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An integrative PD and anti-viral care approach for Covid and beyond

Elizabeth K Barber

Barber Innovations LLC, USA

Background: My previous study demonstrated the long-term therapeutic benefits of an early preventive strategy creating a positive and safe neurological environment for the Parkinson's (PD) patient with Alzheimer's (AD) Changes. People with Parkinson's and accompanying changes are frequently treated with mainly pharmacologic measures. A combination strategy of therapeutic art, design, structured meals, medication, supplements, exercise and reducing environmental toxins was integrated along with the pharmacologic program to develop a workable strategy for providers and families to best ameliorate stages of the disease. This systematic home-based approach is an effective strategy for treating any homebound patient, particularly during the Covid-19 pandemic and several of the supplements employed also have anti-viral and other health-enhancing properties.

Methods: Following a fall, hospitalization and rehabilitation, a stepwise program was developed and implemented in the home using the patient's preferences and research to allow for a smooth transition from rehabilitation into a neurologically therapeutic environment integrating safety, art and interior design. The environment was made safer, a system of medication and meal administration highlighting neurologic and intestinal health was implemented and a caregiver instruction system was established. Certain nutritional supplements were found to be helpful as was regular exercise. A team approach to care was emphasized, including family members and providers.

Results: The combination of therapeutic approaches and strategies was found to be particularly helpful and significantly increased the patient's lifespan as well as lowering the home stress level. The therapeutic strategies were put into a teaching tool, to teach new caregivers and family the existing regime.

Conclusion: The checklist of strategies aided and will aid providers, patients and their families in coping with and ameliorating the difficulties of illness and knowledge of the anti-viral supplements and hygienic practices will help to prevent and reduce infections.

Biography

Elizabeth K Barber completed her PhD and Oxford in Biochemistry and Master's degree at Harvard in Biology. At Harvard she was the first author on an internationally recognized publication on the T-cell phosphorylation of p56lck in CD4, CD8 and CD3, cited with her other publications hundreds of times along with her work at Oxford on the leukemia and AD marker, CD33. She was the first to discover and implement resveratrol as a treatment for PD while developing her inhome care program. She serves as a PALF Advocate for the American Academy of Neurology (AAN) and received a 2021 grant to highlight the importance of the performing arts in stroke health while finishing another major healthy Victorian renovation, the second she has successfully nominated to the national register of historic places. She previously co-curated and co-presented an art exhibit on the healing powers of art, art therapy and interior design in Chicago.

e: mhkurmane@gmail.com