Movement Disorders Clinic

What to expect at your appointment
Movement Disorders Clinic

The Movement Disorders Clinic was established in the 1980’s and has been designated as a Center of Excellence by the Parkinson’s Foundation. Our multidisciplinary team includes neurologists, nurses, a physiotherapist and a social worker, all working collaboratively to provide comprehensive, patient-centered care to meet the different needs of patients and family members. The Movement Disorders Clinic is an academic clinic and your care may be provided by students, residents and fellows.

Team Members

You will be assessed by a movement disorders specialist (neurologist) and maybe assessed by any member of the multidisciplinary team as required.

Neurologist- Movement Disorders Specialist:

- Specializes in movement disorders such as Parkinson’s disease, dystonia, tremor, multiple system atrophy and progressive supranuclear palsy
- Provides comprehensive assessments and thorough investigations in order to diagnosis, manage and treat movement disorders
- Outlines a treatment and management plan for patients and their general practitioner (GP) to follow in between clinic visits
- Sends consultation reports to the GP and referring neurologist after each visit

Nurse Practitioner:

- Diagnoses and manages motor and non-motor symptoms of Parkinson’s (including depression, anxiety, constipation, sleep disturbances, memory difficulties, hallucinations)
- Offers medication management including monitoring, adjusting and refilling prescriptions
- Collaborates with the patient and their family to identify health concerns from a holistic perspective
- Provides education and counselling on healthy lifestyle, nutrition, exercise
- Provides ongoing support to patients and their families living with Parkinson’s and other movement disorders

Registered Nurse:

- Provides education and self-management counselling regarding diagnosis and medications
- Creates an opportunity for patients or family members to express any concerns or worries
- Offers medication management (monitoring and adjusting medications between clinic visits as needed under the direction of the neurologist)
- Provides telephone follow-up and support for symptom management
- Refers to other team members and community resources when necessary
Physiotherapist:

- Provides a comprehensive assessment of posture, strength, functional movements, walking, balance and risk of falls
- Helps patients manage the physical challenges of movement disorders from diagnosis onwards
- Provides education on the benefits of appropriate regular exercise and activities, including provision of a home exercise program and information on accessing community exercise programs
- Provides education on reducing risk of falls and offers advice on appropriate equipment needs
- Refers to other team members and community and outpatient therapists for assessments and intervention as needed

Social Worker:

- Provides information, counselling and referrals to help patients and family members understand, adjust and manage the emotional, social and practical concerns that may arise as a result of Parkinson’s disease or other movement disorders
- Discusses issues such as impact of illness on the patient’s work, family and lifestyle, loss of independence and grief, decision making, communication, impulse control issues, caregiver stress, and advance care planning
- Provides guidance around finances/disability pensions, power of attorney/representation agreements, housing options, home support, and respite care
- Assists with completing forms for Canada Pension Plan, Long Term Disability Plans, etc.
- Offers counselling for stress, anxiety, and coping strategies

Researcher:

- The Movement Disorder Clinic works in partnership with the internationally-renowned Pacific Parkinson’s Research Centre (PPRC). Much of our understanding of movement disorders stems from knowledge gained from patients who participate in the research program here. Please see the PPRC brochure for more details.
Clinic Visit

Patients need a referral from their GP or general neurologist to attend the clinic and for subsequent follow-up visits, depending on the length of time between visits. Consultation reports are sent to the patient’s GP and referring neurologist after each visit.

The initial visit may take up to 2 hours, as the neurologist will include a full medical history and a neurological and general physical examination. While we do want to address all your pertinent problems, please remember that the focus of this clinic is your movement disorder and other problems of a more general nature may be more appropriately dealt with by your GP.

Follow-up visits are typically on an annual basis and as needed, determined by the neurologist.

Ongoing Care

If you experience challenges with medications or symptom management that your GP cannot manage, you can contact the Movement Disorder Clinic Nursing Team at 604-822-0392 or by email at movementdisorder@vch.ca

The nurse will perform a phone assessment and may arrange necessary follow-up. The nurse will discuss your care with a neurologist to determine a plan. Your symptoms may be managed remotely or you may be brought into the clinic.

Clinic Location

UBC Hospital
Djavad Mowafaghian Centre for Brain Health
Main Floor, 2215 Wesbrook Mall
Vancouver, BC V6T 1Z3

Clinic Phone Number
604-822-7682
(Please call if you are unable to attend your appointment)

Clinic Hours of Operation
Monday to Friday: 8:00 am–4:00 pm

Nurse Practitioner 604-827-1352
Nurses 604-822-0392
Physiotherapist 604-822-7695
Social Worker 604-822-7527

Neurologist’s Offices
Dr. Jason Valerio 604-822-7682
Dr. Jon Stoessel 604-822-7967
Dr. Jonathan Squires 604-822-7682
Dr. Joseph Tsui 604-827-5136
Dr. Martin McKeown 604-827-5136
Dr. Melissa MacKenzie 604-822-7682
Dr. Silke Cresswell 604-822-7754
Dr. Tara Rastin 604-822-7682
Parking

The Movement Disorder Clinic is located in The Djavad Mowafaghian Centre for Brain Health. Parking (including handicap stalls) is available in front of the Centre for Brain Health, Health Sciences Parkade, & Thunderbird Parkade.

For parking rates please visit www.parking.ubc.ca or call 604-822-6786.