

# ParkiTrack



Need help?

[info@parkinson.bc.ca](mailto:info@parkinson.bc.ca)

**1-800-668-3330**

**or 604-662-3240**

**Get the Most Out  
of Your PD Medication**

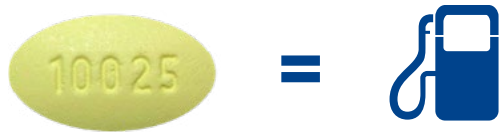
## > How can ParkiTrack help me?

- 1 You do not have to endure all Parkinson's Disease symptoms at all times.
- 2 This diary can help you take control over your symptoms and get the most out of your medication.
- 3 This diary will provide you and your neurologist with a clearer understanding of what is working and what needs to be adjusted.
- 4 Your care partner can help you to keep your diary and prompt you with useful information that can be extremely helpful at your next neurologist appointment.

## > How do I use ParkiTrack?

- 1 Learn how to complete Parkitrack based on the examples provided on pages 10 and 11.
- 2 During the week preceeding your appointment with your neurologist:
  - Fill out the “Assess the effectiveness of your medication” page
  - Pick three days at random, and complete one worksheet per day
- 3 Share this information with your medical team. Ask them to make copies of your worksheets.

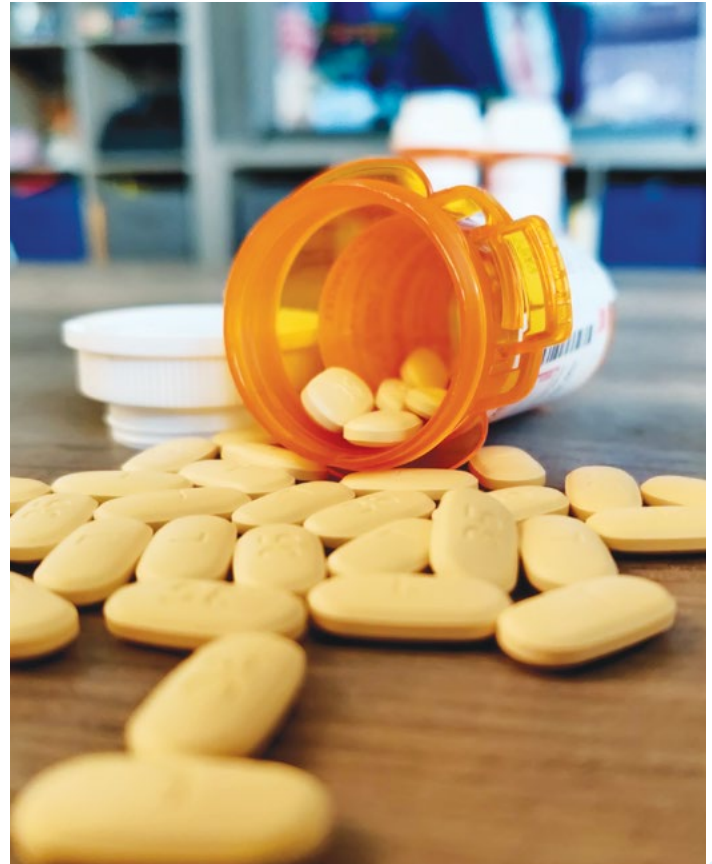
**> Levodopa is your daily supply of fuel**



**This fuel should work smoothly through the day.**

**Your symptom control should not fluctuate.**

**Nonetheless, some patients go through different states of control throughout the day.**



## Different states of symptom control you may experience



### 1. ON state

Your fuel gauge is up.

Your symptoms are best controlled.  
You have normal, or almost normal, mobility.



### 2. Wearing off

Your low-fuel warning turns on.

Your energy level decreases,  
and your symptoms gradually return.



### 3. OFF state

You are out of gas.

Your energy level is down,  
and your symptoms are full-blown.

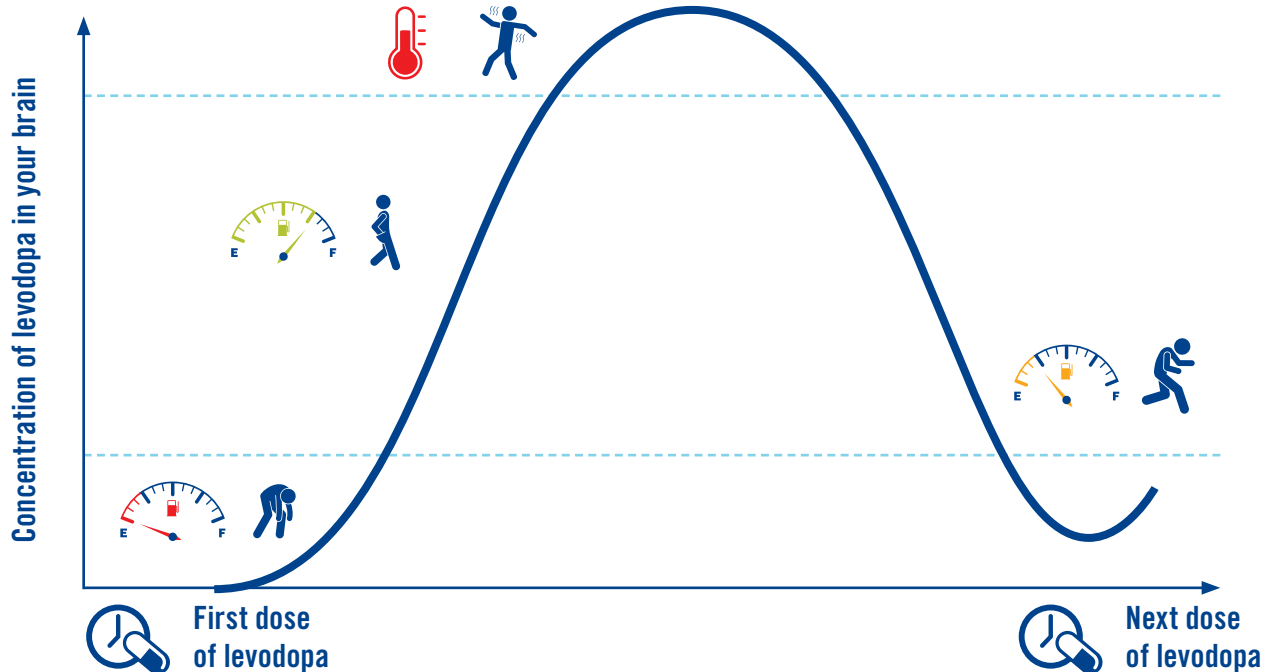


### 4. Dyskinesia




Your fuel tank is overfilled.

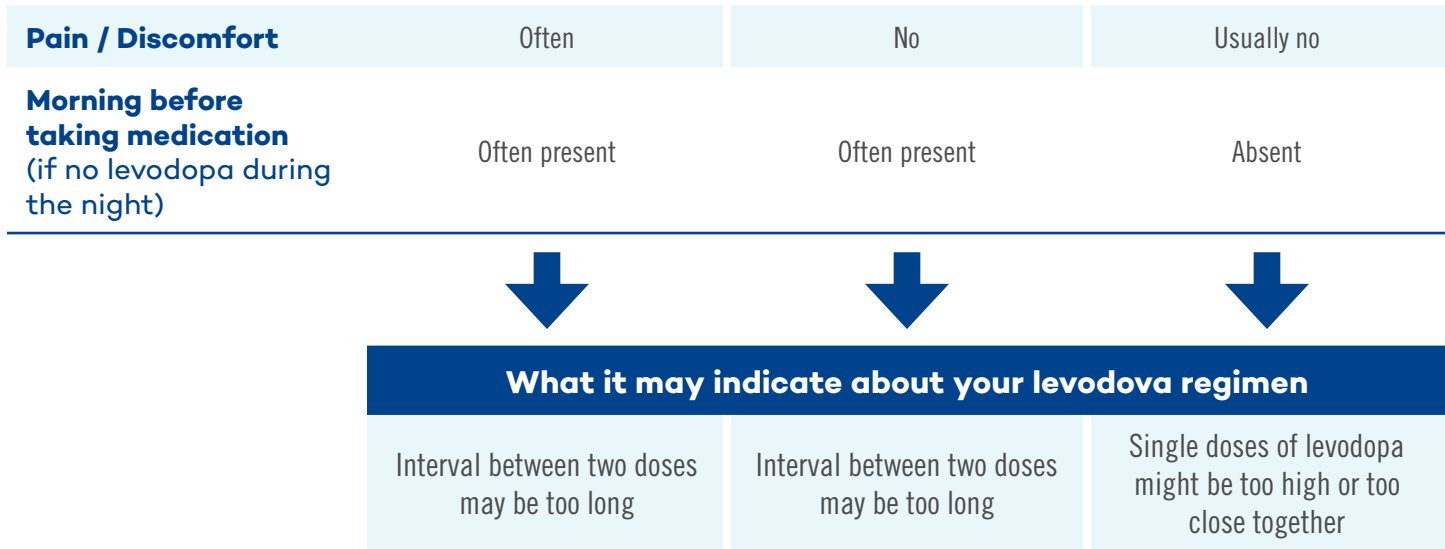
You may be fidgeting, writhing, wriggling,  
bobbing your head or swaying your body.

# Fluctuations of symptom control based on levodopa intake over time



## Correctly identify involuntary movements

	 <b>Dystonia</b>	 <b>Tremor</b>	 <b>Dyskinesia</b>
<b>Movement</b>	Twisting, turning, curling or contortion	Shaking	Rapidly flowing, dancing-like Fidgeting, writhing, wriggling, head bobbing or body swaying
<b>Movement pattern</b>	None	Rhythmic	Chaotic
<b>Where (mostly)</b>	Calf, foot, toes	Fingers, hands, limbs Asymmetric, mostly in affected side of your body	Hands, limbs, head or entire body
<b>Movement change when performing an action</b>	Unchanged	Lessen	Worsen



**Everyone is different and your movements may not follow the general descriptions here.**

## Strategies you can implement now



Take your medication with at least **half a glass of water**.

This will help to flush your pills to where they are effective.

Sparkling water may shorten the onset of medication effect.



Foods containing protein can **sometimes** decrease the effectiveness of levodopa.

If you realize that your medications are less effective when you take them with meals, discuss this with your neurologist.



**Get at least 30 minutes of physical activity three times a week.**

Physical activity is the only way to delay the progression of the disease.

Getting the most out of your medications should allow you to be more physically active.



# Ways your neurologist may optimize your treatment



Change the timing or content of your meals.



Prescribe a quick-acting medication to be used as needed to treat OFF periods.



Change your dose, dose frequency or timing of administration.



Prescribe a medication administered by pump for a continuous flow of levodopa.

**NEVER initiate any treatment modifications without medical advice**

## Example of a completed “Assess the effectiveness of your medication” page


Date

2020 / 11 / 25


	Symptom experienced in a typical day	Usually improves after I take levodopa
<b>1. Tremor</b> (e.g., shaking hands, arms, legs)	During a typical day, John experiences both tremor and slowness in his right leg. <input checked="" type="checkbox"/>	But only his tremor improves after his next dose of PD medication. <input checked="" type="checkbox"/>
<b>2. Slowness of movement</b> (e.g., walking, eating, or dressing)	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>3. Stiffness</b> (e.g., rigidity of arms or legs)	<input type="checkbox"/>	<input type="checkbox"/>

# Example of a completed diary worksheet


Circle the times of your (1) meal, (2) levodopa intake, as well as periods when you (3) have insufficient or (4) excessive mobility.

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John took his levodopa at 7 AM and 11:30 AM.

His PD symptoms resurfaced from 10 AM to 11:30 AM.

## Assess the effectiveness of your medication

Do you sometimes feel a decrease in the effect of your medication?  Yes  No  I don't know

Date YYYY / MM / DD	Symptom experienced during your normal day	Usually IMPROVES after my next dose of levodopa
 <b>Tremor</b> (e.g., shaking hands, arms, legs)	<input type="checkbox"/>	<input type="checkbox"/>
 <b>Slowness of movement</b> (e.g., walking, eating, or dressing)	<input type="checkbox"/>	<input type="checkbox"/>
 <b>Stiffness</b> (e.g., rigidity of arms or legs)	<input type="checkbox"/>	<input type="checkbox"/>
 <b>Reduced dexterity</b> (e.g., difficulty buttoning or writing)	<input type="checkbox"/>	<input type="checkbox"/>
 <b>Anxiety/panic attacks</b>	<input type="checkbox"/>	<input type="checkbox"/>
 <b>Cloudy mind/slowness of thinking</b>	<input type="checkbox"/>	<input type="checkbox"/>



**Pain/aching**



**Mood changes**



**Decrease in energy**

**How often do you have OFF periods (i.e. decreased the effect of your medication)?**

- Never
- One day a week
- At least 3 days a week
- Every day of the week

# Worksheet diary

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Involuntary twisting, turning movements (dyskinesia)

Date YYYY / MM / DD

**Fill out one page per day at random in the week before your visit to the neurologist.**

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Developed by:



Endorsed by:



parkinson society  
newfoundland & labrador

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abbvie

