

# DDSIG New and Noteworthy

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## New

**Title** Regular Exercise, Quality of Life, and Mobility in Parkinson's Disease: A Longitudinal Analysis of National Parkinson Foundation Quality Improvement Initiative Data

[Article Link](#)

Rafferty MR, Schmidt PN, Luo ST, et al. *J of Parkinson's disease*. 2017;7(1):193-202.

### INTRODUCTION:

Longitudinal analysis of data from the NPF-QII study provides valuable information about how exercise relates to long-term outcomes. The purpose of this analysis is to examine the extent to which regular exercise impacts HRQL and functional mobility over 2 years. The primary objective was to identify whether maintaining regular exercise, or improving exercise habits to greater or equal to 2.5 hours/week, shown to be beneficial at baseline, was associated with sustained benefits in HRQL and functional mobility over 2 years. and to determine whether the impact of exercise differed across PD severity.

### METHODS:

The NPF-QII is an international, multicenter, prospective clinical study of care and outcomes that has recorded data from 21 sites identified as Centers of Excellence by the NPF. Participants were included in this analysis if they had data collected during at least 3 annual visits.

### RESULTS:

Participants with three observational study visits (n = 3408) were younger, with milder PD, than participants with fewer visits. After 2 years, consistent exercisers and people who started to exercise regularly after their baseline visit had smaller declines in HRQL and mobility than non-exercisers (p < 0.05). Non-exercisers worsened by 1.37 points on the PDQ-39 and a 0.47 seconds on the TUG per year. Increasing exercise by 30 minutes/week was associated with slower declines in HRQL (-0.16 points) and mobility (-0.04 sec). The benefit of exercise on HRQL was greater in advanced PD (-0.41 points) than mild PD (-0.14 points; p < 0.02).

## Noteworthy



It was great to see many of you at CSM!

Congratulations to Bobby Hand who won the volunteer award and now has registration for CSM 2019 covered.

Let the DDSIG know if you have any topics you would like to see presented next year in Washington DC January 23-26, 2019. [neuroiddsig@gmail.com](mailto:neuroiddsig@gmail.com)

### Volunteer with the DDSIG!

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Or

email: [neuroiddsig@gmail.com](mailto:neuroiddsig@gmail.com)

Link to article:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5482526/>

*CONCLUSIONS and CLINICAL IMPLICATIONS: Consistently exercising and starting regular exercise after baseline were associated with small but significant positive effects on HRQL and mobility changes over two years. The greater association of exercise with HRQL in advanced PD supports improving encouragement and facilitation of exercise in advanced PD.*