

# #Red4Research 2024

Supporting research and all the people making research happen



Our values: **Kindness** | **Respect** | **Trust** | **Honesty**



## Sarah McCracken, Parkinson's Disease Nurse Specialist with the Community Neurology Service

Understanding the impact, accessibility, and diversity of Nordic walking for People with Parkinson's Disease

### Aim

To understand and measure the benefits for people with Parkinson's from Nordic walking (using specially designed poles to promote balance, posture and to assist with speed of walking, rather like cross country skiing)

Work included a non-motor questionnaire and focus groups and there were statistically significant improvements in speed of walking, the time it takes to stand from a chair and posture.

Results will help us development a blueprint for rolling out further community rehabilitative Nordic walking groups for people with Parkinson's across the region, if funding is available.

I enjoy exercising - running, walking, Nordic walking, skiing, open water swimming all year round. My husband went to university with the Chief Executive of British Nordic walking and she trained me to become an instructor. I immediately saw the potential for Nordic walking for people with Parkinson's.

The groups continued beyond the end of my study thanks to a participant with Parkinson's who trained as an instructor (a retired PE teacher).

Nordic walking has helped patients with their physical and mental health. It aligns with CityCare's value of self-care and self-efficacy. Nordic walking helps people to get fit and to remain fit throughout the disease trajectory. It can help to address social isolation. One instructor can have up to 15 people in a group, so it is cost effective with low overhead costs. It is enjoyable and can become embedded in fitness routines, including Parkruns.