Parkinson's disease with freezing episodes: referral

Assume that today's date is 6 November 2026. You have completed a home review of Mr Iancu Dragojevic. This is original independent practice material. You are a registered nurse working in the home review service. Using the case notes, write a referral letter to Ms Yolanda Remulla, Community Parkinson's Nurse, Home Review Service, 24 High Street, SW1P 2AA, United Kingdom. Request an individual assessment of Mr Dragojevic's mobility, freezing triggers and the relationship between episodes and medication times. Distinguish his reported falls and concerns about medication from established findings. In your answer: expand the relevant notes into complete sentences; do not use note form; use letter format. The body of the letter should be approximately 180–200 words.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

	I	C	O
Patient details			
1. Name: Mr Iancu Dragojevic	☐	☐	☐
2. DOB: 14/03/1954 (72 yrs)	☐	☐	☐
3. Address: 8 Orchard Road, SW1P 2AB, United Kingdom	☐	☐	☐
4. Home review: 06/11/26; consented to specialist referral	☐	☐	☐
Social background			
5. Lives with wife; she attended review and agrees to support assessment	☐	☐	☐
6. Independent dressing/feeding; wife prepares main meals	☐	☐	☐
7. Retired bookbinder; enjoys collecting stamps	☐	☐	☐
8. Asked staff to keep son's debts confidential	☐	☐	☐
Medical history			
9. Parkinson's disease diagnosed 2018; neurology follow-up	☐	☐	☐
10. Co-careldopa: long-standing regimen; unchanged for 6/12	☐	☐	☐
11. Manages own medication; reports taking doses as prescribed; none missed	☐	☐	☐
12. Appendicectomy 1983; uncomplicated recovery	☐	☐	☐
13. Seasonal rhinitis; no current symptoms	☐	☐	☐
Recent progress			
14. Past 3/52: gradually ↑ freezing; feet feel stuck, especially doorways/turning	☐	☐	☐
15. Pt reports 2 falls in 10 days, both turning in kitchen; unwitnessed	☐	☐	☐
16. No reported injury, head strike, LOC or dizziness	☐	☐	☐
17. GP assessment yesterday: no acute illness/injury identified	☐	☐	☐
Recent progress			
18. Pt blames tablets; recalls episodes before/after doses; relationship unrecorded; causation unconfirmed	☐	☐	☐
Today's assessment			
19. Today: short steps; brief freeze turning; no fall	☐	☐	☐
20. Alert, orientated; no new confusion reported	☐	☐	☐
21. Wife anxious about leaving him alone	☐	☐	☐
22. Previously walked to shops alone; now avoids going out	☐	☐	☐
23. Narrow kitchen entrance; often carries tea while walking	☐	☐	☐
24. Wants to remain independent making tea despite wife's concerns	☐	☐	☐
25. Complained that visiting staff never arrive punctually	☐	☐	☐
Plan			
26. GP plan: prescribed Parkinson's regimen unchanged pending specialist review	☐	☐	☐
27. Refer community Parkinson's nurse: home assessment within 1/52	☐	☐	☐
28. Assess mobility, freezing triggers and relationship to medication times; consider Parkinson's-specific physiotherapy	☐	☐	☐
29. Request individual strategies for safer kitchen mobility	☐	☐	☐
30. Start diary today: medication times, freezing, falls, circumstances and what helped restart walking	☐	☐	☐
31. Wife agreed to accompany kitchen walking pending assessment	☐	☐	☐
32. GP review 19/11; contact GP sooner for further falls/deterioration	☐	☐	☐