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**Nursing perspective on the care of patients suffering from parkinson's disease**

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The review is aimed at all those involved in care of patients suffering from parkinson's disease, regardless of their place of work: traditional hospitalization, home, day hospital, nursing home, retirement homes etc. The current study discusses the care of patients suffering from parkinson's disease by setting nursing goals which includes improving functional mobility, maintaining independence in performing ADLs, achieving optimal bowel elimination, attaining and maintaining acceptable nutritional status, achieving effective communication and developing positive coping mechanisms. Parkinson's disease is a neurodegenerative disorder characterized by a progressive loss of dopaminergic neurons in the substantia nigra. From the clinical point of view, the motor symptoms include: involuntary tremor, bradykinesia and rigidity. The prevalence of the disease is around 10 million people in the world. The neurological degeneration triggered by this disease gradually causes great disability in patients. This progression can be reduced to a limited extent through the available medication. However, due to the current incurability of the pathology is essential the presence of a nurse figure that addresses effectively the different needs presented by patients and their caregivers, since these are extended, in addition to the physiological factor, to the social, economic, psychological and behavioral of these people. Nursing is presented as a fundamental part for the care of patients suffering from the disease and their caregivers, establishing interventions aimed at improving the patient's quality of life. Nursing is presented as a fundamental part for the care of patients suffering from the disease and their caregivers, establishing interventions aimed at improving the patient's quality of life. The patient who needs this type of treatment requires the application of specific care. For this reason, it is imperative to update the level of care as an orientation and provide a guide that can be useful in clinical practice and allows identifying possible nursing problems. A correct approach requires an individualized care plan to the patient's personal situation, to favor their self-care with optimum quality to adress the areas highlighted in the figure below.



**Biography**

Having extensive research experience and several published papers in reputed journals on topics ranging from nursing to psychology and research. Currently serving as Lecturer in the College of Nursing, Foundation University, Islamabad, Pakistan. I have had the opportunity and honour to review several articles and supervised 4 dissertations at graduate level. Currently aspiring to enroll in an esteemed program for gaining a degree in research.