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Parkinson's Disease: "The First Consultation – My Approach"

The importance and value of the first consultation with your "new" patient with Parkinson's Disease (PD) cannot be overestimated. The natural anxiety of the patient, enhanced by spouse and other family members who also wish to gain entry, fuelled by information from friends, Dr Google and Dr Internet means that the consulting neurologist has to get it right – "first time". In fact, time, expertise (preferably over many years), patience and the offer "I will look after you" need to be apparent from the outset. Contrary to popular belief, diagnosis is not the main issue, nor investigations or treatment. The issues revolve around the questions, which the PD patient should be encouraged to ask, "What can you do for me?" and "What can I do to help myself?" This complex scenario will be discussed in detail from my personal perspective of looking after PD patients for more than 40 years.

Biography

Rudy Capildeo is a Consultant Neurologist who set up one of the first PD clinics in London, UK in 1973 at The Charing Cross Hospital where he also organised the first major International PD Symposium in 1979 when Sinemet Plus was first introduced by MSD (proceedings publication "Research Progress in PD, F Clifford Rose & R Capildeo, Pitman Medical). He was a Senior Investigator in the 5-year Sinemet CR First Trial (Neurology 1998, Jun; 50 (6 Suppl.6): S 15-17). A frequent presenter in national and international meetings he continues his interest in PD in his work and in his role as a teacher.

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