



Northwest PADRECC

Winter/Spring 2008

Insider



PADRECC In Progress

Julie Anderson, MD is a psychiatry resident who started a year long rotation with us in July 2007. We welcome her, and hope she enjoys her time with us.

Jason Aldred, MD and **Amie Peterson, MD**, also began their fellowship in July. They have settled into their positions here at the PADRECC and have become valuable team members. We also look forward to a new fellow, **Terry Mangin, MD**, joining them in July 2008.

We would like to congratulate our LPN **Candace Tepper**. She has completed her RN program through Excelsior, and passed her nursing boards.

Congratulations to **Steven Gunzler, MD**. He has moved on to work at the Movement Disorders Center at University Hospitals Case Medical Center in Cleveland, Ohio.

NW PADRECC Consortium Symposium

The NW PADRECC hosted a Consortium Symposium meeting on September 29, 2007 at the Residence Inn RiverPlace in downtown Portland. The Consortium Symposium provided an opportunity for Neurologists and other health care providers from across the Northwest to share information and learn about Parkinson's Disease and other movement disorders. Participants from the NW PADRECC service area included providers from VA Montana HCS, Puget Sound HCS, Sioux Falls VAMC, and Iowa City VA. The agenda provided an opportunity to discuss the VA's commitment to veterans with PD, update on genetics of PD, Dyskinesia and additional case study presentations from visiting providers. The symposium was co-sponsored by PADRECC in conjunction with OHSU's and MSCoE's "Neurologists In The 21st Century: What's New For 2008?" CME on September 28, 2007. PADRECC invited the keynote speaker Dr. Stanley Fahn from Columbia University for the CME.

NW PADRECC Registry Process Performance Improvement

NW PADRECC has focused performance improvement measures on the national Parkinson's Disease patient registry database, aiming to upload 2007 backlog of registry forms and remain up-to-date on current registry forms by August 31, 2007. A new registry tracking mechanism for measuring improvement in registry process was developed and implemented. The registry data collection and upload process was reorganized and streamlined. Key staffing and workload adjustments were made to optimize the team, with Marsha Andrews focusing on data uploads and upkeep of the registry

database. The aim statement was reached by June 18, 2007 with uploads of all 2007 backlogged registry forms completed and beginning uploads of 2006 backlogged registry forms. NW PADRECC remains a leader on the national registry productivity report, and other PADRECC sites are modeling registry upload after NW PADRECC's report. Substantial improvements were seen in uploads to the national registry with Portland's total in the national registry at 574 unique patients and 641 visits by December 1, 2007. Portland's total in the local registry at 115 by December 1, 2007.

Mini-Residency

The NW PADRECC's mini-residency program hosted Dr. Ergun Uc from the Iowa City VA Medical Center on August 8-9, 2007. The mini-residency program allows a provider from the NW PADRECC service area to visit Portland to train with the Parkinson's Disease and movement disorder specialists in the NW PADRECC, improving care to veteran patients within the service area. As part of the mini-residency program, Dr. Uc attended movement disorder clinic and met individually with PADRECC faculty. Dr. Uc presented "Driving and Parkinson's Disease" at Movement Disorders Journal Club. He also visited OHSU's Balance Disorders Laboratory. Dr. Uc's travel was funded by the National Parkinson's Disease Consortium. NW PADRECC is currently looking to recruit a physician to participate in the mini-residency program for FY08. If you are a provider interested in coming to Portland to learn more about movement disorders, please contact Jeff Kraakevik, MD, at jeff.kraakevik@va.gov.

Patient Education Talks

Portland

All talks listed will be held in the Portland VA Auditorium from 10:00 – 11:00 unless otherwise noted. Please arrive early for parking. For more information call 503-721-1091

May 23, 2008: Exercise and Pilates — Bettina Blank

July 11, 2008: Cognitive Issues and Brain Exercises BBQ —
Please note time change: 12:00pm to 2:00pm

Seattle

All talks listed will be held at the Seattle VA (Building 1, Room 240) from 1:30 PM – 3:30 PM. For More information call 206-277-4560

April 15, 2008: Medical & Surgical Treatments — *Ali Samii, MD*
Research Registry Update — *Mike Kim, MD*

June 17, 2008: Alternative medicine for PD — *Dr. Laurie Mischley, Bastyr University*

2008 PADRECC Research Retreat

PADRECC Physicians and staff gathered on November 30th, at OHSU's waterfront building for the 2007 research retreat. The objective of the retreat was to generate ideas for future grant proposals and to identify opportunities for research projects. Mike Davey, MD opened with a talk about research at the VA. He was followed by presentations from Jeff Kraakevik, MD, Kathy Chung, MD, Jason Aldred, MD, and Amie Peterson, MD.

Mike Davey: Dr. Davey presented on Biomedical Research and Career Satisfaction. He stated that when conducting research, Principle Investigators must beware of the amount of competition for grants, the amount of paper work involved in conducting research, the expectation of the researcher to be on committees and review boards, and the amount of mandatory training involved. He also listed some of the upsides of conducting research, such as having a mix of duties between patient care, research, and teaching. It also allows for protected research time, if research projects have been funded. A researcher also is provided new opportunities to travel, be recognized by peers, and contribute new knowledge about a disease of interest. Dr. Davey listed some behaviors that he felt would be adaptive and helpful. He said that researchers should plan ahead, and keep track of upcoming due dates and tasks that need to be completed. He suggested creating spreadsheets identifying when things would be due. He also recommended taking advantage of any department or research program support that is available. And finally he said that it is important that one recognizes all of ones responsibilities as a researcher.

Jeff Kraakevik: Jeff discussed a chart review he would like to conduct based on falls in patients with Parkinson's Disease. His hypotheses are 1) Injurious falls are more prevalent in the Parkinson's Disease population. 2) The following are predictors of falls: were they referred to physical therapy, do they have assistive devices, have they had previous falls, the duration of their disease, medications, and orthostasis. Marsha Andrews will assist him in pulling any data that is necessary for the study. They plan to have an abstract submitted by March.

Kathryn Chung: Kathy discussed her Cerebral Spinal Fluid (CSF) study, which she has resubmitted a R21 grant for. This is considered a high risk, high reward grant. She is investigating whether or not there is a difference in the proteome found in CSF for patients with Parkinson's Disease who have dyskinesia. She would particularly like to examine proteins that have been elevated in animal studies.

Amie Peterson: Amie would like to conduct a study looking at Balance and Vitamin D. Her goals are to determine the prevalence of Vitamin D deficiency in a population of patients with Parkinson's Disease. She would like to develop normative balance data on Parkinson's Disease patients, as well as measure change in balance and falls in a population of Parkinson's Disease patients after they have been on a Vitamin D supplement.

Jason Aldred: At some point every Parkinson's Disease patient will require use of carbidopa/levodopa or Sinemet for treatment of their symptoms. Carbidopa is given in addition to levodopa so that more levodopa will be available for use in the brain. Carbidopa prevents levodopa from becoming dopamine before levodopa gets to the right spot in the brain, and carbidopa is thought to stay out of the brain. We have recently learned that carbidopa may prevent levodopa from turning into its active form, dopamine, in the brain because carbidopa could be allowed in after all. Because of this, carbidopa could end up making Parkinson's symptoms worse for some patients. Through levodopa infusions, Jason will be looking to see if patients who are taking high doses of carbidopa along with levodopa will have worsening symptoms.

Parkinson's Disease Awareness Fair

Tuesday, April 1st, 2008; 12:00—4:00 pm
Portland VA Medical Center Auditorium and Skybridge connecting to OHSU, 3710 SW U.S. Veterans Hospital Road Portland, OR 97239

The Portland VA Medical Center is hosting the 2nd annual Parkinson's Disease Awareness Fair. Learn more about Parkinson's Disease and the services and care provided by the PVAMC, OHSU, and its partners in the fight against this debilitating disease. The event is open to patients, caregivers, providers, and the public; anyone interested in learning more about Parkinson's. Fair-goers will also have the opportunity to win prizes.

Agenda:

- 12:00 p.m. "What is Parkinson's Disease"
- 1:00 p.m. "Update on Treatment and Research in Parkinson's Disease"
- 2:00 p.m. "Treating Parkinson's Disease with Deep Brain Stimulation Surgery"
- 3:00 p.m. "Gait and Balance in Parkinson's Disease"

RSVP to 503.721.1091 This event is Free.

V-tel

Our V-tel talks are provider oriented talks which are broadcast to several locations. Through a video conference type system, each talk is broadcast to the locations listed below. If you are unable to attend a talk or want to view a previous talk, you can request a VHS video tape of the talk by calling (503) 721-1091. For a list of previous V-tel talks you can visit our website at: http://www.visn20.med.va.gov/portland/PADRECC/Providers/Video_Series.asp

All talks will be held from 11:30 - 12:30 at the Portland VA Hospital in Building 101, Room 109.

March 26, 2008: Diagnosis and Treatment of PD by Penny Hogarth and Norwan Moaleji

Locations:

Portland 101-109	Eugene
Roseburg 16-A202 (library)	Portland East Clinic
Klamath Falls	Brooking
Camp Rilea	Spokane 329A
Alaska 3202 Bandon	Walla Walla 74-210
Salem	Boise 110
White City 200-158 & 240-256	Am Lake 81/1122
Bend	Vancouver Columbia Room
	Seattle100/4B-102

PADRECC Website



The PADRECC website provides information about Parkinson's Disease and other movement disorders, as well as services available to veterans and their caregivers. Here are some things you can find on the website:

- ◆ PADRECC staff and contact information
- ◆ Information about Parkinson's Disease and its treatments.
- ◆ Information about PADRECC Clinics
- ◆ Information about local support groups
- ◆ Patient Education events
- ◆ Research projects that are occurring at the Portland VA PADRECC
- ◆ Other Internet resources for people with Parkinson's Disease.

Check out the newly updated PADRECC Website at <http://www.visn20.med.va.gov/portland/PADRECC>

Research Opportunities at the VA

Memory and Movement Disorders Demonstration Project (VA IRB ID: 1585 VA IRB Grant Number: #02-2202)

Dr. Joseph Quinn, MD is conducting this research study in order to track the frequency and types of changes in mental functioning that occur over time in Parkinson's patients. Participants would be asked to attend one or more study visits. All study visits would take place at the Portland VA Medical Center. The first visit would take less than twenty minutes. If asked to continue in the study there would be a second 90 minute visit and then follow-up examinations once a year for the next 3 years. All patients in the Parkinson's Disease Research, Education and Clinic Center (PADRECC) are invited to participate in this study. You may or may not personally benefit from participating in this study. However, by serving as a subject, you may help us learn how to benefit patients in the future. For more information on how to participate, please contact Susan O'Connor, RN at (503) 721-1091.

Parkinson Associate Risk Study (PARS): Evaluating Potential Screening Tools for Parkinson Disease (VA IRB ID: 2021; VA IRB Grant Number: # 05-0307)

Dr. Penny Hogarth is conducting this research study to estimate the frequency of olfactory loss in first-degree relatives of Parkinson's patients. Participation by a first-degree relative of a Parkinson's patient would require 6 one hour annual visits to the Portland VA Medical Center and completion of 6 annual smell tests by mail. The sub-study would require travel to Connecticut for a brain imaging procedure. All costs for travel to Connecticut will be paid by the study sponsor. All first-degree relatives of PD patients above the age of 50 or within 10 years of the age of diagnosis of PD are invited to participate. This is a research study and not treatment or diagnosis of PD. You may not benefit from participating in this study. However, by serving as a subject, you may help us learn how to benefit patients in the future. For more information on how to participate, please contact Susan O'Connor, RN at (503) 721 - 1091.

Research Opportunities at OHSU

Developing Objective Measures of Levodopa Induced Dyskinesia Study OHSU eIRB# 2123, VA IRB # 1345

Principal Investigator: Kathryn Chung, MD

The purpose of this research study is to see if using biomechanical devices will work as well as the clinical rating scale in measuring dyskinesia in Parkinson's Disease (PD). In order to take part in the study, participants must: (1) have Parkinson's Disease, (2) have either mild, moderate to severe, or no dyskinesia, and (3) also be taking oral Levodopa, Sinemet medications for their PD. There are two visits for this study. The first visit is a one hour screening visit and includes a neurological examination and completion of several questionnaires. The second visit is an overnight stay in the Oregon Clinical and Translational Research Institute (OCTRI) at Oregon Health & Science University (OHSU). Subjects will be admitted to the OCTRI the evening before study tests begin. Their usual PD medications will not be given over night, so that the Levodopa cycle may be observed the next day. Subjects will be studied with biomechanical devices during performance of simple motor or mental tasks the next day. The testing lasts approximately 7 hours. There is no compensation for participating in this study. There is no direct benefit to the participant, but Parkinson's Disease patients may benefit in the future.

Dr. Kathryn Chung is the clinical investigator responsible for this study and Brenna Lobb is the study coordinator. If you are interested in participating, please call Brenna Lobb at 503-220-8262 ext 51871 or you can reach Kathryn Chung, MD at 503 220-8262 ext 53233. All study related procedures will occur at OHSU, 3181 SW Sam Jackson Park Road, Portland, Oregon 97239.