

## BACKGROUND

- Parkinson's Disease causes progressive mobility impairments
- Exercise may alleviate symptoms and slow disease progression
- Less than 50% of People with Parkinson's (PwP) exercise regularly
- Community exercise classes for PwP increase exercise participation in a supportive environment
- There is no current screening battery for community exercise professionals to assess ability level, make exercise recommendations, or measure improvements

## PURPOSE

The primary purpose was to develop a feasible screening battery for PwP that can be administered in a short time by community exercise professionals

The secondary purpose was to measure changes in performance from exercise participation

## METHODS

8 Exercise Professionals from 5 Locations Participated

PwP Participants (N=57)

Average age	72.1
Female (N)	24
Male (N)	33
HY 1	5
HY 2	29
HY 3	19
HY 4	2
HY 5	2

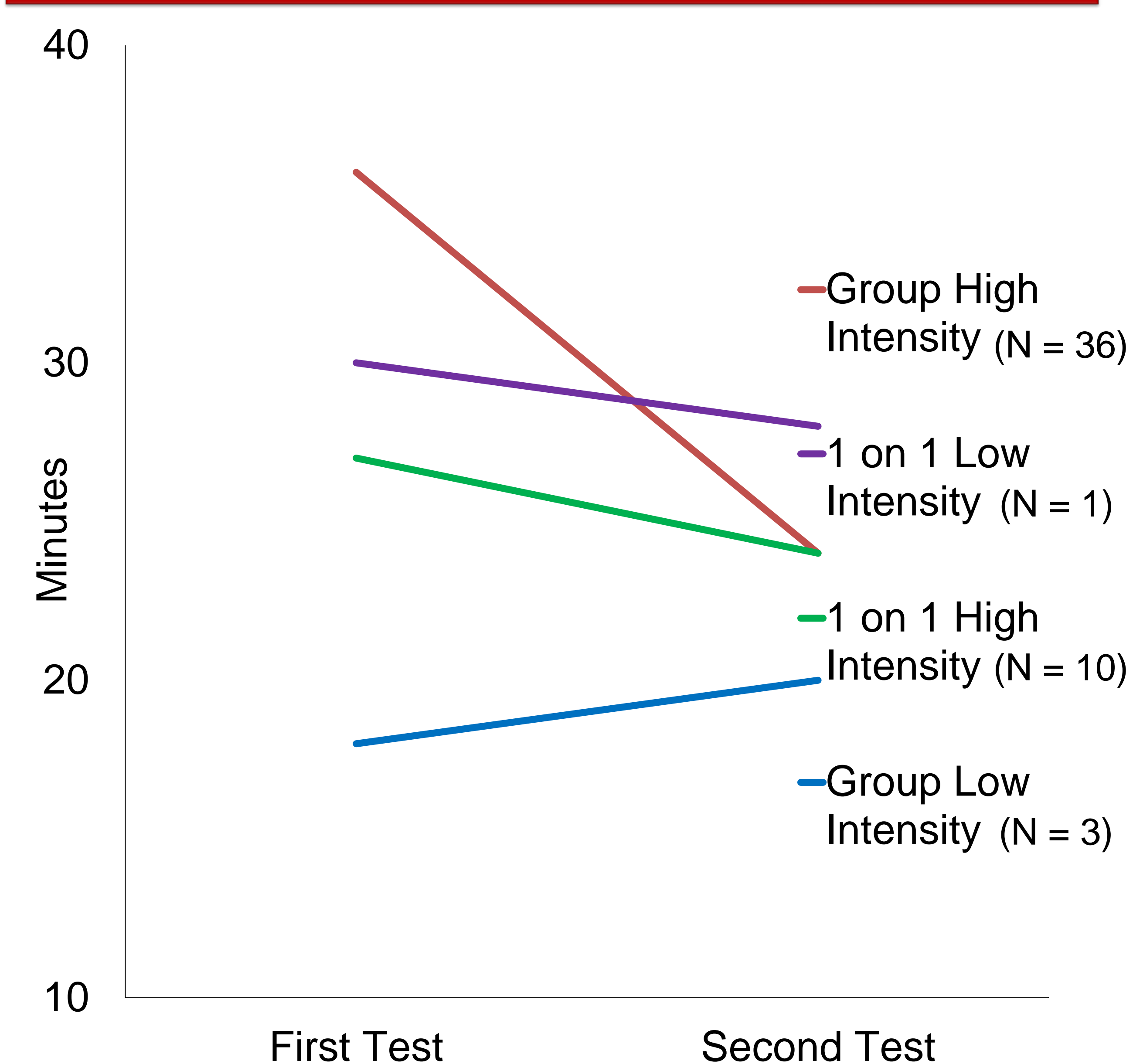
- PwP who participated were already enrolled in community-based exercise
- All participants completed screening battery twice (8-16 weeks in between)
- Screening battery should be tailored to ability level of the group and/or individual (4 batteries were developed)

## RESULTS

### Interview Impressions

Barriers to screening	Proposed solutions and facilitators to screening
<ul style="list-style-type: none"> <li>• Screenings are time consuming and include specialized equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Screening takes ≤ 25 minutes</li> <li>• Feasible and easily administered in community setting</li> </ul>
<ul style="list-style-type: none"> <li>• Difficulty interpreting results</li> <li>• Participants don't understand why they are being tested or association with daily activities.</li> <li>• Negative experience with using assessments in physical therapy</li> </ul>	<ul style="list-style-type: none"> <li>• Tests and outcomes were explained to each participant</li> <li>• Screening feedback was provided to increase motivation to exercise</li> </ul>
<ul style="list-style-type: none"> <li>• Lack of space</li> </ul>	<ul style="list-style-type: none"> <li>• Tests require minimal equipment and space</li> </ul>
<ul style="list-style-type: none"> <li>• Assistance required to test in group setting</li> </ul>	<ul style="list-style-type: none"> <li>• Tests are easy to administer and scored in individual and group sessions</li> </ul>

### Testing Time For 4 Batteries



### KEY FINDINGS:

1. Screening can be feasibly implemented in community based exercise programs for PwP and may assist with exercise programming
2. Regular screenings with PwP can help them understand the benefits to exercise participation which may lead to increased exercise adherence

