# Reflection log

As you work through this course, what you write in this log forms an important part of the learning process. You will want to revisit the log regularly and you may want to look at it again after you’ve completed the course, or use it as evidence of what you’ve achieved and of your development.

Make sure that you save this reflection log after you start to fill it in. Use a filename like ‘ParkinsonsLog’ so that it’s easy to find. The next time you are prompted to add to the log, you should open the file you saved and add the new material to it.

## 1 Introduction to Parkinson’s

### 1.2 Why are we here? *(150–200 words)*

1. I decided to take part in this course because:

2. My experience of working with people with Parkinson’s is:

3. My feelings about my experience of working with people with Parkinson’s are:

### 1.4 What is Parkinson’s? (150–200 words)

So far I have learnt that:

If I had to live with Parkinson’s I might feel:

If I was unable to control my movement I might feel:

### 1.8 How is Parkinson’s diagnosed? (150–200 words)

What I’ve learnt so far has prompted me to have the following thoughts about my experience of caring for people with Parkinson’s:

### 1.9 How does Parkinson’s progress? (150–200 words)

My reflection on what might be the impacts of the advanced phase of Parkinson’s on a person's life – physical, emotional and social – are:

### 1.10 Summary (150–200 words)

My thoughts on the emotional, social and psychological impact of Parkinson’s on Shaun and his family and how they might feel about the progression of his condition:

### End of Section 1 reflection (Maximum of 30 words for each question)

1. What I found most helpful about Section 1 and why:

2. What I found unhelpful/difficult and why:

3. My three main learning points for from Section 1 and why:

(a)

(b)

(c)

4. These leaning points will help me in my practice in these ways:

5. As a result of finishing Section 1 I will make the following changes to my practice:

6. I want to do read more about the following before the next section:

## 2 The impact of Parkinson’s

### 2.2 How can I help people with Parkinson’s manage their symptoms? (150–200 words)

If I meet a person with Parkinson’s for the first time I might expect to see some of the following signs and symptoms:

### 2.15 What is the impact of Parkinson’s on people’s daily life? (Maximum of 50 words for each question)

These are my thoughts on the areas of Steve’s life that are affected by Parkinson’s:

*Optional:* These are my thoughts on others I know who are affected by the condition:

I think it’s important to assess Steve’s night-time care needs separately from daytime needs because:

These are my thoughts on how Steve would cope with his night-time symptoms if he lived alone:

If this was my life, my overriding emotion be:

### 2.16 The impact of Parkinson’s on a family

1. If I were unable to drive any more, I would feel:

2. If I were unable to take part in a much-loved hobby such as gardening or knitting, I would feel:

3. If I could no longer pop down to the pub or into town for a coffee, I would feel:

4. If I lived with Parkinson’s and these were the consequences, I would feel:

### End of Section 2 reflection (Maximum of 30 words for each question)

1. What I found most helpful about Section 2 and why:

2. What I found unhelpful/difficult and why:

3. My three main learning points for from Section 2 and why:

(a)

(b)

(c)

4. These leaning points will help me in my practice in these ways:

5. As a result of finishing Section 2 I will make the following changes to my practice:

6. I want to do read more about the following before the next section:

## 3 Communication and cognitive issues

### 3.2 What communication problems are caused by Parkinson’s? (150–200 words)

The different ways I communicate with my family, friends and colleagues are:

### 3.3 The impact of communication difficulties (150–200 words)

A work situation where I have had difficulties in communicating with a person I was/am caring for:

What assumptions I made, what happened and what I would do differently now:

### 3.5 Communication in Parkinson’s – case study

Geoff and Pat are living with the following communication and other Parkinson’s issues and challenges:

These issues might be helped by the following health and social care professionals:

I could help by:

### 3.14 Exercise (Maximum of 50 words for each section)

1. The person I was caring for had the following symptoms:

2. This presented me with the following challenges:

3. I managed the challenges in this way:

4. I feel that these aspects of what I did were successful:

5. From what I have learned so far on the programme, I would do these things differently:

### End of Section 3 reflection (Maximum of 30 words for each question)

1. What I found most helpful about Section 3 and why:

2. What I found unhelpful/difficult and why:

3. My three main learning points for from Section 3 and why:

(a)

(b)

(c)

4. These leaning points will help me in my practice in these ways:

5. As a result of finishing Section 3 I will make the following changes to my practice:

6. I want to do read more about the following before the next section:

## 4 Managing Parkinson’s

### 4.4 What is medication management? (150–200 words)

Currently the way I have been used to managing medicines is as follows:

After reading Section 4.4 of *Understanding Parkinson’s for health and social care staff*, my practice has differed from what is recommended in the following ways:

In the past I have taken the following actions:

An example of where I should have taken one of these actions is:

### 4.7 Getting medication on time

What could have been done differently?

What was the impact on the person with Parkinson’s and their family?

What, if any, was the impact on the ward and ward staff?

### 4.12 Summary (50–75 words for each question)

I think the issues and challenges for the people involved include:

In this situation I think the following services or individuals might have helped:

I think I could have done the following to help in this situation:

### End of Section 4 reflection (Maximum of 30 words for each question)

1. What I found most helpful about Section 4 and why:

2. What I found unhelpful/difficult and why:

3. My three main learning points for from Section 4 and why:

(a)

(b)

(c)

4. These leaning points will help me in my practice in these ways:

5. As a result of finishing Section 4 I will make the following changes to my practice: