dementia

Lesson 2 - Adapting communication to cognitive profile

- Speak slowly, clearly, wait for response without prompting
- Formulate closed questions or limited-choice questions
- Adapt care instructions: one step at a time with gestural guidance
- Never put someone at fault in front of others

Lesson 3 - Cognitive stimulation adapted to Parkinson's

- Functions to prioritize: attention, working memory, executive functions
- Adapted activities: card games, word games, puzzles, music, manual activities
- Use of digital applications for cognitive stimulation (JOE, EDITH)
- Integrate stimulation into regular care without creating burden

Lesson 4 - Managing Hallucinations and Psychiatric Disorders

- Parkinsonian visual hallucinations: how to respond without denial
- Depression and apathy: recognize, report, adapt support
- Anxiety disorders: secure environment, routines, reassuring presence

MODULE 5

Communication and support relationship

4 lessons

Lesson 1 - Parkinsonian voice and speech disorders

- Hypophonia: weak, monotone voice difficult to understand
- Parkinsonian dysarthria: imprecise articulation, altered speech rate
- Palilalia and creating conditions for the person to be heard

Lesson 2 - Adapting Your Communication Style in Daily Life

- Get down to eye level, face to face, in calm environment
- Ask to repeat kindly, use alternative supports if needed
- Never speak for or finish sentences: respect the effort of communication

Lesson 3 - The support relationship throughout the stages

- Early stages: support autonomy, respect pride
- Intermediate stages: balance between assistance and preserving initiative
- Advanced stages: maintain relational connection and dignity
- The continuity of the person: what remains intact despite losses

Lesson 4 - The psychological dimension of living with Parkinson's

- Awareness of illness progression: a heavy psychological burden
- Shame associated with tremors, falls, and visible disorders
- Supporting gradual mourning of abilities and preserving self-esteem

MODULE 6

Sleep, pain, and quality of life

4 lessons

Lesson 1 - Parkinsonian sleep disorders

- REM sleep behavior disorder: agitation, screams, sudden movements at night
- Excessive daytime sleepiness and difficulty falling asleep
- Adjusting nighttime monitoring and organizing night teams

Lesson 2 - Pain in Parkinson's disease

- Different forms: painful dystonia, musculoskeletal, neuropathic pain
- Recognizing pain in non-verbal persons: tools and observations
- Link between pain, rigidity, and OFF phase: monitor, report, adapt

Lesson 3 - Maintaining quality of life at all stages

- Leisure activities adapted to current motor and cognitive abilities
- Music as therapeutic tool: rhythm, memory, motor skills, mood
- Maintaining social connections and contributing to individualized life project

Lesson 4 - End-of-life support for Parkinson's disease

- Signs of progression towards terminal phase
- Adapting comfort care: swallowing, pain, communication, presence
- Supporting family in final weeks and self-care after death

MODULE 7

Coordination and teamwork around the resident with Parkinson's disease

4 lessons

Lesson 1 - The multidisciplinary team around the Parkinson's patient

- Neurologist, physiotherapist, speech therapist roles
- Occupational therapist and neuropsychologist contributions
- Understanding each specialist's role for effective collaboration

Lesson 2 - The key role of the support professional

- Daily observer: detect fluctuations, changes, warning signs
- Transmit precise observations to care team
- Apply rehabilitation recommendations in ordinary care and contribute to meetings

Lesson 3 - Managing medication administration as a team

- Critical nature of medication times: never reschedule without agreement
- What to do if resident refuses treatment or vomits after taking it
- Monitor signs of underdosing and overdosing, communicate with nurse

Lesson 4 - Working with the families of residents with Parkinson's disease

- What families experience facing progressive disease evolution
- Explain motor fluctuations and 'good' versus 'bad' days
- Build alliance around resident's life project and guide to resources

MODULE 8

Complex situations and practical cases

4 lessons

Lesson 1 - Managing freezing in real-life situations

- Common contexts: doorways, turning around, stress
- Unlocking strategies: visual, auditory, attentional cues
- Never pull or push during freezing and prepare environment

Lesson 2 - Managing a fall and its consequences

- How to help person get up from floor safely
- Immediate assessment and reporting protocol after fall
- Psychological impact: fear of falling again and consequences on mobility

Lesson 3 - Situational exercises and practical cases

- Simulation: accompany resident in OFF phase to dining room
- Simulation: manage meal with severe swallowing difficulties
- Simulation: respond to visual hallucinations appropriately
- Group debriefing: analysis and alternative approaches

Lesson 4 - Evaluation and personal action plan

- Quiz to consolidate key learning from training
- Identify most challenging Parkinson's situations in practice
- Development of personal action plan for next 30 days
- Additional resources: France Parkinson, HAS, recommended digital tools

Teaching methods

- Online training accessible 24/7 from any device
- Videos, practical situations, quizzes, and case studies
- Certificate of completion issued at end of training
- Pedagogical support available throughout training
- Individual progress tracking and final evaluation

www.dynseo.com/nos-formations | contact@dynseo.com | 09 66 93 84 22

Document établi par DYNSEO - Last updated : June 2026