

Evaluating Nursing Care Quality For Patients With Parkinson's Disease: Insights From Patient Experiences

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Abstract

Introduction: Parkinson's disease is a neurodegenerative disorder that affects the nervous system and has a significant impact on patients' lives, leading to loss of motor skills, difficulties in communication, and deterioration of daily functioning. This condition also accelerates patients' dependence on nursing care, making it a key factor in improving their quality of life.

Materials and Methods

This study uses a qualitative approach and includes in-depth interviews with patients affected by Parkinson's disease and the nurses who provide their care. The questionnaire was designed to collect data from patients with Parkinson's disease receiving treatment at the Neurological Hospital of the University Hospital Center (QSUT), aiming to assess the quality of nursing care they receive. A total of 28 patients participated in the study, treated between February 17 and March 21, 2025. The goal is to identify the factors influencing the quality of nursing care and to better understand how patients experience this care in their daily lives.

Results and Discussion

Out of the 28 patients surveyed, 60.7% reported satisfaction with the responsiveness of nurses, while a small portion expressed more reserved opinions regarding the quality of care. These results indicate that, in general, nurses provide good care, although there is still room for improvement in certain aspects of the care provided. Conclusion: In conclusion, this study highlighted that Parkinson's disease has a major impact on patients' lives, and there is a need for an integrated approach in treatment and support to ensure a better quality of life for patients.

Keywords: Parkinson's Disease, Nursing Care, Quality of Life, Rehabilitation Therapy and Psychological Support

1. Introduction

Parkinson's disease is a progressive neurodegenerative disorder that causes dopamine deficiency and manifests with tremors, rigidity, and slowed movements. In addition to motor symptoms, patients face non-motor disorders such as sleep problems, depression, and cognitive difficulties, which directly impact their quality of life. The nursing role is essential in monitoring symptoms, educating patients, and providing personalized care to improve their functioning and well-being.

2. Material and method

Study Design

Descriptive and evaluative cross-sectional study with mixed-methods approach (qualitative and quantitative).

2.1. Participants

The study included 28 patients with Parkinson's disease receiving treatment at the Neurology Hospital of the University Hospital Center (QSUT). The structured questionnaire collected information on demographics, disease duration, treatment, participation in therapy, use of assistive devices, perceptions of nursing care, and challenges in daily activities.

2.2. Data Collection and Analysis

Data were collected between February 17 and March 21, 2025. Responses were analyzed using Microsoft Excel, employing descriptive statistics such as frequencies and percentages to summarize the data. Tables and charts were used to present findings clearly.

2.3. Ethics: Ethical approval was obtained from the relevant ethics committee. Participation was voluntary, and responses were collected anonymously to ensure confidentiality.

2.4. General Patient Data

The chart shows the distribution of patients by age group.

Data analysis reveals that most Parkinson’s patients belong to the over-60 age group, confirming the high prevalence of the disease in this demographic. The percentage of patients aged 40-60 shows that Parkinson’s can appear earlier, though with lower frequency. Cases under 40 remain rare, reflecting the primarily age-related nature of this disease.

Gender	Number of Patients	Percentage (%)
Male	18	64
Female	10	36

Table 1: Distribution of Patients by Gender

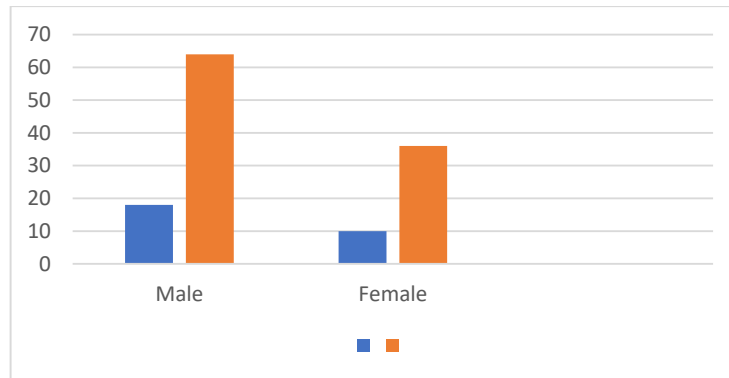


Figure 1: Distribution of Patients by Gender

Figure 1: This figure illustrates the gender distribution of the patients. Males represent 64% of the sample, while females account for 36%. It highlights a higher proportion of male patients in the study.

Duration of Disease	Number of Patients	Percentage (%)
Less than 1 year	2	7.1
1–5 years	10	57.2
More than 5 years	16	36.7

Table 2: Duration of Parkinson’s Disease Among Patients

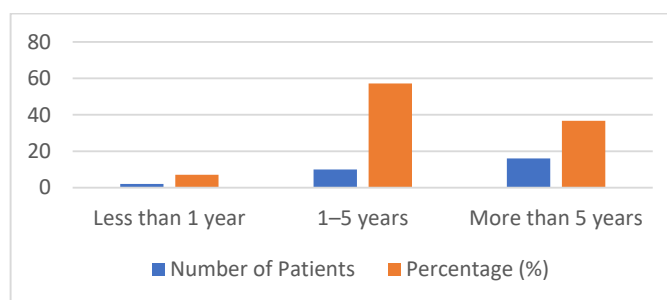


Figure 2: Duration of Parkinson’s Disease Among Patients

This table shows that most patients (57.2%) have been diagnosed for 1–5 years, followed by 36.7% for more than 5 years, and a small group (7.1%) for less than 1 year.

Living Arrangement	Number of Patients	Percentage (%)
Living alone	2	7.1
Living with family	26	92.9
In a care facility	0	0

Table 3: Distribution of Patients by Living Arrangement

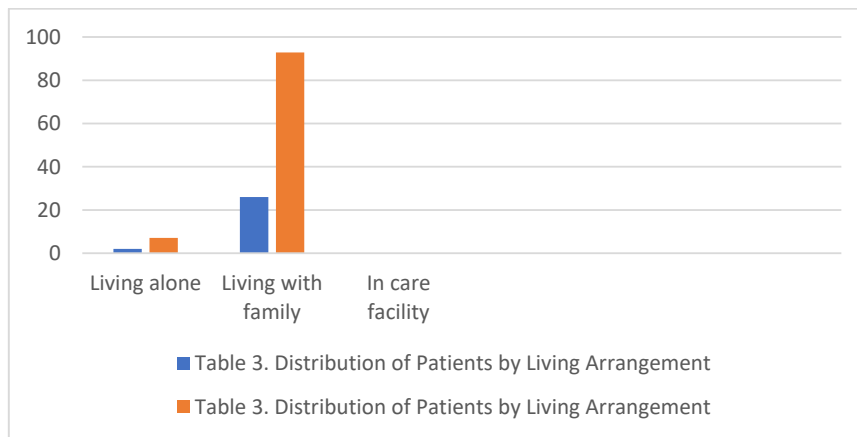


Figure 3: Distribution of Patients by Living Arrangement

This table illustrates the living arrangements of patients with Parkinson’s disease included in the study. The majority of patients (92.9%) live with their families, highlighting the central role of family support in daily care and disease

management. Only a small proportion of patients (7.1%) live alone, while none reside in care facilities, indicating a strong reliance on family-based care rather than institutional support.

Employment Status	Number of Patients	Percentage (%)
Full-time	3	10.7
Part-time	9	32.1
Not working	16	57.1

Table 4: Employment Status of Patients

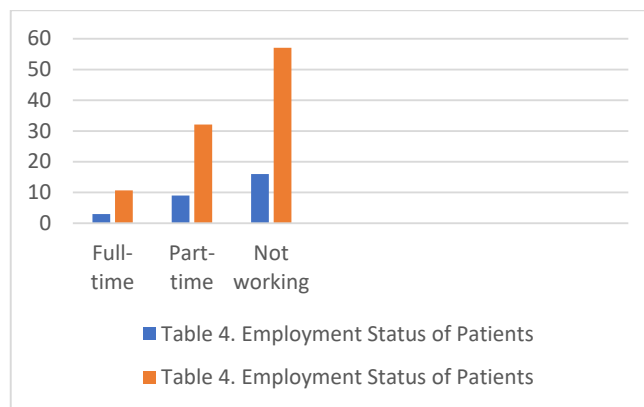


Figure 4: Employment Status of Patients

This table presents the employment status of patients with Parkinson’s disease participating in the study. Only a small proportion of patients (10.7%) are employed full-time, while 32.1% work part-time, reflecting adjustments made

to balance work and treatment demands. The majority of patients (57.1%) are not working, indicating the substantial impact of Parkinson’s disease on work capacity and daily functioning.

Nurse’s Role in Disease Management	Number of Patients	Percentage (%)
Very important	17	60.7
Moderately important	7	25
Slightly important	4	14.3
Not important at all	0	0

Table 5: Importance of Nurses’ Role in Disease Management

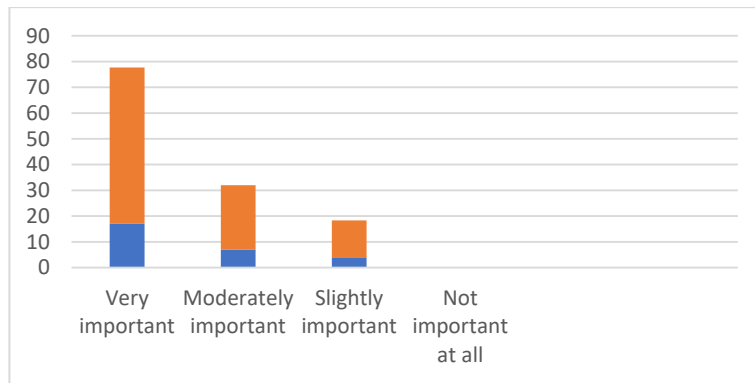


Figure 5: Importance of Nurses' Role in Disease Management

This table illustrates patients' perceptions of the importance of nurses' roles in managing Parkinson's disease. The majority of patients (60.7%) consider the nurse's role to be very important, while 25% rate it as moderately important.

Only a small proportion (14.3%) perceive the role as slightly important, and none consider it unimportant, highlighting the essential contribution of nurses in patient care and disease management.

Improvement from Medication	Number of Patients	Percentage (%)
Yes	26	92.9
No	2	7.1

Table 6: Improvement from Medication

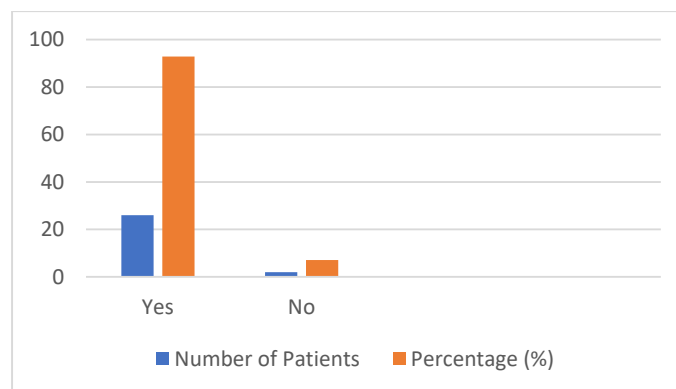


Figure 6: Improvement from Medication

This table shows patients' perceptions of improvement following pharmacological treatment. The majority of patients (92.9%) reported noticeable improvement after medication use, indicating the

effectiveness of drug therapy in managing Parkinson's disease symptoms. Only a small proportion of patients (7.1%) reported no improvement, highlighting variability in individual treatment response.

Participation in Therapy	Number of Patients	Percentage (%)
Yes, regularly	1	3.6
Yes, but rarely	25	89.3
No	2	7.1

Table 7: Participation in Physical or Rehabilitative Therapy

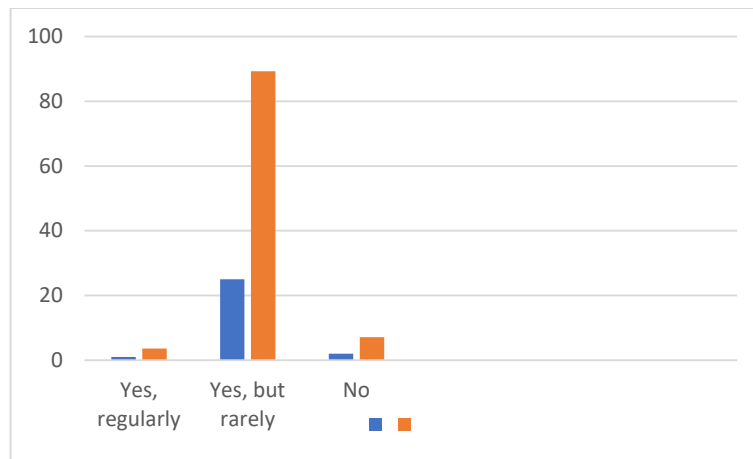


Figure 7: Participation in Therapy Number of Patients Percentage (%)

This table presents patients’ participation in physical or rehabilitative therapy programs.

Only a very small proportion of patients (3.6%) participate in therapy on a regular basis, while the majority (89.3%)

report rare participation. A minority of patients (7.1%) do not participate at all, indicating limited engagement in rehabilitative services despite their importance in Parkinson’s disease management.

Impact on Quality of Life	Number of Patients	Percentage (%)
Very negative	3	10.7
Moderately negative	17	60.8
Slightly negative	6	21.4
Not at all	2	7.1

Table 8: Impact of Parkinson’s Disease on Quality of Life

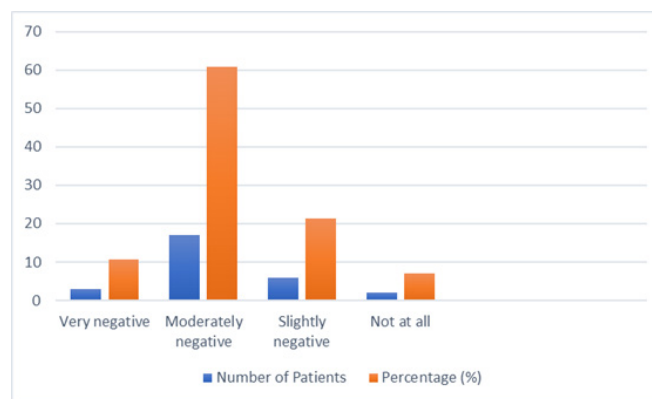


Figure 8: Impact of Parkinson’s Disease on Quality of Life

This table illustrates the perceived impact of Parkinson’s disease on patients’ quality of life.

The majority of patients (60.8%) reported a moderately

negative impact, while 10.7% experienced a very negative effect. A smaller proportion reported a slightly negative impact (21.4%), and only 7.1% indicated no impact, highlighting the overall burden of the disease on daily living.

Side Effects	Number of Patients	Percentage (%)
Severe fatigue	3	10.7
Digestive problems	8	28.6
Sleep disturbances	15	53.6
No side effects	2	7.1

Table 9: Side Effects of Parkinson’s Medication

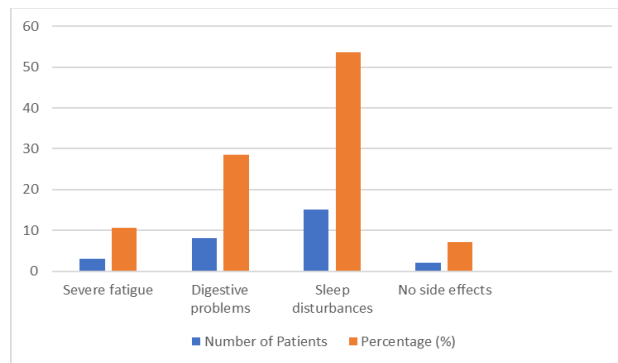


Figure 9: Side Effects of Parkinson's Medication

This table presents the side effects experienced by patients as a result of medication for Parkinson's disease. Sleep disturbances were the most commonly reported side effect (53.6%), followed by digestive problems (28.6%) and severe

fatigue (10.7%). Only a small proportion of patients (7.1%) reported no side effects, indicating that medication-related adverse effects are common and may affect daily functioning.

Difficulties in Relationships	Number of Patients	Percentage (%)
Yes	22	78.6
No	6	21.4

Table 10: Difficulties in Relationships Due to Parkinson's Disease

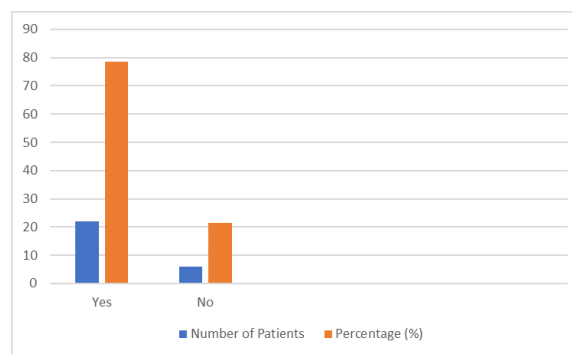


Figure 10: Difficulties in Relationships Due to Parkinson's Disease

The table shows that the majority of patients (78.6%) experience difficulties in their relationships with family and friends due to Parkinson's disease, while 21.4% report no significant impact. This highlights the social and

emotional challenges posed by the disease and underscores the importance of providing psychological support and counseling to patients and their families.

Use of Assistive Devices	Number of Patients	Percentage (%)
Yes	19	67.9
No	9	32.1

Table 11: Use of Assistive Devices

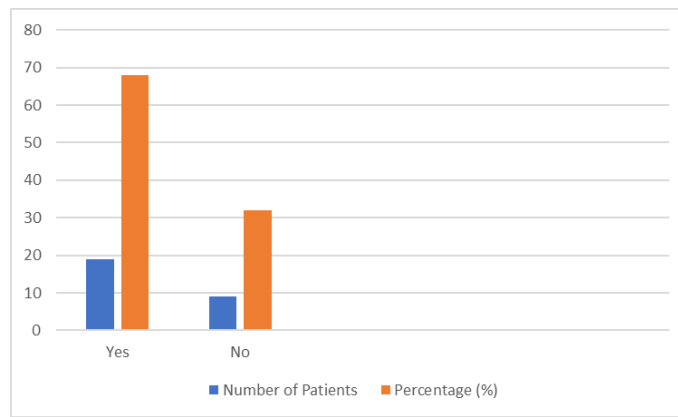


Figure 11: Use of Assistive Devices

This table shows the impact of Parkinson’s disease on patients’ social relationships.

difficulties in relationships with family and friends due to the disease. A smaller proportion (21.4%) did not report such difficulties, highlighting the social and emotional challenges associated with living with Parkinson’s disease.

The majority of patients (78.6%) reported experiencing

Proper Treatment Improves Emotional State	Number of Patients	Percentage (%)
Yes	24	85.7
No	4	14.3

Table 12: Effect of Proper Treatment on Emotional Well-being

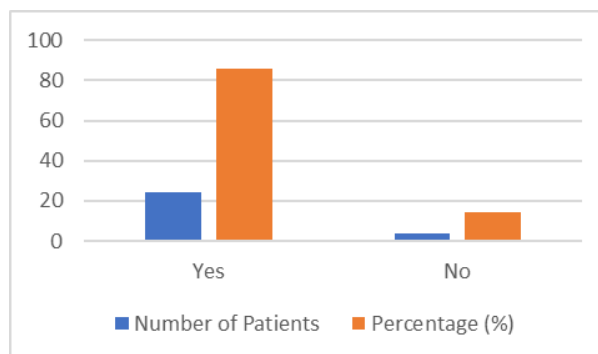


Figure 12: Effect of Proper Treatment on Emotional Well-being

This table illustrates patients’ perceptions of how proper treatment affects their emotional well-being. The majority of patients (85.7%) believe that appropriate treatment can improve their emotional state, emphasizing the importance

of effective medical care for psychological health. A smaller proportion (14.3%) do not perceive a benefit, indicating the need for additional emotional and psychological support alongside medical treatment.

Assistance in Daily Activities	Number of Patients	Percentage (%)
Always	2	7.1
Sometimes	12	42.9
No	14	50

Table 13: Assistance in Daily Activities

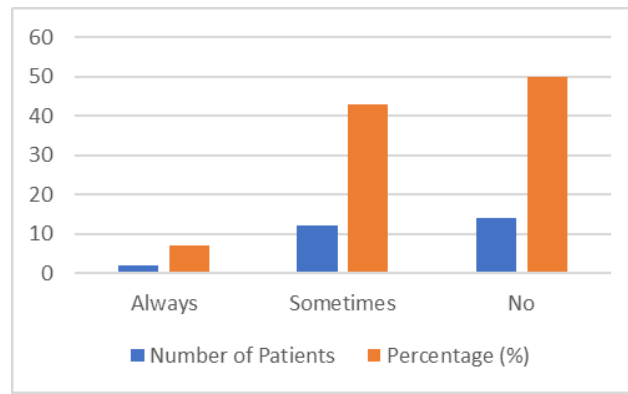


Figure 13: Assistance in Daily Activities

This table illustrates the extent of assistance required by patients with Parkinson’s disease in performing daily activities. Half of the patients (50%) are fully independent, while 42.9% require assistance occasionally. A small

proportion (7.1%) need continuous support, highlighting the variation in functional independence according to disease progression and symptom severity.

Quality of Nursing Care	Number of Patients	Percentage (%)
Very good	10	35.7
Satisfactory	16	57.2
Slightly satisfied	2	7.1
Not satisfied	0	0

Table 14: Quality of Nursing Care According to Patients

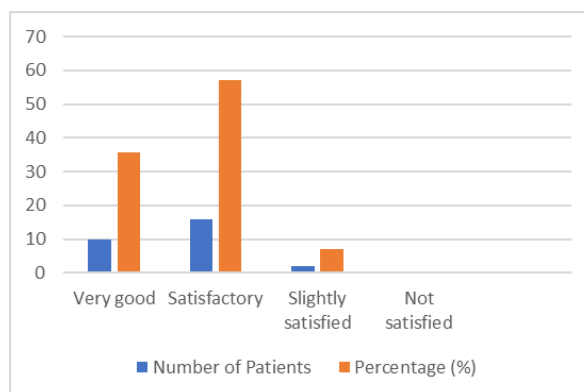


Figure 14: Quality of Nursing Care According to Patients

This table shows patients’ evaluations of the nursing care they receive. The majority of patients (57.2%) rated the care as satisfactory, while 35.7% considered it very good. Only

a small proportion (7.1%) were slightly satisfied, and none reported being dissatisfied, indicating that overall nursing care meets patient expectations.

Nursing Care Category	Number of Patients	Percentage (%)
Physical care	10	35.7
Emotional support	5	17.9
Education about the disease	9	32.1
Pain management	4	14.3

Table 15: Areas Where Nursing Support is Needed Most

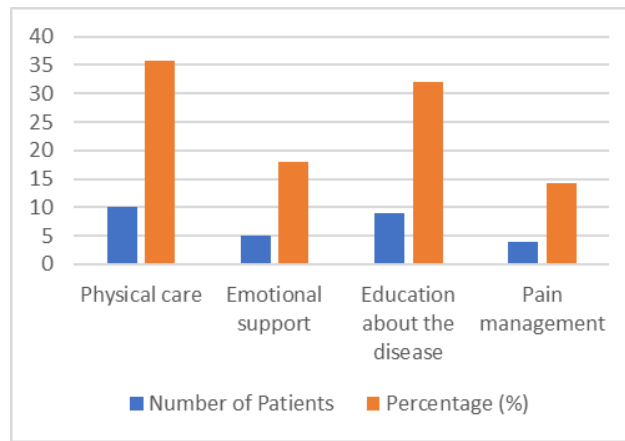


Figure 15: Areas Where Nursing Support is Needed Most

This table highlights the areas in which patients with Parkinson’s disease feel additional nursing support is needed. The largest proportion of patients (35.7%) indicated a need for enhanced physical care, followed by 32.1% who requested more education about the disease.

Smaller percentages reported the need for emotional support (17.9%) and improved pain management (14.3%), emphasizing the importance of a comprehensive and personalized approach to nursing care.

Receiving Psychological Support	Number of Patients	Percentage (%)
Yes	7	25
No	21	75

Table 16: Psychological Support Received from Therapists

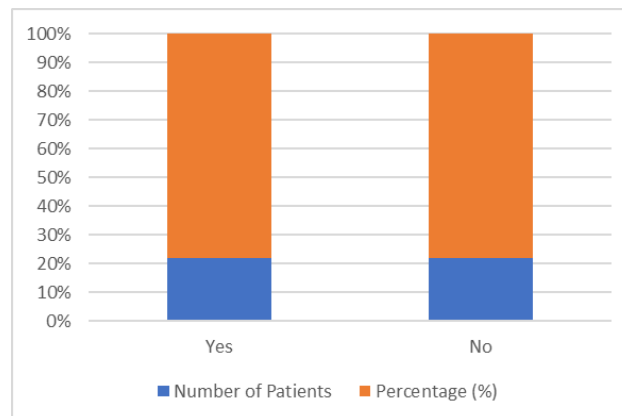


Figure 16: Psychological Support Received from Therapists

This table presents the extent to which patients with Parkinson’s disease receive psychological support from therapists. Only a minority of patients (25%) reported receiving psychological support, while the majority (75%)

did not receive any. These findings highlight a significant gap in emotional and psychological care, indicating the need to integrate mental health support into routine patient management.

Patient Evaluation of Nursing Care	Number of Patients	Percentage (%)
Very good	8	28.6
Good	17	60.7
Average	2	7.1
Poor	1	3.6

Table 17: Patient Assessment of Nursing Care

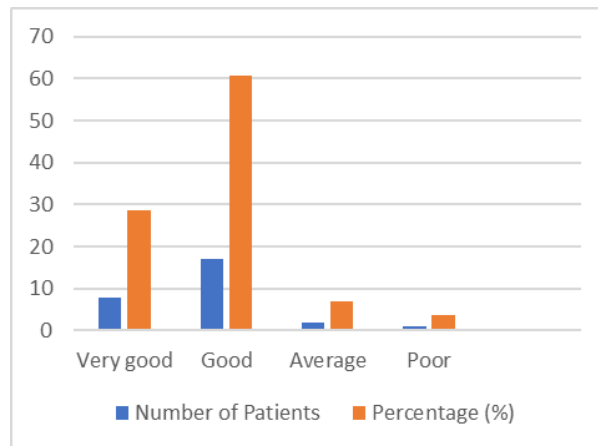


Figure 17: Patient Assessment of Nursing Care

This table shows patients' overall evaluation of the nursing care they received.

The majority of patients rated the care as good (60.7%) or very good (28.6%), reflecting a generally positive perception. A small proportion of patients rated the care as average (7.1%) or poor (3.6%), indicating some areas for improvement in nursing services [1-19].

3. Discussion and Conclusion

Parkinson's disease significantly impacts patients' physical, emotional, and social well-being, reducing independence and daily functioning. Male predominance and age over 60 align with previous studies¹². Family support is crucial, as most patients rely on relatives for care³. While pharmacological treatment improves symptoms, side effects such as sleep disturbances, digestive issues, and fatigue are common⁴. Participation in rehabilitation is low⁵, and although nursing care is generally satisfactory, patients report needing more physical, educational, and emotional support⁶. Limited psychological support highlights the need for integrated mental health interventions. These findings underscore the importance of a patient-centered, integrated approach combining medication, rehabilitation, nursing care, psychological support, and family involvement to improve independence, well-being, and quality of life.

Recommendations

Monitor Medication and Side Effects: Regularly assess and manage medication-related side effects to minimize their impact on daily functioning and quality of life. **Enhance Family Support:** Offer education, training, and ongoing support to family members, enabling them to improve patient care and effectively manage challenges. **Personalized and Integrated Care:** Tailor treatment plans, including medications and therapies, to each patient's needs, and ensure coordinated care among healthcare professionals. **Promote Mobility and Emotional Well-being:** Encourage physical therapy, use of assistive devices, and emotional support through counseling or support groups to maintain independence and enhance overall quality of life.

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