# Parkinson’s Disease Examination

## Introduction

1. Wash your hands and don PPE if appropriate
2. Introduce yourself to the patient including your name and role
3.2.75mm(218,339),(223,343) Confirm the patient’s name and date of birth
4. Briefly explain what the examination will involve using patient-friendly language
5. Ask consent to proceed with the examination
6. Ask the patient to expose their hands, wrists and elbows (e.g. by rolling up their sleeves or removing a jacket) and to take a seat
7. Ask the patient if they have any pain before proceeding with the clinical examination

## General inspection

8. Perform a brief general inspection of the patient, looking for clinical signs suggestive of Parkinson’s disease

## Tremor

9. Inspect for tremor (resting, postural, kinetic)

## Bradykinesia

10. Ask the patient to perform a repetitive movement (e.g. finger tapping)

## Tone

11. Assess tone in the upper limb at the wrist, elbow and shoulder joint

## Gait

12. Ask the patient to stand from their seated position with their arms across their chest to screen for postural instability
13. Ask the patient to walk to the end of the examination room and then turn and walk back whilst you observe their gait

## Other assessments

14. Ask the patient to write a sentence and draw a spiral to assess for asymmetric progressive micrographia
15. Ask the patient to undo and do up their top shirt button (if present) to assess dexterity and speed of movement

## To complete the examination...

16. Explain to the patient that the examination is now finished
17. Thank the patient for their time
18. Dispose of PPE appropriately and wash your hands
19. Summarise your findings
20. Suggest further assessments and investigations (e.g. cerebellar examination, eye movement assessment, cognitive assessment)

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