

# The Complex Parkinson's Disease Patient: When to Consider Advanced Therapies

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## Declaration of interest:

I have no financial interests or relationships to disclose with regard to the subject matter of this presentation.

# Overview & Learning Objectives

What is 'Complex Parkinson's Disease'

Pharmacological approaches to managing motor fluctuations

When should we consider non-oral therapies?

Advanced therapies: Cases

- Who should be considered
- What can be expected
- Which non-oral therapy should be selected

Acute presentations in PD – 'Troubleshooting'

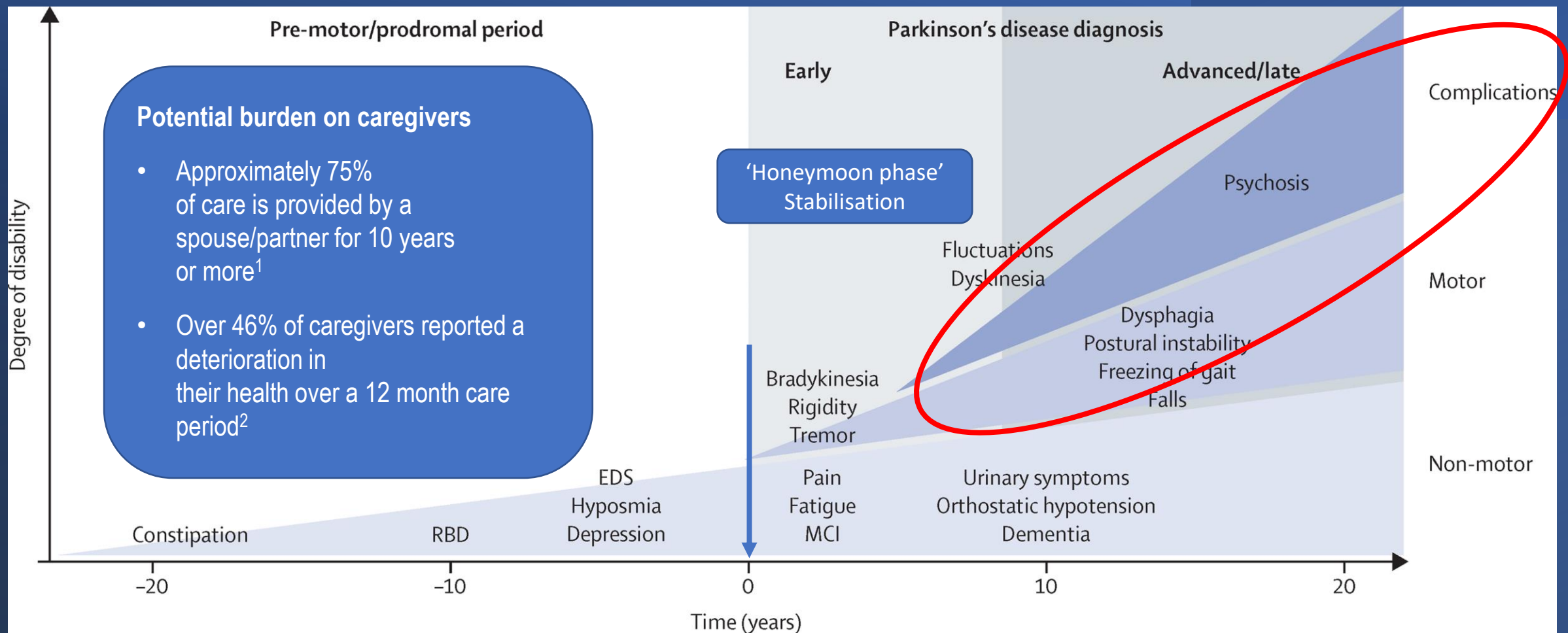
Future directions

# Complex Parkinson's Disease

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- Defined as the stage when standard therapies are unable to consistently control symptoms, or patient has developed troublesome dyskinesia
  - Impacting **quality of life**
  - Oral medications are **less effective** in controlling PD symptoms
  - **Side effects** are outweighing their benefits





1. *Odin et al. Parkinsonism Relat Disord* 2015
2. *Hassan et al. Parkinsonism Relat Disord* 2012



Map out their day  
**Do they have a typical day?**

Is there true dyskinesia .v. tremor

**Ask your patients about their movements**

- Do you feel you have the same capacity throughout the day?
- Are some moments better than others?
  - Are mornings better than afternoons or evenings?
  - Are afternoons and evenings better than mornings?
- When does tremor/dyskinesia\* come?
- When does tremor/dyskinesia\* go away?
- Can you show me/act out these movements?

\*Explain the difference between tremor and dyskinesia

**Ask your patients about their medication**

- Do you feel the effect of medication kicking in or waning down?
- Do any PD symptoms appear before taking the next dose?
- What do you do if you forget a dose?
- Do you ever feel that one of the doses doesn't work?

Response to the medication as prescribed

What happens if a dose missed?

Do all the doses work?

**Ask your patients about night-time**

- Can you turn/move your bed sheets?
- How comfortable do you feel at night?
- Do you have difficulty getting into bed?
- How do you move if you wake up to go to the bathroom? Can you walk?
- Do you ever wake up feeling that you can't move properly? Does stiffness wake you?
- Do you have any painful contractions, particularly in the morning?

**Educate your patients**

- Use videos to explain dyskinesia movements
- Explain what ON/OFF means, and that dyskinesia (involuntary movements) may appear at peak dose times
- Use a graphic to explain motor fluctuations, which can occur in the early stages of PD
- Ask your patient to use a diary to keep track of symptoms throughout the day
- Consider using rating scales

**Educate & empower your patients**

- What do we mean by 'dyskinesia'
- What do we mean by 'on' and 'off' states
- Symptoms diary (Hauser)
- Check compliance

**Wearing off**

- Change to L-dopa  $\frac{1}{2}$  life
- Issues with pre-synaptic storage
- Post-synaptic transcription abnormalities



**Random on-off**

- Striatal Plasticity changes
- DA receptor internalisation
- Pharmacodynamic changes



**Off**

**Dose failures or no 'on'**

- Gastric emptying delay
- Abnormal intestinal absorption
- Delays to transport across BBB \*metabolism, dehydration\*



**Delayed on**

- Gastric emptying delay
- Abnormal intestinal absorption



**Peak-dose dyskinesia:** Chorea and dystonia of neck and limbs; increases with mental and physical activity

**ON freezing:** Rare phenomenon (more commonly seen on OFF state)

**ON state**

**Predictable wearing off:** Worsening of parkinsonian symptoms before next dose of levodopa

**Diphasic dyskinesia:** Ballism or dystonia in the legs; stereotypic kicking or "funny" gait when levodopa's levels are rising or falling

**Beginning-of-dose worsening and end-of-dose rebound:** Transient worsening of symptoms (often worsening of tremor after levodopa administration)

**Transition**  
**ON - OFF - ON**

**OFF freezing:** Transient difficulties to start gait, triggered by turning, narrow spaces (e.g. doorways) and sudden stress or anxiety.

**OFF dystonia:** Painful "cramps" affecting distal leg, foot, toes with abnormal postures

**Dose failure/partial response:** Delayed onset of therapeutic effect (delayed on) or no effect or a reduced effect (dose failure)

**OFF state**



# The complex PD patient

## '5-2-1' criteria

Moderate level of troublesome motor fluctuations

2 or more hours with 'off' symptoms



1 or more hours of the day with troublesome dyskinesia



Moderate level of dyskinesia

Troublesome dysphagia

5 or more doses of oral L-dopa per day



# Aims of a 'pragmatic' approach to managing motor fluctuations

Enhance absorption & transport of L-dopa

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graph TD; A[Enhance absorption & transport of L-dopa] --> B[Stabilising L-dopa plasma levels via changes of drug delivery & L-dopa pharmacokinetics]; B --> C[Non-L-dopa related strategies of continuous DA-receptor stimulation];
```

Stabilising L-dopa plasma levels via changes of drug delivery & L-dopa pharmacokinetics

Non-L-dopa related strategies of continuous DA-receptor stimulation

### **1. Improve L-Dopa absorption & Transport**

- Avoid dosing with protein-rich food
- Enhance gastric motility (avoid anticholinergics or dosing with meals)
- Soluble L-dopa preparation

### **2. Revise L-dopa Regimen**

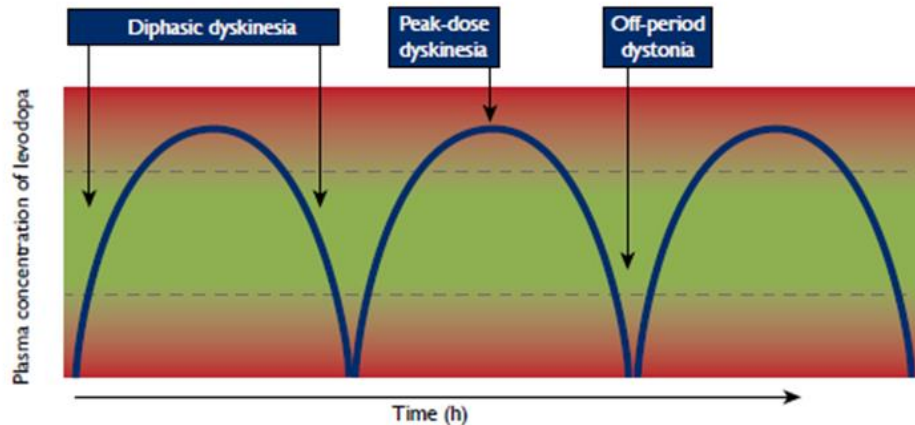
- Increase dosing frequency (decrease time interval between doses <4hrs)
- Introduce sustained-release formulations for nocturnal or early am offs

### **3. Provide prolonged striatal DA-ergic stimulation**

- Add COMT inhibitors – Opicapone (**Epsilon trial**)
- Add MAO-B inhibitors - Safinamide
- Add orally active DA-agonists, preferably MR
- Add transdermal DA-agonist delivery

### **4. Consider advanced therapies**

- SC apomorphine rescue injections, up to 3-5 per day
- SC apomorphine infusions
- *Duodenal L-dopa (duodopa)*
- SC L-dopa (produodopa)
- DBS
- *MRgFUS*



| Type of Dyskinesia  | Levodopa levels in plasma | LID characteristics  |
|---|---------------------------|--|
| <b>Peak-dose dyskinesia</b><br><i>Or improvement-dystonia improvement</i><br>Most common form                                     | Peak                      | Choreic in nature  |
| <b>Diphasic dyskinesia</b><br><i>Or dyskinesia-improvement dyskinesia</i><br>Occurs at the onset and/or end of action of levodopa | Rising or falling         | Dystonic in nature though chorea and mixed pattern may occur |
| <b>Off-period dyskinesia</b><br><i>Or wearing-off dyskinesia</i><br>Frequently occurs in the morning                              | Low                       | Dystonic in nature often painful, distressing, and disabling |

## Management of L-dopa induced dyskinesias

- Revise L-dopa regimen (reduce individual doses, use more frequent dosing)
- Add/increase dopamine agonists (MR preparations), consider rotigotine
- Add amantadine
- Use continuous drug delivery (Duodopa, apomorphine)
- Consider DBS

# Things not to miss...

## Patients understanding of terms used

- Motor 'offs'
- Dyskinesia versus tremor
- Freezing versus 'off' periods

## Compliance

- Non-compliance can range from 10-67% (Malek & Grosset. CNS Drugs, 2015)

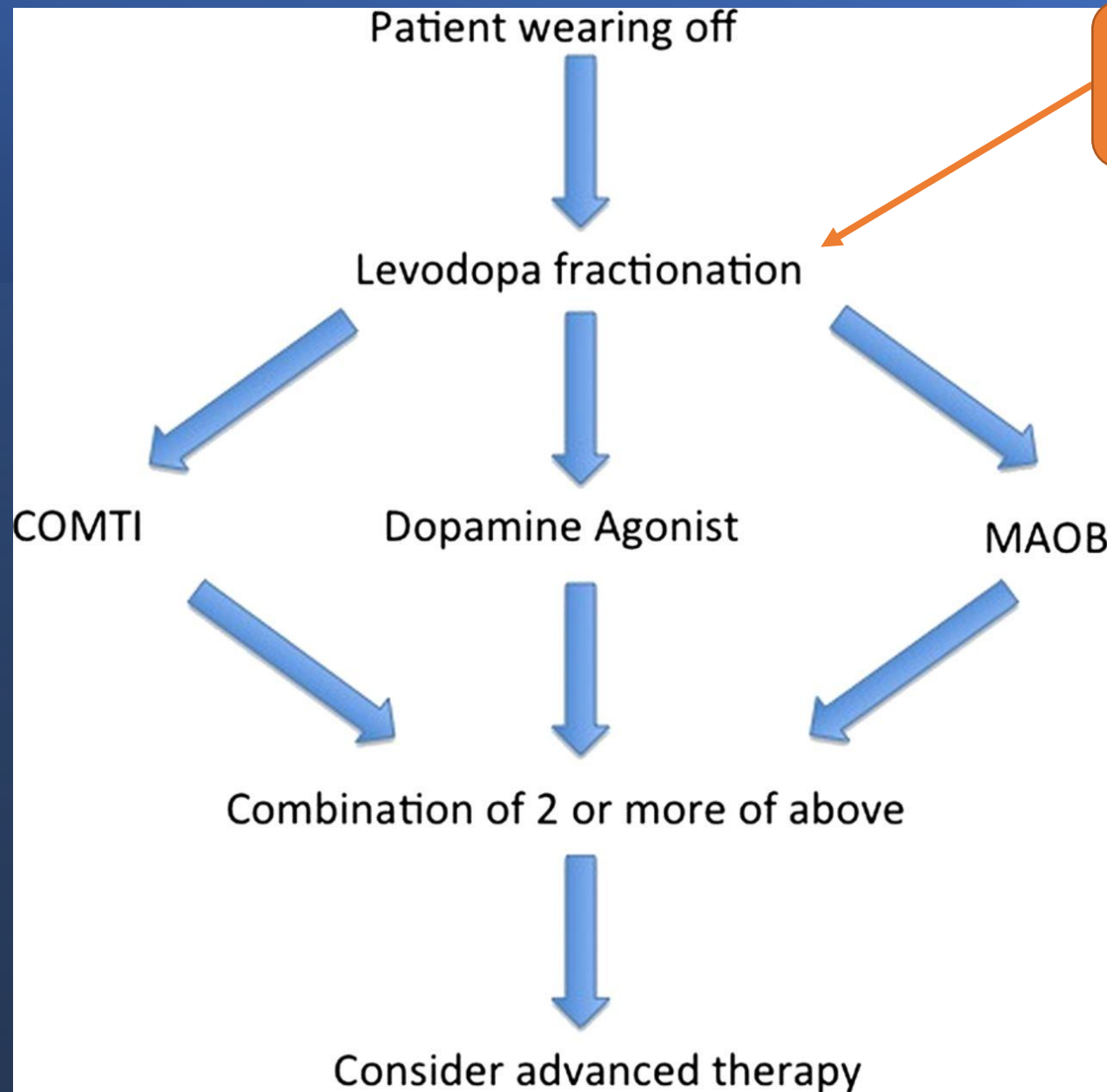
## Correct doses at the correct times

## Meal content

## Gastric emptying & Bowels

## Any evidence of dopamine-dysregulation syndrome

- Compulsive dopaminergic medication use, exceeding the amount needed for adequate symptom control



5 or more doses of oral L-dopa



# Consider your patient...

## Severity & frequency of motor fluctuations

Patient expectations

Impact on patient QoL

Complications & risks associated with motor fluctuations





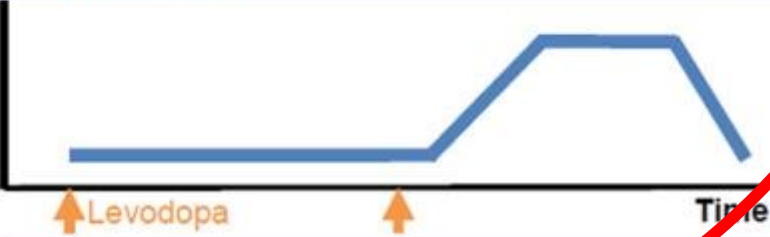

Prolonged adjustments of oral medications may mean patients miss the opportunity of advanced therapies

## What is the main problem

Motor fluctuations

*Non-motor symptoms*

## Classification of levodopa-related motor fluctuations in PD

| Clinical pattern      | Mechanism  | Therapeutic Effect | Time  |
|-----------------------|--|--------------------|---|
| Wearing-off           | Levodopa – half-life<br>Pre-synaptic storage                               | ON<br>OFF          |  <p>↑ Levodopa</p>             |
| Delayed-on            | Gastric emptying<br>Intestinal absorption                                  | ON<br>OFF          |  <p>↑ Levodopa</p>             |
| Dose-failures (No-ON) | Gastric emptying<br>Intestinal absorption<br>Blood–brain barrier transport | ON<br>OFF          |  <p>↑ Levodopa    ↑</p>       |
| Random ON-OFF         | Striatal<br>Pharmacodynamic<br>Changes                                     | ON<br>OFF          |  <p>↑ Levodopa    ↑    ↑</p> |

Which for consideration of advanced therapies?

# Patient Expectations

## Realistic



Increase 'on' time



Reduction in 'off' time



Reduction in 'on dyskinesia'



Reduce unpredictability



Improved confidence



Improve QoL – hopefully!

## Unrealistic

They will not be how they were pre-diagnosis

Will not get rid of all fluctuations

It is **not a cure**

Unlikely to improve non-motor symptoms to the same degree

# Considerations

- **Postural instability**
  - Frequent falls even in their best on phase
- **'ON' freezing of gait**
  - Can be difficult to quantify if FOG only occurs in the off state
  - Detailed clinical examination – consider triggers, e.g. walking through doorways, obstacles, turning
  - May consider examination in on and off states
  - Early physiotherapy assessment – can also help with ways to combat FOG
- **Age of the patient**
- **Timescale**

# Case 1




# Background

- 62 YO, LH female, diagnosed with tremor-dominant PD (2017)
  - Symptoms started approx. 3 years prior, tremor affecting L-hand
  - DAT scan – reduced uptake in right striatum & was c/o trihexiphenyl – much improved (increased to 8mg/day), SE ++
  - No gait disturbance
- Progression of tremor, unusually marked action component, minimal bradykinesia and rigidity on examination
  - MRI - NAD
- C/o madopar 62.5mg TDS
  - Next OPC: using 5 times daily due to wearing off – dose adjusted to 125mg TDS
  - More parkinsonian on examination



# Background

- 2019
  - Madopar 125mg TDS + madopar CR 250mg ON
  - Tremor is **L-dopa responsive**
  - C/o on rotigotine patch
- **COVID strikes** 
- Telephone review 2020
  - Tremor much worse with no improvement
  - 'Madopar works well for about 4 hours' - 'symptoms' creep back in'
  - She increased her madopar to 250mg TDS
  - Tremor interfering with eating & drinking ++
  - Diagnosed with early wearing off - can increase to 5/day if needed

## Refractory tremor:

- Increase L-dopa
  - MAOIs
  - Dopamine agonists
  - Propranolol
  - Topiramate
  - Trihexyphenidyl
  - Amantadine
  - (Mirtazapine)
- Particularly if postural/action element

# Background

- 2021/2022
  - Increased madopar 125mg to 5 times daily (7/9.30/12/14.30/17), additional madopar 62.5mg added at 18.30
  - Madopar CR 125mg 19.30 & SR at 21.00
  - Rotigotine 6mg/24hrs
  - Entacapone 200mg BD, gradually increased to all doses
  - Feels meds wear off after 90mins, increasingly **anxious & 'jittery'** before next dose
  - Nocturia 3-4/night, tremor bad at night – takes additional madopar
  - Tremor starts to wake her at night
- 2022 referred to movement clinic

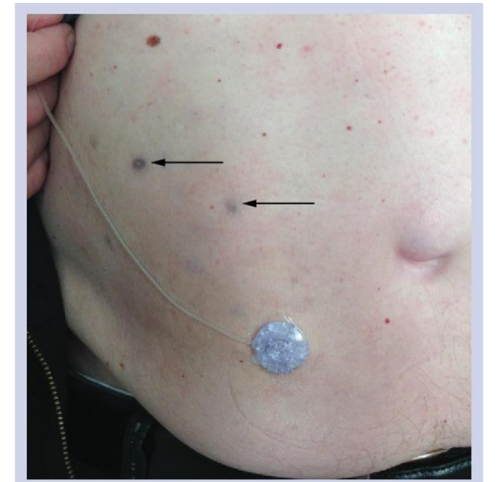
# Background

- Dec 2023 movement clinic:
  - **Rationalise medication**
    - Madopar + entacapone at 7/10/13/16/19
    - Stop madopar 62.5mg at 18.30
    - Amantadine added
    - Madopar CR 250mg ON, and additional madopar SR taken at this time stopped
    - ?diphasic dyskinesia
  - Really hard to get a handle on what was going on
  - Dyskinetic in clinic, reporting disabling off periods with prominent tremor
  - As approached time for medication, L-sided tremor returned
  - **I felt prominent feature at this stage was dyskinesia when we mapped out her day**
  - Asked to video her 'off periods' and when medication was working

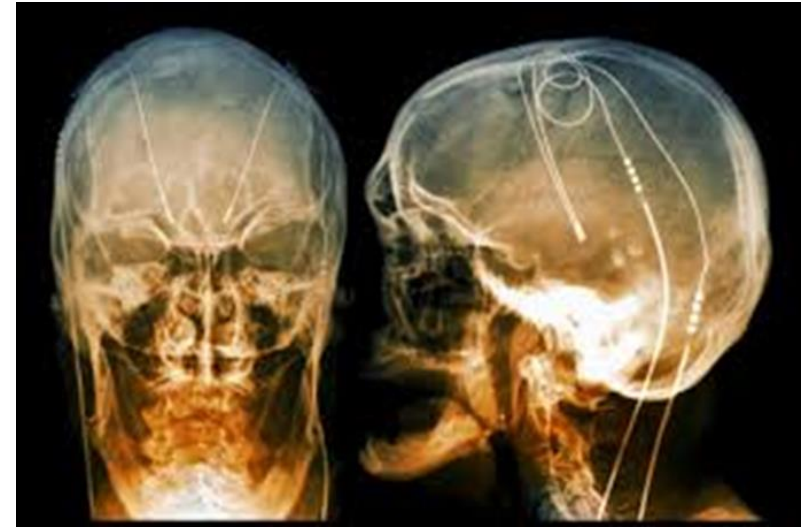
# Proceeded to Apomorphine

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- No videos forthcoming as lived alone
- **Decision for admission**
  - Disabling off periods, unpredictable & with pronounced tremor
  - Peak dose dyskinesia – not troublesome during admission
  - Main issue: **off periods**
  - Medication adjusted – entacapone → opicapone, amantadine increased
  - No real improvement → apomorphine (neupro overnight)
    - 3 day preparation with domperidone, started to reduce the patch
- ‘Got my life back’, ‘New lease on life. Shopping again, going out & driving’
- Tolerating well: no orthostatic hypotension, no nodules



# Case 2



# Background

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- RH male patient presented to NHS aged 30yrs, by that stage described ~10yrs of symptoms (2009)
- DAT scan in France 2006 was consistent with a Parkinsonian syndrome, formally diagnosed aged 26YO
  - 1<sup>st</sup> noticed R UL stiffness – noted when doing University exams
  - He stated he also would have noticed stiffness in adolescence when playing piano
  - Started to use LH
  - Started to notice a slight resting tremor, increasing issues with dexterity
  - Hypophonia
  - No gait issues or falls
- Initially started on pramipexole
- No PMH
- FHx – Paternal Grandmother diagnosed in her 80s, Mother had Addison's disease & fibromyalgia



# Background

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- In 2010 – Rasagiline added
  - Noticed improvement in fatigue
  - No real improvement in R hand function
  - Also prescribed a LA dopamine agonist – not started
- BHSC MD clinic in 2017, following referral from Prof Lees (London) – 37YO
  - Genetics, incl. PARK2 negative
  - Now working as a film maker – France & Mexico
  - Main symptoms: Pain & stiffness R UL & LL, including R foot posturing, mild tremor
  - Now on Rotigotine – some ICBs reported, so dose downtitrated
  - Trialled L-dopa in the form of Mucana puriens (Zanodopa)
- Every change in PD meds gave him a ‘boost’ for a short period, **but disliked side effects**



# Medication adjustment

~~Trihexyphenidyl~~

~~Emoprom~~

~~re...ro  
6/2~~

~~R...line &  
selegaline~~

End of  
2017/2018

Emergence of dyskinesia

- Involuntary eye closure (blepharospasm)
- Pulling at the mouth (orofacial dyskinesia)

Emergence of FOG when off

Amantadine

June 2018

~~Re...  
An...~~

Typical akinetic-rigid syndrome when off



'Typical' Pre-operative Day

UPDRS-III:  
 OFF score – 78  
 ON score – 28  
 64% improvement  
 H&Y grade 2

(2) MARCH  
Before Surgery

PARKINSON'S DISEASE DIARY

Patient Name: Brian Kavanagh Hospital No: \_\_\_\_\_ Week starting: \_\_\_\_\_

| Medication              | Time | MON | TUE | WED | THU | FRI | SAT | SUN | Comments |
|-------------------------|------|-----|-----|-----|-----|-----|-----|-----|----------|
|                         | 0600 | ■   |     |     |     |     |     |     |          |
|                         | 0630 | ■   |     |     |     |     |     |     |          |
|                         | 0700 | ■   |     |     |     |     |     |     |          |
| Sinemet 300<br>(250/25) | 0730 | ■   |     |     |     |     |     |     |          |
|                         | 0800 | ■   |     |     |     |     |     |     |          |
|                         | 0830 | ■   |     |     |     |     |     |     |          |
|                         | 0900 | ■   |     |     |     |     |     |     |          |
| Sinemet (250/25)        | 0930 | ■   |     |     |     |     |     |     |          |
|                         | 1000 | ■   |     |     |     |     |     |     |          |
|                         | 1030 | ■   |     |     |     |     |     |     |          |
|                         | 1100 | ■   |     |     |     |     |     |     |          |
| S 125ms                 | 1130 | ■   |     |     |     |     |     |     |          |
|                         | 1200 | ■   |     |     |     |     |     |     |          |
|                         | 1230 | ■   |     |     |     |     |     |     |          |
|                         | 1300 | ■   |     |     |     |     |     |     |          |
| S 125ms                 | 1330 | ■   |     |     |     |     |     |     |          |
|                         | 1400 | ■   |     |     |     |     |     |     |          |
|                         | 1430 | ■   |     |     |     |     |     |     |          |
|                         | 1500 | ■   |     |     |     |     |     |     |          |
| S 187ms                 | 1530 | ■   |     |     |     |     |     |     |          |
|                         | 1600 | ■   |     |     |     |     |     |     |          |
|                         | 1630 | ■   |     |     |     |     |     |     |          |
|                         | 1700 | ■   |     |     |     |     |     |     |          |
| S 125/197               | 1730 | ■   |     |     |     |     |     |     |          |
|                         | 1800 | ■   |     |     |     |     |     |     |          |
|                         | 1830 | ■   |     |     |     |     |     |     |          |
|                         | 1900 | ■   |     |     |     |     |     |     |          |
| S 125/187               | 1930 | ■   |     |     |     |     |     |     |          |
|                         | 2000 | ■   |     |     |     |     |     |     |          |
|                         | 2030 | ■   |     |     |     |     |     |     |          |
|                         | 2100 | ■   |     |     |     |     |     |     |          |
|                         | 2130 | ■   |     |     |     |     |     |     |          |
|                         | 2200 | ■   |     |     |     |     |     |     |          |
|                         | 2230 | ■   |     |     |     |     |     |     |          |
|                         | 2300 | ■   |     |     |     |     |     |     |          |
|                         | 2330 | ■   |     |     |     |     |     |     |          |
|                         | 2400 | ■   |     |     |     |     |     |     |          |

Annotations on chart:  
 - Red brackets and "OFF" labels indicate medication-off periods.  
 - Green arrow labeled "Dyskinesia" points to the 0830-0900 interval.  
 - Blue text "sleep" is written at 2200.

**INSTRUCTION**

When "ON" (Good mobility) leave box blank

When "OFF" (Tremors, stiff and slow) shade the box

When "ON" and dyskinesic (involuntary writhing movements)

When you sleep mark "S"

For Half "ON" and Half "OFF"

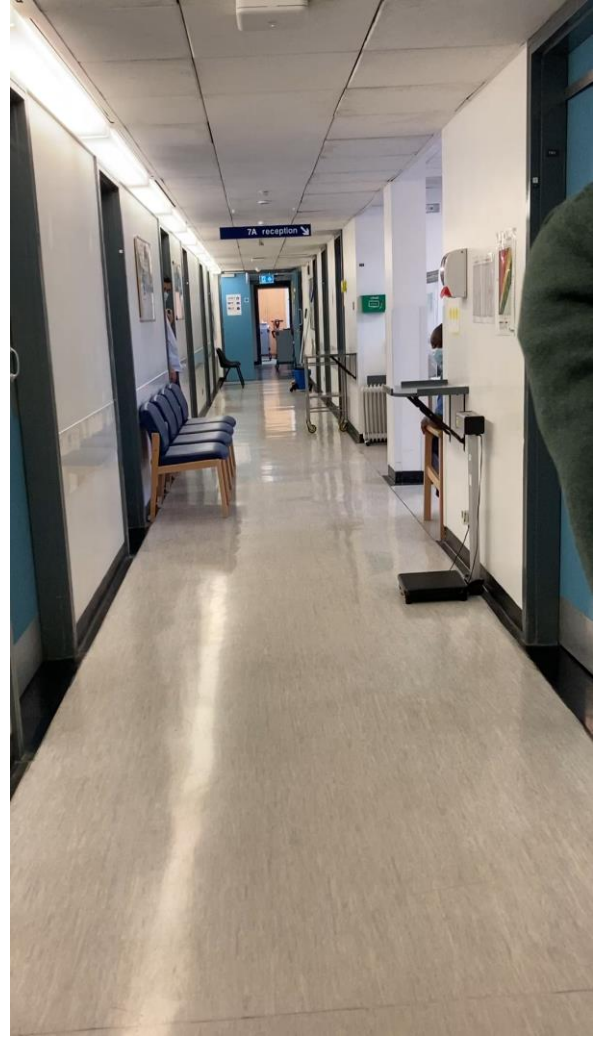
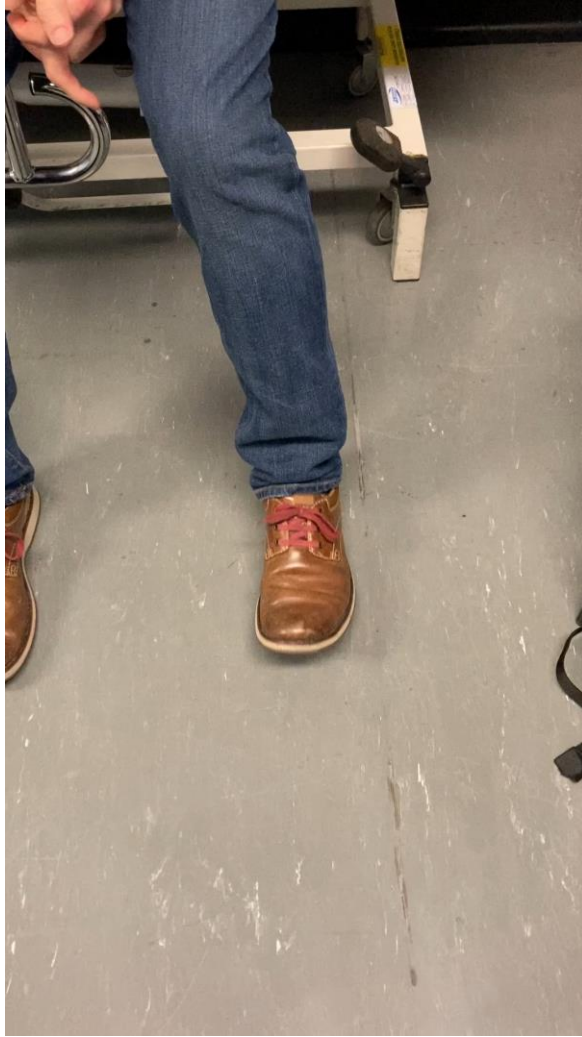
For Good ON but with mild dyskinesia

If you have difficulties completing this chart please contact:  
 Movement Disorders Nurse Specialist

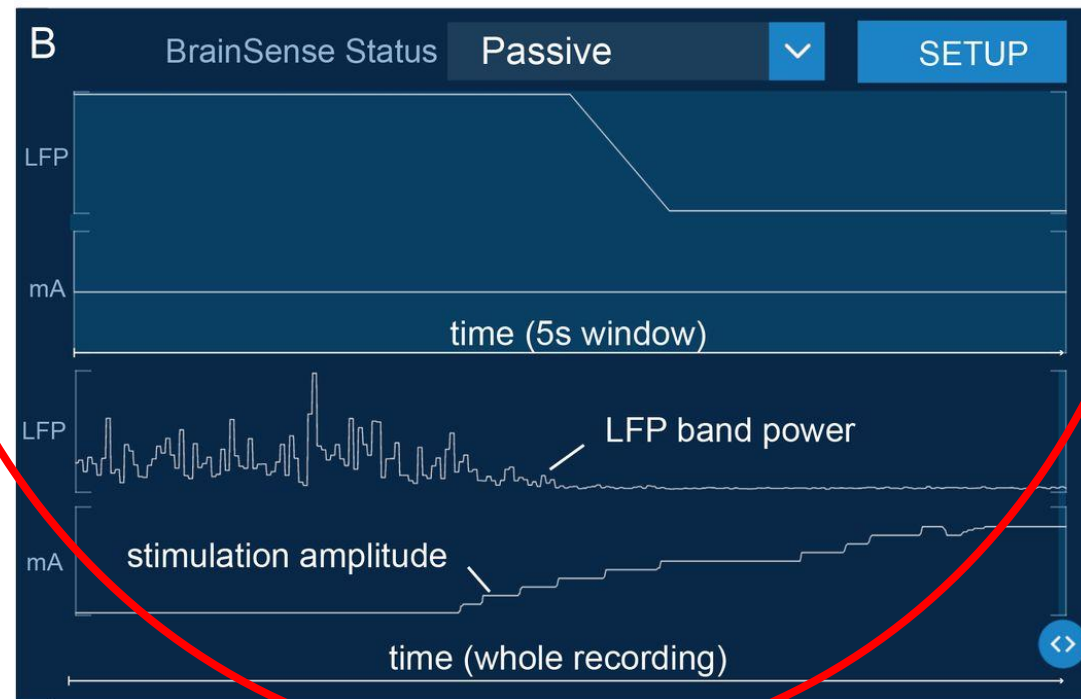
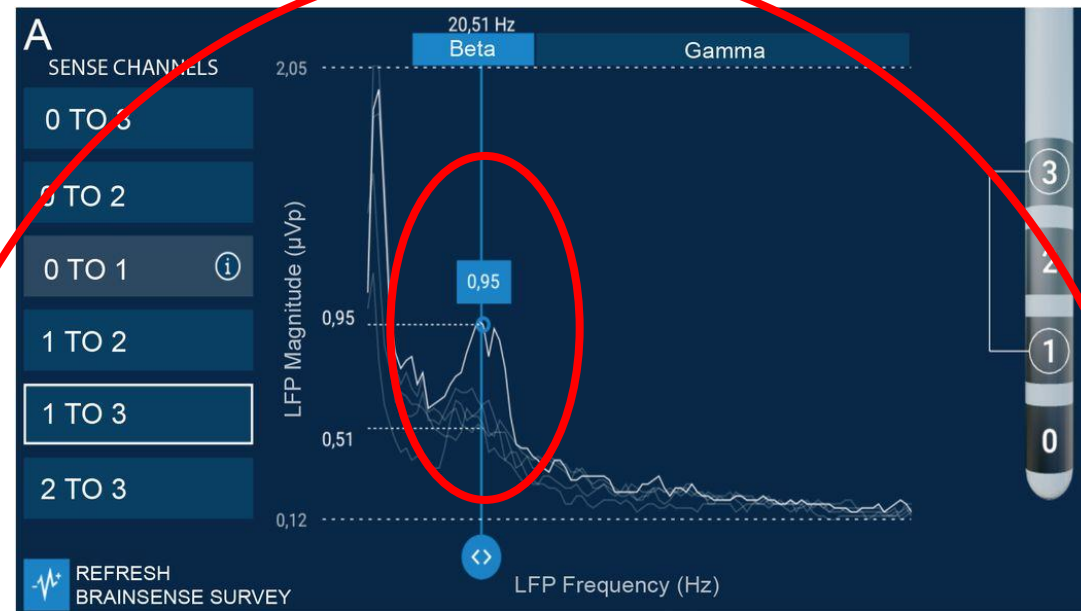
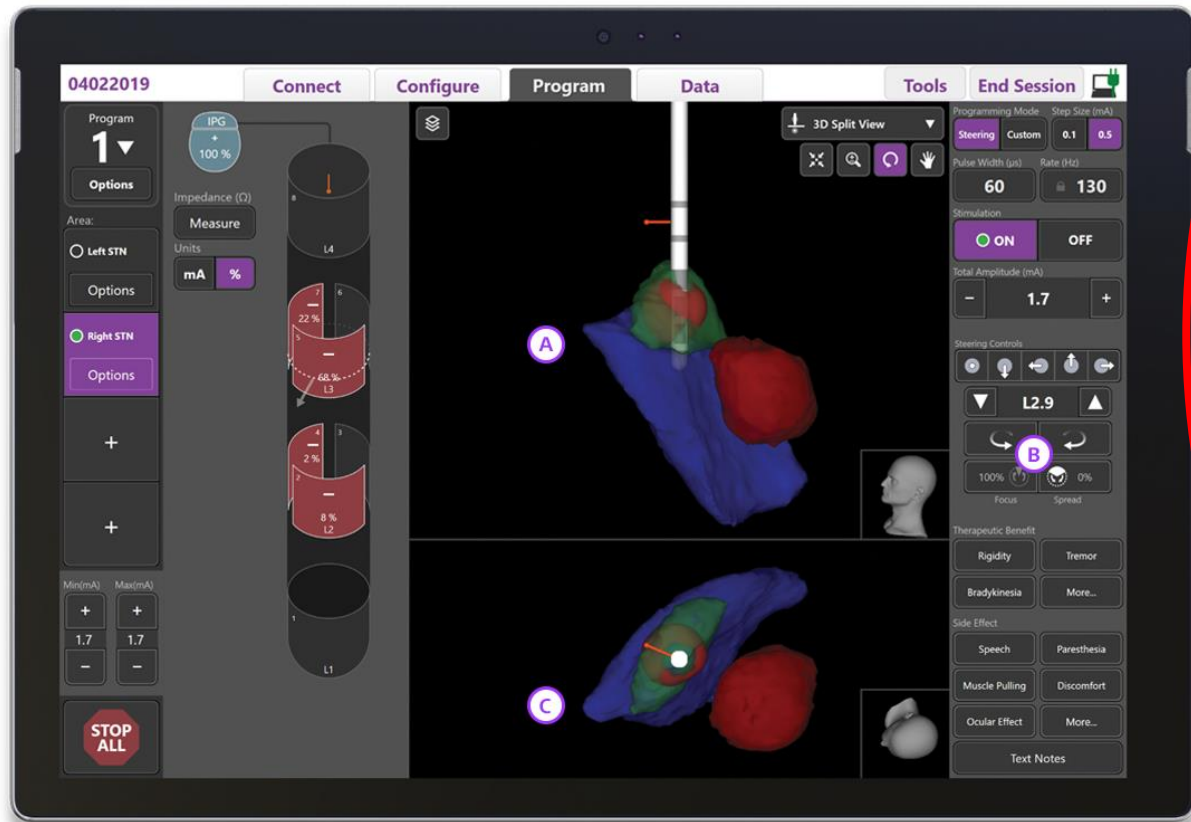
- Joseph Candelario-Mckeown
- Catherine Milabo-Hartigan
- Maricel Salazar
- John Esperida

Email: [ncmh.Enquiry.DBSnurses@nhs.net](mailto:ncmh.Enquiry.DBSnurses@nhs.net)  
 0203 448 8722 and 0203 448 8730

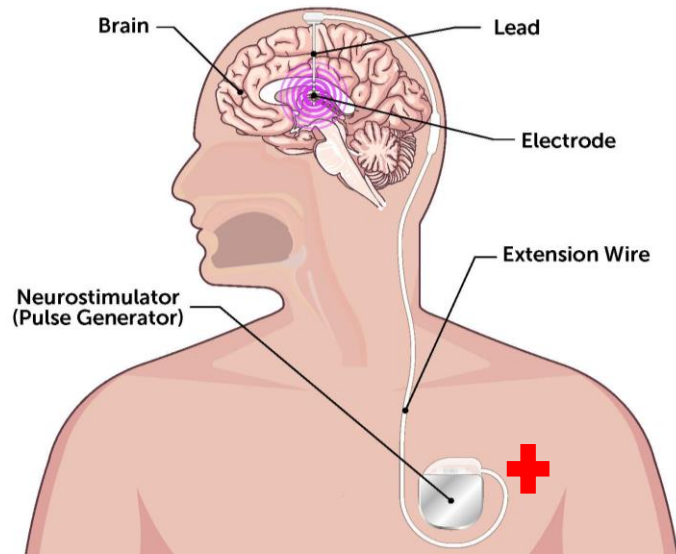
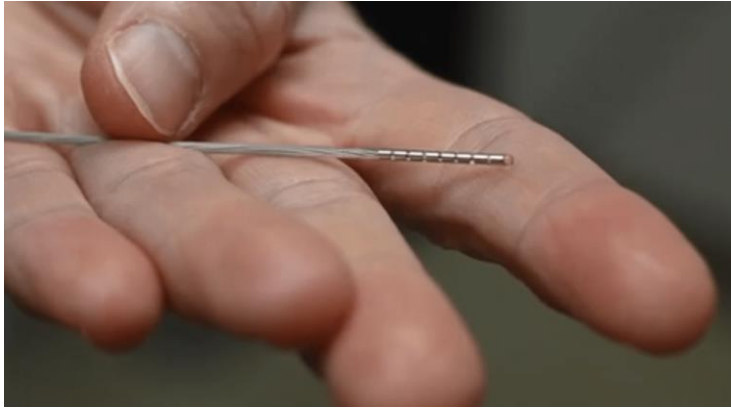
Awake 15 hrs  
 OFF 9 hours  
 =60%







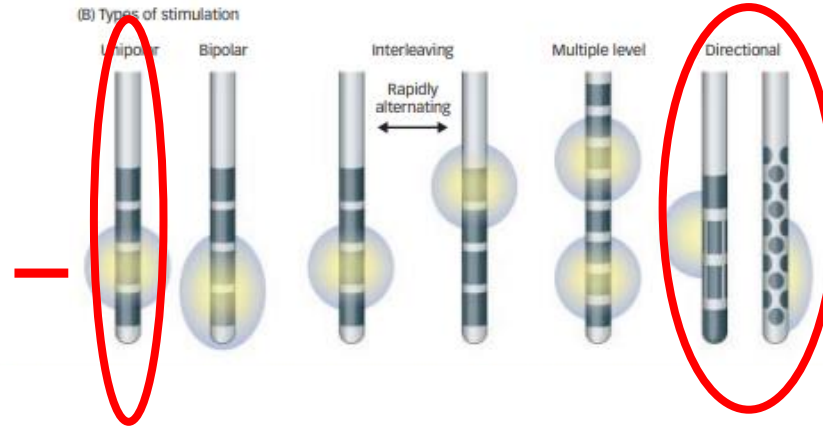




(A) Common DBS electrode configurations



(B) Types of stimulation





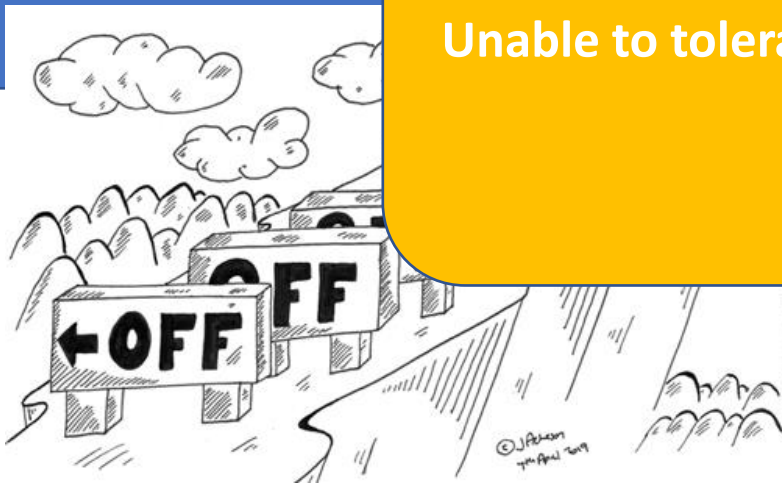




**Motor fluctuations**



**Unable to tolerate medications**



**Refractory tremor**



# Which advanced therapy?

## Patient preference

- If appropriate, all 3 options should be offered

## Clinical symptoms

- Nature of dyskinesia – if all in 'on' phase, consider DBS (GPi)
- Any early cognitive symptoms
- Gait or balance disturbance

## Home situation

- Apomorphine & duodopa/produodopa require patient or family-carers to be able to set up the pump

## Convenience

- DBS will require lifelong follow-up, adjustments, battery replacements (however, more rechargeable devices on the market)
- Urgency





# Acute Presentations in PD: 'Troubleshooting'

# Case 3

# Clinical Presentation

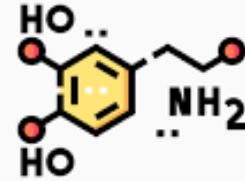
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- 61YO RH male
  - Presented to Neurology aged 55YO with 'tension in R knee lasting few secs at a time', decreased dexterity & fatigue
  - Delayed diagnosis due to an abnormal MRI ??Inflammatory demyelination
  - DAT +ve 2017
- 6/7 Hx of declining mobility, early wakening akinesia & rigidity with painful foot dystonia, weight loss, worsening wearing off & burning pain in limbs
  - Morning of presentation to ED: 'couldn't move out of bed' & severe pain, increasing off time
- Current treatment:
  - Sinemet 125mg QDS – 7/11/14/18:00 (**recent reduction**)
  - Sinemet CR 125mg ON at 22:00
  - Safinamide 50mg OM (not tolerated increased dose – **dyskinesia ++**)
  - Madopar Disp 62.5mg on waking (recent decrease from 125mg) & 2pm 'rescue'
  - Entacapone 200mg (recent introduction, & was also taking with CR), increasing dose over past few days

- No fever or illness, no missed medication, no unwell contacts
- **Constipated ++** - no BO for 3/7 – new for him
- Previously not tolerated requip XL – worsening rigidity, stopped driving & exercising; no Hx of ICBs

- Aug 2022:

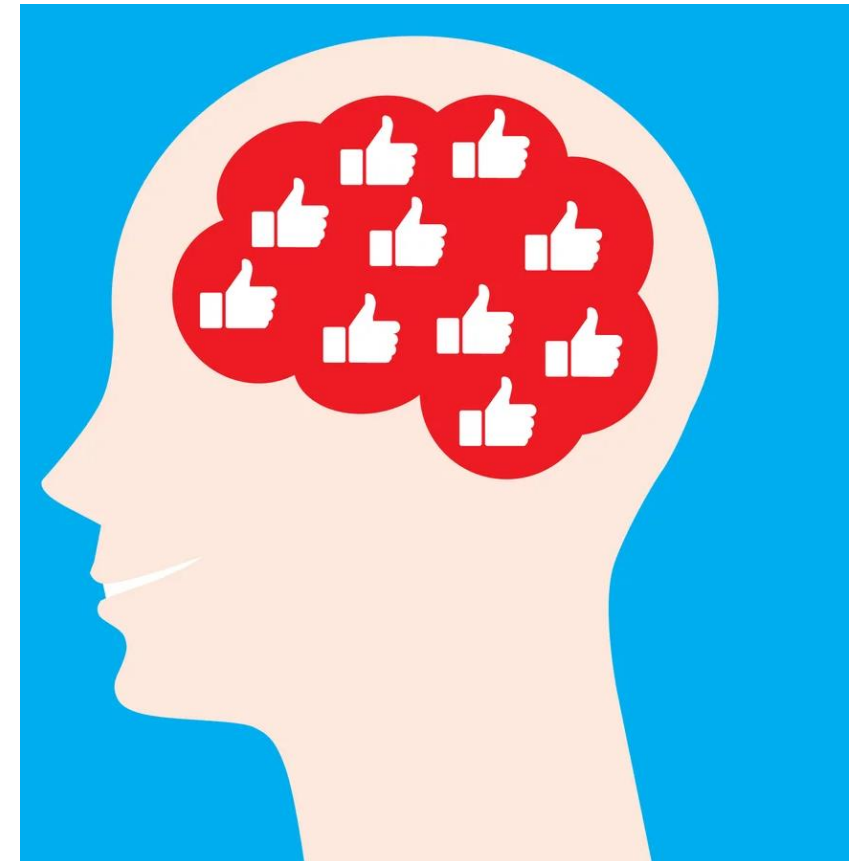
- Seen in OPC & noted to be very dyskinetic
- Diagnosed with '*Dopamine dysregulation syndrome*'
- Medications reduced
  - Sinemet x5 → QDS
  - Madopar disp reduced
  - Amitriptyline stopped
- Sudden switching off between 2-4pm, significant nocturnal akinesia
- **Not sleeping** due to pain & increased pain, having to sleep during day 'when DA on board'
- Cognitive decline 'brain fog'
- Worsening wearing off
  - Safinamide increased to 100mg → no improvement, perhaps some worsening dyskinesia
  - Entacapone added in September , including alongside CR → no improvement, dyskinesia +



# Dopamine Dysregulation Syndrome (DDS)

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- Iatrogenic disturbance that may complicate long-term symptomatic therapy of Parkinson's disease
- Patients with DDS develop an addictive pattern to dopaminergic medication
  - Administering doses more than those required to control their motor symptoms
- Prevalence in patients attending specialist PD centres is **3-4%**; diagnosis is clinical
- Behavioural disturbances include
  - **Punding** - complex stereotyped behaviour
  - **ICDs** - pathological gambling, hypersexuality, compulsive shopping & compulsive eating
- Levodopa is still considered the most potent trigger, but apomorphine & oral dopamine agonists also responsible
- **Management:**
  - Identify those at risk & use lowest clinically effective doses of DA therapy
  - Avoid rapid acting, 'booster' medications
  - If suspected, dopaminergic dose reduction
  - Stop DA agonists
  - CBT/psychology; social input to control RFS
  - Neuroleptics if presence of psychosis, aggression – psychiatry input advised



# What did we do...

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- **Mapped out his day**
  - Waking, when he was functional, duration of DA effect, typical wearing off & timing if dyskinesia etc.
  - How long until meds kick in
  - What does wearing off look like for him, 'virtual paralysis'
    - No unpredictable offs, no 'on' FOG
  - Dyskinesia – troublesome v non-troublesome, peak dose
  - No cognitive concerns, hallucinations
- AXR, stool chart, laxatives
- Hauser diary
- Lying-standing BPs – persistent BP drop, safinamide held
- Increased Madopar Disp PRN (with caution) & CR preparation
- Continued with up-titration of entacapone, then switched to stalevo 100 & increased to x5/day

Define  
therapeutic  
window



Date (day / month / year): \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Subject ID \_\_\_\_\_

| TIME        | ASLEEP | OFF | ON without dyskinesia | ON with no troublesome dyskinesia | ON with troublesome dyskinesia |
|-------------|--------|-----|-----------------------|-----------------------------------|--------------------------------|
| 00:00-00:30 |        |     |                       |                                   |                                |
| 00:30-01:00 |        |     |                       |                                   |                                |
| 01:00-01:30 |        |     |                       |                                   |                                |
| 01:30-02:00 |        |     |                       |                                   |                                |
| 02:00-02:30 |        |     |                       |                                   |                                |
| 02:30-03:00 |        |     |                       |                                   |                                |
| 03:00-03:30 |        |     |                       |                                   |                                |
| 03:30-04:00 |        |     |                       |                                   |                                |
| 04:00-04:30 |        |     |                       |                                   |                                |
| 04:30-05:00 |        |     |                       |                                   |                                |
| 05:00-05:30 |        |     |                       |                                   |                                |
| 05:30-06:00 |        |     |                       |                                   |                                |
| 06:00-06:30 |        |     |                       |                                   |                                |
| 06:30-07:00 |        |     |                       |                                   |                                |
| 07:00-07:30 |        |     |                       |                                   |                                |
| 07:30-08:00 |        |     |                       |                                   |                                |
| 08:00-08:30 |        |     |                       |                                   |                                |
| 08:30-09:00 |        |     |                       |                                   |                                |
| 09:00-09:30 |        |     |                       |                                   |                                |
| 09:30-10:00 |        |     |                       |                                   |                                |
| 10:00-10:30 |        |     |                       |                                   |                                |
| 10:30-11:00 |        |     |                       |                                   |                                |
| 11:00-11:30 |        |     |                       |                                   |                                |
| 11:30-12:00 |        |     |                       |                                   |                                |

- Continued with unpredictable 'frozen episodes' & complex motor fluctuations
- Variable day to day - ?gastric outlet syndrome, 'no control'
- Pt fearful to ask for disp, but encouraged to do so; taking x3/day
- More dyskinctic – affecting sleep, not concerning during day
  - Losing weight
- Worsening hand function, increasingly dependent
- Wished to switch back to original regimen pre-August
  
- Discussed options
  - **Not keen for advanced therapies at this stage**
  - Increased to 187.5mg x5/day - not well tolerated
  - Entacapone = better on, but GI upset, decreased appetite & more dyskinesia
  - Safinamide increased
  - Added in neupro patch overnight
    - 'Brain fog'
    - Some increase in postural symptoms
  - ??opicapone switch

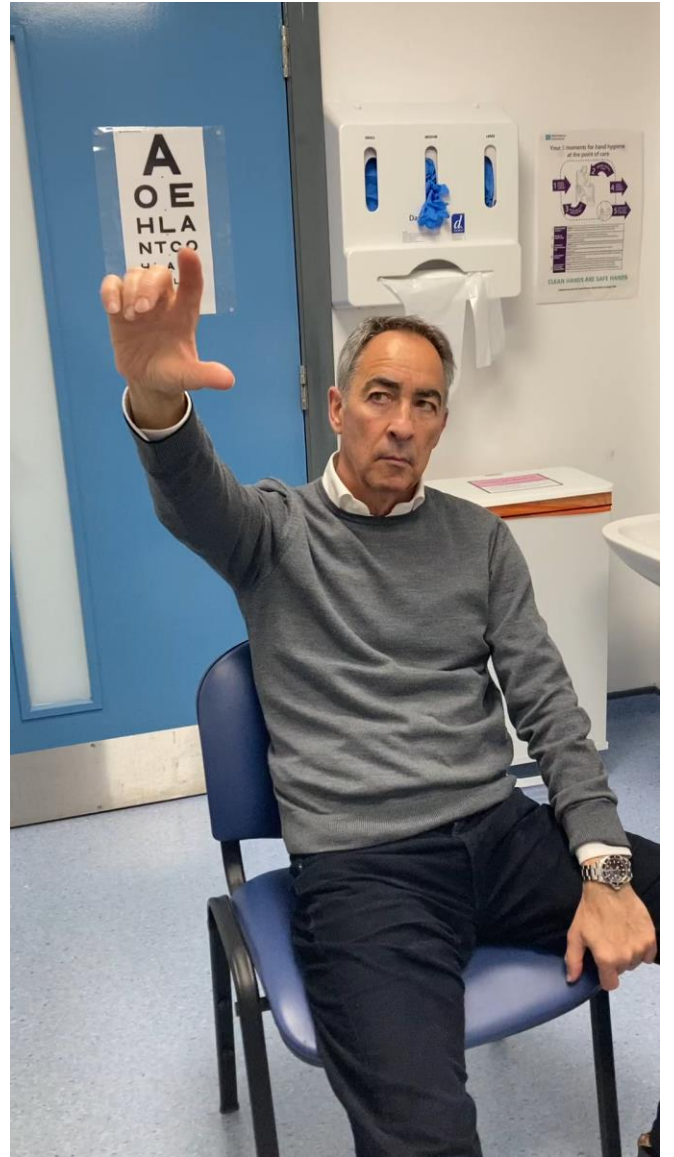


# Moved to Apomorphine

- Commenced as inpatient following domperidone prep, normal ECG
- Adjusted in the community
  - Mild postural drop
  - Still on sinemet 125mg x5 & CR
  - Madopar disp 125mg on waking
  - No off periods, 'lifesaver' – back playing tennis, early retirement, travelling
- Issues: Increasing dyskinesia with increasing dose, requiring more boluses & developed CAS
- **Now for DBS work up**








# Delirium & Psychosis in PD

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Hallucinations & psychosis occurring 2 common scenarios (with or without PD-D):

1. Dopaminergic drugs
2. Systemic illness – incl. dehydration, constipation, metabolic derangement

• **Drug rationalisation:** typically, ‘last in, first out approach’

- Anticholinergics
  - Amantadine
  - Dopamine agonists
  - MAOIs
  - COMTs
  - L-dopa
- 

• Involve psychiatry early ??clozapine

Commence on:  
**Quetiapine (12.5mg – 75mg)**  
**Rivastigmine for**  
**hallucinations\***

\*less effective if underlying PD-D is  
not felt to be the cause



# Nil by mouth

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- **NG TUBE**

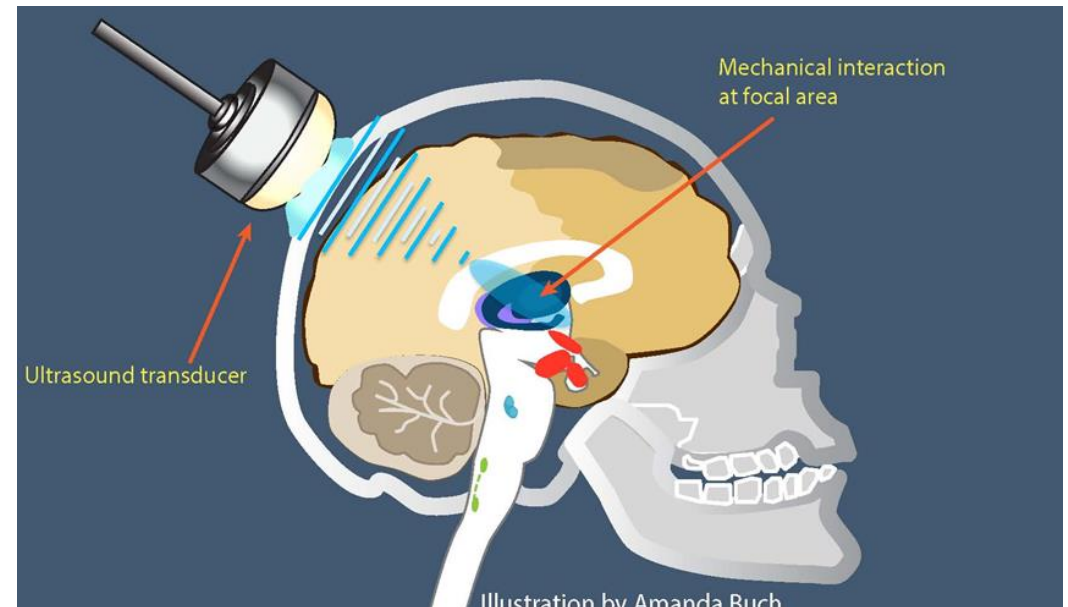
- Local guidelines

- NG Tube
- Only commence rotigotine patch if no other option
- Be wary in patient who are elderly, showing evidence of emerging PD-D, Hx of ICBs or dopamine dysregulation
- Be wary of 'dose calculators' – often discrepancy
  - Patient on Sinemet 125mg QDS
  - PDMed cal: 2mg patch
  - Optimal: 10mg patch (6mg if patient has delirium)
- Always go for a lower dose if delirium present & then increase if necessary
- Always contact their neurologist/movement disorder specialist

Both on  
Parkinson's  
UK website

# What's new?

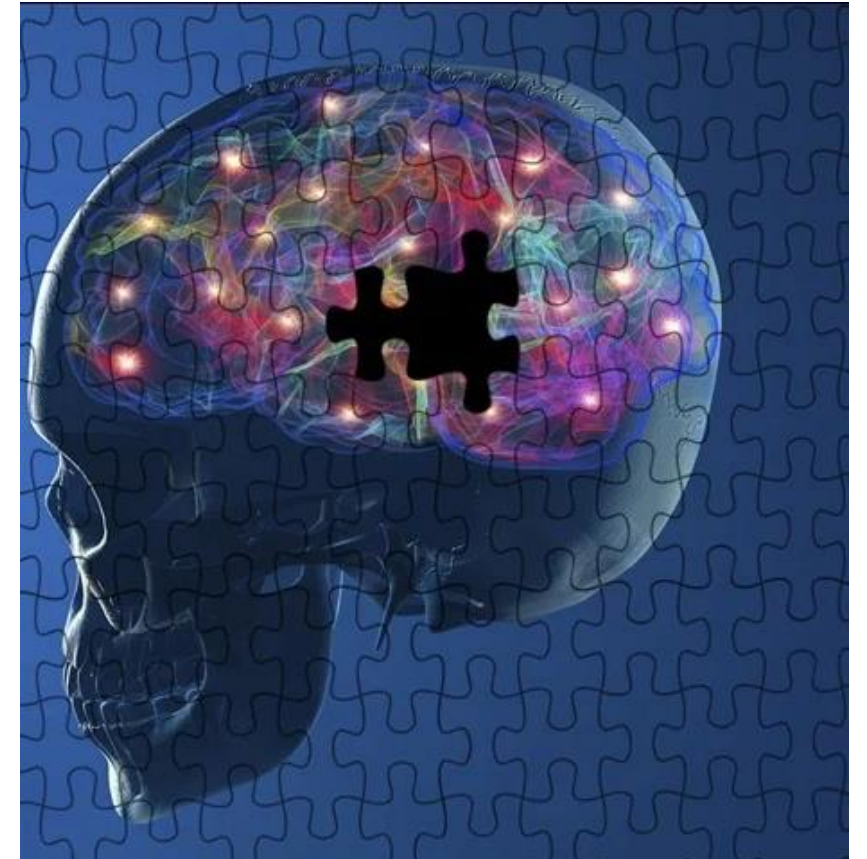
- **Produodopa**
- **MRgFUS** 
- **Crexont** (extended release L-dopa)
- **Lexicon**



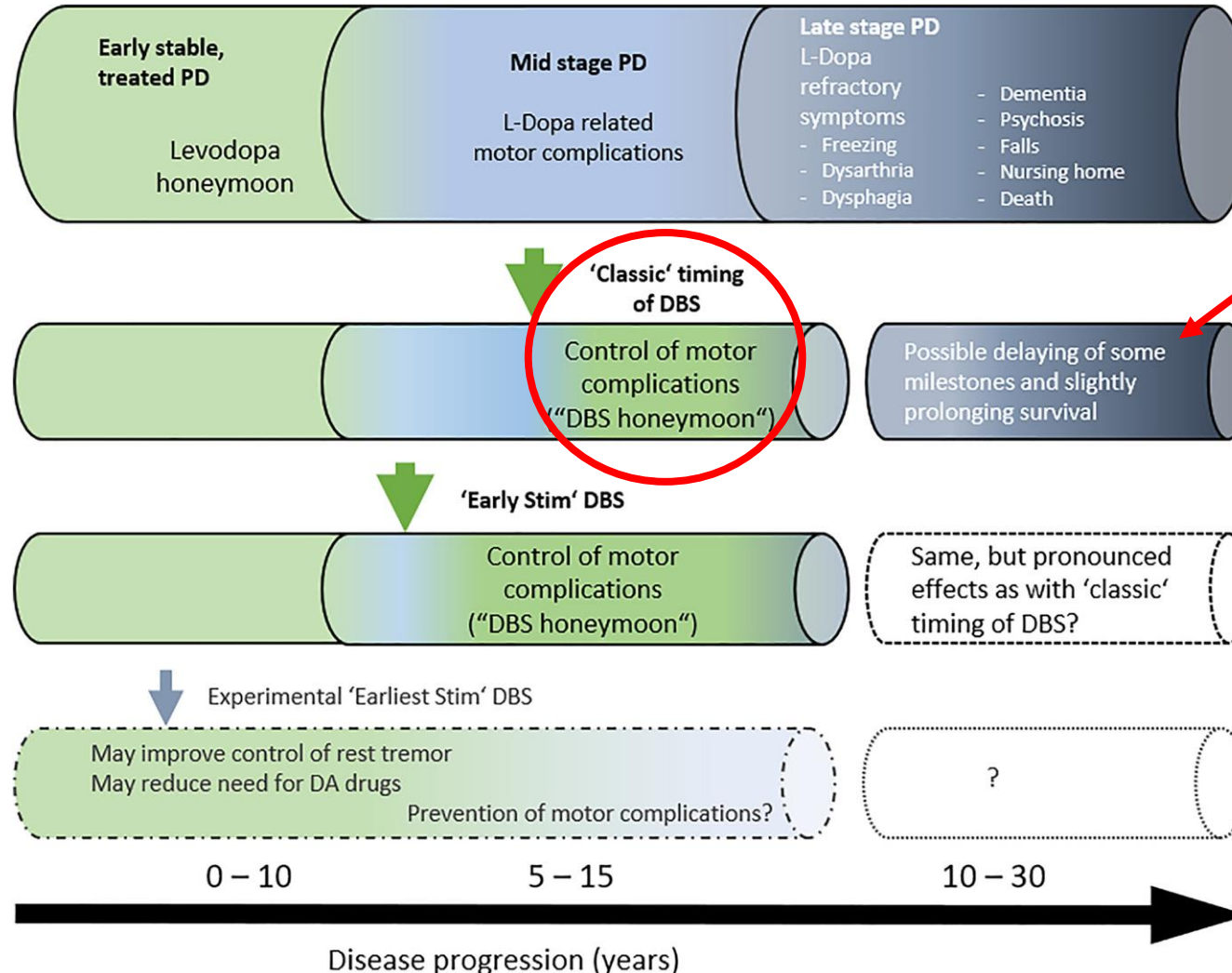
# Future perspectives

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- **Controlled trials comparing efficacies of non-oral therapies are difficult**
  - **INVEST (INfusion VErSUS STimulation) trial** is a head-to-head comparison of CLI & DBS looking at costs & effectiveness
  - Prospective, open label multicentre RCT
- **Important knowledge gaps**
  - Differential effect of advanced therapies on NM features, criteria for discontinuation (e.g. severe dementia) & predictors of LT complications
- **Utility of early use of advanced therapies**
  - EARLY-STIM – **not when, but whom**
  - EARLY-PUMP (ongoing for apomorphine)
- **DBS techniques continuing to evolve** – adaptive neurostimulation (Dec 2024)
- Focused Ultrasound therapy (MRgFUS)
- **Development of easier delivery methods for infusional therapies**
- **Potential for gene therapy, cell-based therapy & disease modifying therapies to alter the course of the disease**
  - HER-096 – collaboration between Parkinson's UK & MJFF looking at Cerebral Dopamine Neurotrophic Factor (CDNF)










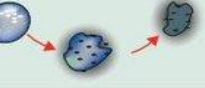

# When should we offer DBS?



Reduction in severity & functional impact of motor & non-motor symptoms, exerting beneficial effects on progression of disability

5-year outcomes (Neurology, 2020) Class II evidence that DBS implanted in early-stage PD decreases the risk of disease progression and polypharmacy compared to optimal medical therapy alone

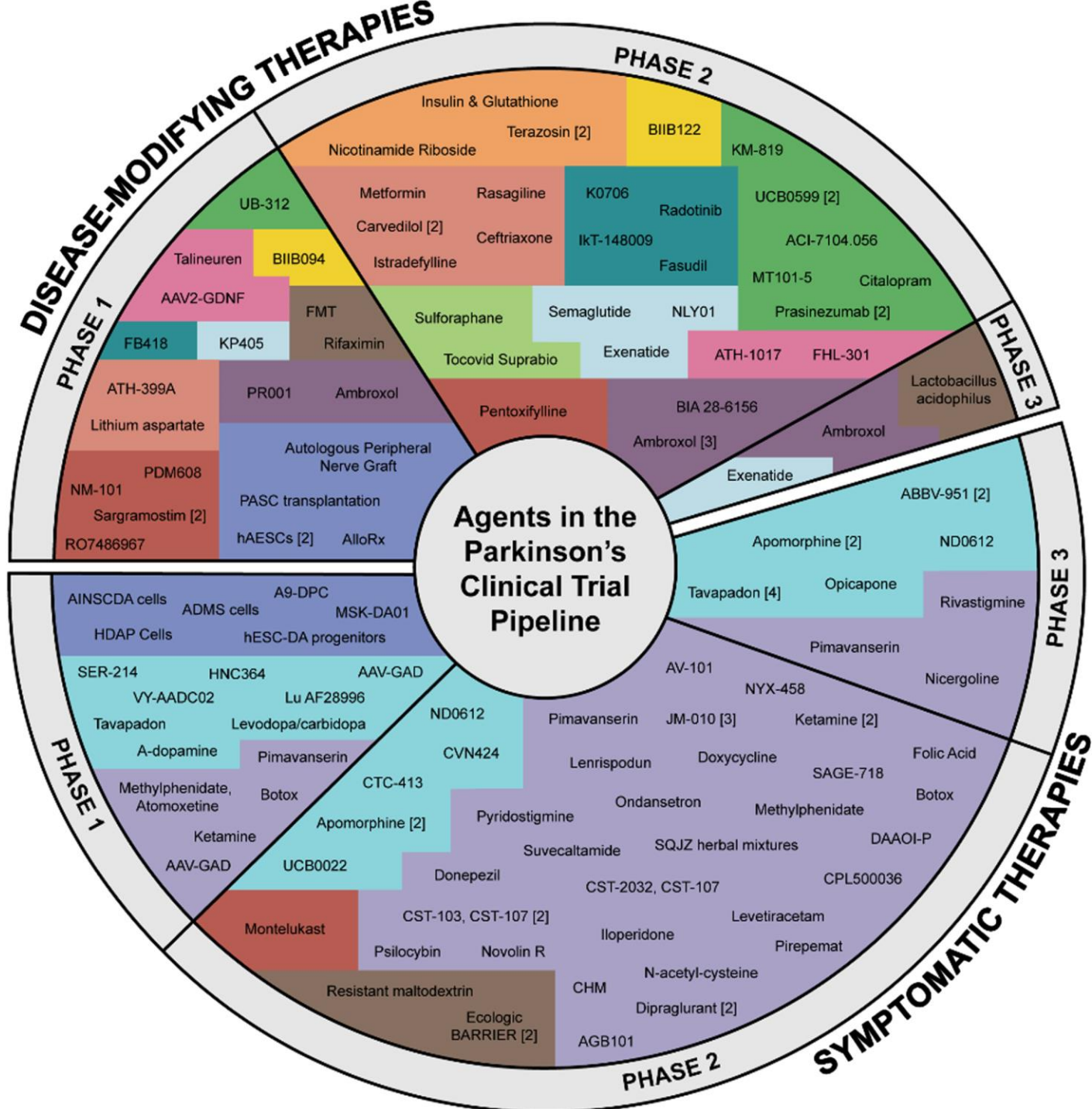


| Target  | Therapy  |   |
|---|--|---|
|   | Preclinical studies  | Clinical studies  |
| SNCA<br>   | Beta-2 adrenergic receptor, siRNA, non-steroidal anti-inflammatory drugs, antistreptolysin O | Thiazolidinedione (glitazones)  |
| Misfolded $\alpha$ -synuclein fibrils<br>  | Anti-LAG3 antibody, small molecule inhibitors, CLR01, KYP                                    | Active or passive immunotherapy (eg, BIIB065), nilotinib, deferiprone                         |
| Autophagy lysosomal pathway<br>  | LTI-291, AT3375  | Ambroxol, glucosylceramide synthase inhibitors  |
| Calcium ion homeostasis<br>  | Calcium ion channel blockers   | Calcium ion channel blockers (eg, isradipine)   |
| Mitochondria dysfunction<br>Parkin pathway<br>   | Ursocholic acid, mitochondrial division inhibitor 1, MIRO reduction, sirolimus               | 11-dehydrosinulariolide, MitoQ, exenatide, LRRK2 small molecule kinase inhibitors             |
| Neurotrophic factors<br>   | Brain-derived neurotrophic factors, vascular endothelial growth factor                       | Cerebral dopamine neurotrophic factor, glial cell line-derived neurotrophic factor, neurturin |
| Inflammation<br>  | Anti-inflammatory (eg, non-steroidal anti-inflammatory drugs)                                | Sargramostim, exenatide, liraglutide, lixisenatide, AZD3241                                   |
| Oxidative stress<br>   | DJ-1 chaperones  | Deferiprone, inosine, coenzyme Q10, caffeine, nicotine, creatine                              |
| <b>Therapies under investigation</b>  |  |   |
|  Vaccines, neuroinflammatory therapies, diets and microbiome, cannabinoids, novel druggable targets, gene therapy, and next generation adaptive deep brain stimulation<br><b>Emerging future therapies</b> |  |   |


Need reliable biomarkers for early diagnosis of PD, specifically in the prodromal phase;

In 2023:

- Alpha-synuclein seeding assay in CSF
- Blood-based mitochondrial damage assay which may allow monitoring of biological impact of drugs targeting LRRK2







Thank you!  
Any questions?