



Parkinson's Non-Motor Symptoms

A checklist for tracking non-motor-related symptoms

	Symptom Experienced	Frequency
<input type="radio"/>	Cognitive impairment Trouble remembering, learning new things, concentrating, or making decisions that affect everyday life	
<input type="radio"/>	Bradyphrenia Slowness of thought	
<input type="radio"/>	Tip-of-the-tongue phenomenon Difficulty with word finding	
<input type="radio"/>	Depression Persistent feelings of sadness and hopelessness	
<input type="radio"/>	Apathy Lack of interest, enthusiasm, or concern	
<input type="radio"/>	Anhedonia Inability to feel pleasure	
<input type="radio"/>	Fatigue Lessened capacity and reduced efficiency for work, usually with a feeling of tiredness	
<input type="radio"/>	Behavioral and psychiatric problems including psychosis	
<input type="radio"/>	Sensory symptoms Affects your sense of hearing, touch, or taste	
<input type="radio"/>	Anosmia Loss of the sense of smell	
<input type="radio"/>	Ageusia Loss of taste functions of the tongue	
<input type="radio"/>	Pain Shoulder, lower back, etc.	

	Symptom Experienced	Frequency
<input type="radio"/>	Paresthesia Abnormal sensation, typically tingling or pricking	
<input type="radio"/>	Sleep disorders REM (Rapid Eye Movement) behavior disorder, vivid dreams, daytime drowsiness, sleep fragmentation, restless legs syndrome	
<input type="radio"/>	Dysautonomia Disorder of autonomic nervous system function that generally involves failure of the sympathetic or parasympathetic components	
<input type="radio"/>	Orthostatic hypotension A systolic blood pressure decrease of at least 20 mm Hg or a diastolic blood pressure decrease of at least 10 mm Hg within three minutes of standing	
<input type="radio"/>	Constipation Difficulty in emptying the bowels	
<input type="radio"/>	Urinary dysfunction Primarily irritative, frequency, urgency, urge incontinence	
<input type="radio"/>	Sexual dysfunction Loss of desire and dissatisfaction with sexual life	
<input type="radio"/>	Abnormal sweating	
<input type="radio"/>	Weight loss	

Source: Patterned from the review: Jankovic, J. "Parkinson's disease: clinical features and diagnosis." Journal of Neurology, Neurosurgery & Psychiatry 2008;79:368-376.

Notes: _____

Date: _____