

Tests, treatments and procedures at risk of inappropriateness in Italy
that Physicians and Patients should talk about.

Five Recommendations from the Academy for the Study of Parkinson's Disease and Movement Disorders (LIMPE-DISMOV Academy)

1	<p>Do not use the brain single photon emission tomography with tracers for dopaminergic transporters (DAT-SPECT) for the prognosis and to ascertain the progression of Parkinson's disease.</p> <p>The DaTscan, a dopamine transporter (DAT) single photon emission computerized tomography (SPECT) imaging technique, proved to be valid in the differential diagnosis between Parkinson's disease and selected neurological conditions (essential tremor, dystonic tremor and psychogenic parkinsonism). However, several studies have shown that there is insufficient evidence to support the use of DaTscan as a prognostic factor or as a measure of disease progression in Parkinson's disease</p>
2	<p>Do not use antipsychotic medication except clozapine and quetiapine to treat psychosis in Parkinson's disease.</p> <p>Several studies have shown that clozapine and quetiapine, when used to treat psychosis in Parkinson's disease do not worsen motor symptoms, unlike other antipsychotics. In patients with psychosis and Parkinson's disease, treatment with low dose clozapine should be considered as the first choice in the treatment of psychosis. However, a mandatory requirement for clozapine use is regular monitoring of white blood cell count and absolute neutrophil count. If regular weekly blood tests are not possible, low-dose quetiapine should be considered as an alternative antipsychotic therapy for the treatment of psychosis in Parkinson's disease</p>
3	<p>Do not delay prescribing Levodopa therapy to treat patients early in the course of Parkinson's disease.</p> <p>Prescription of levodopa as a pharmacological treatment for Parkinson's disease is often delayed in favour of levodopa-sparing therapies (such as dopamine agonists) due to concerns regarding the risk of drug-induced motor complications or possible toxic effect of levodopa. However, the increase in the risk of motor complications associated to levodopa therapy compared to dopamine agonist therapy is still debated, while several studies showed that the use of dopamine agonists increases the incidence of other important side effects (such as impulse control disorders) and induces scarcer control of motor symptoms compared to levodopa. Furthermore, clinical studies have not brought conclusive evidence on the risk of neurotoxicity by early treatment with levodopa. Patients in the early stage of Parkinson's disease may be considered for treatment with levodopa if required by the clinical condition. Noteworthy, the combined treatment of levodopa and entacapone in the early stage of the disease is not indicated, in order to reduce the risk of motor complications</p>
4	<p>Do not use myocardial scintigraphy with metaiodobenzylguanidine (MIBG) to diagnose Parkinson's disease.</p> <p>[123I]-MIBG myocardial scintigraphy was originally developed to assess postganglionic presynaptic cardiac sympathetic nerve endings in heart disease. Subsequently, cardiac MIBG uptake was demonstrated to be reduced in patients with Lewy body diseases such as Parkinson's disease. However, several studies have shown that the sensitivity of MIBG myocardial scintigraphy is comparable to that of clinical diagnosis. Therefore, cardiac [123I]-MIBG myocardial scintigraphy may assist in the differential diagnosis of Parkinson's disease versus other parkinsonisms, but it must not be used not to replace clinical diagnosis, especially in the early stages of the disease or in the case of diagnostic uncertainty. Furthermore, particular attention should be paid to the pharmacological treatments of patients, in particular tricyclic antidepressants, which can interfere with the result of the [123I]-MIBG myocardial scintigraphy</p>
5	<p>Do not use anticholinergic drugs to treat the motor symptoms of drug-induced parkinsonisms.</p> <p>Although anticholinergic drugs have been widely used in the control of parkinsonian symptoms in Parkinson's disease and in parkinsonisms (including drug-induced parkinsonism), the current evidence shows that such drugs have a limited benefit on tremor and are associated with cognitive and neuropsychiatric side effects.</p> <p>Thus, the use of anticholinergics should be limited in patients with comorbidities as cognitive impairment or clinically significant psychiatric illness. Therefore, the use of anticholinergic drugs is not recommended for the treatment of motor symptoms in drug-induced parkinsonisms[</p>

Please note that these items are provided only for information and are not intended as a substitute for consultation with a clinician. Patients with any specific questions about the items on this list or their individual situation should consult their clinician.

How this list was created

These 5 recommendations were identified by the Academy for the Study of Parkinson's Disease and Movement Disorders (LIMPE-DISMOV Academy).

The five recommendations related to Parkinson's disease were selected during a meeting of the board of the LIMPE-DISMOV Academy on the basis of a list drawn up by the individual members of the board. Each member of the board has indicated a practice, commonly carried out in Italy, for which there are well-founded reasons to consider possible its inappropriate use, which does not bring significant benefits to patients, but rather a greater incidence of side effects or inadequate care. In the selection process, the board of the LIMPE-DISMOV Academy took into careful consideration the level of evidence of the practices that was recently revised in the "Linea Guida Diagnosi e Terapia della Malattia di Parkinson" published in 2013 and updated in 2015, drafted by LIMPE in collaboration with the "Istituto Superiore di Sanità".

Sources

1	<ol style="list-style-type: none"> 1. Kaasinen V et al. Striatal dopamine in Parkinson disease: A meta-analysis of imaging studies. <i>Ann Neurol</i>. 2017 Nov 22. 2. Scherfler C et al. Role of DAT-SPECT in the diagnostic work up of parkinsonism. <i>Mov Disord</i>. 2007 Jul 15;22(9):1229-38.
2	<ol style="list-style-type: none"> 1. Seppi K et al. The Movement Disorder Society evidence-based medicine review update: treatments for the non-motor symptoms of Parkinson's disease. <i>Mov Disord</i> 2011; 26: S42-80. 2. Goetz CG et al. Antipsychotic medication treatment for mild hallucinations in Parkinson's disease: positive impact on long-term worsening. <i>Mov Disord</i> 2008; 23: 1541-5.
3	<ol style="list-style-type: none"> 1. Zhang J et al. Revisiting the Medical Management of Parkinson's Disease: Levodopa versus Dopamine Agonist. <i>Curr Neuropharmacol</i>. 2016;14(4):356-63. 2. Fahn S et al. Levodopa and the progression of Parkinson's disease. <i>N. Engl. J. Med.</i>, 2004, 351(24), 2498-2508.
4	<ol style="list-style-type: none"> 1. Orimo S et al. 123I-MIBG myocardial scintigraphy for differentiating Parkinson's disease from other neurodegenerative parkinsonism: a systematic review and meta-analysis. <i>Park Relat Disord</i> 2012; 18: 494-500. 2. Berardelli A et al. EFNS/MDS-ES recommendations for the diagnosis of Parkinson's disease. <i>Eur J Neurol</i> 2013; 20: 16-34.
5	<ol style="list-style-type: none"> 1. Scottish Intercollegiate Guidelines Network (SIGN). Diagnosis and pharmacological management of Parkinson's disease. A national clinical guideline (number 113). January 2010: 1-61. 2. Tveiten OV et al. Treatment in early Parkinson's disease: the Norwegian ParkWest study. <i>Acta Neurol Scand</i> 2012 doi: 10.1111/ane.12055. 3. Ferreira JJ et al. Summary of the recommendations of the EFNS/MDS-ES review on therapeutic management of Parkinson's disease. <i>Eur J Neurol</i> 2013; 20: 5-15.

Slow Medicine, an Italian movement of health professionals, patients and citizens promoting a Measured, Respectful and Equitable Medicine, launched the campaign "**Doing more does not mean doing better-Choosing Wisely Italy**" in Italy at the end of 2012, similar to Choosing Wisely in the USA. The campaign aims to help physicians, other health professionals, patients and citizens engage in conversations about tests, treatments and procedures at risk of inappropriateness in Italy, for informed and shared choices. The campaign is part of the Choosing Wisely International movement. Partners of the campaign are the National Federation of Medical Doctors' and Dentists' Orders (FNOMCeO), that of Registered Nurses' Orders (FNOPI), the Academy of Nursing Sciences (ASI), National Union of Radiologists (SNR), Tuscany regional health agency, PartecipaSalute, Altroconsumo, the Federation for Social Services and Healthcare of Aut. Prov. of Bolzano, Zadig. www.choosingwiselyitaly.org; www.slowmedicine.it

The Italian Academy for Parkinson's Diseases and Movement Disorders (Accademia LIMPE-DISMOV hereinafter Academy) was born in 2014 as the result of the merger of the two major Scientific Associations dedicated to the Parkinson's disease and movement disorders: LIMPE (Italian Society for the Study of Parkinson Disease, Extrapyrarnidal Disease and Dementia, established in 1974) and DISMOV-SIN (Italian Association of Parkinson's Disease and Movement Disorders, born in 1987). The goals of the Academy are:

- To be a scientific point of reference for physicians and patients in order to promote and disseminate information on Parkinson's disease and movement disorders;
- To promote and support clinical and experimental research and stimulate the development of clinical protocols by promoting multi-centre and multi-disciplinary projects;
- To establish relationships with Foundations, scientific associations, health professionals associations and patient associations for a fruitful cultural and scientific exchange;
- To become a key stakeholder for Institutions of Public Health.

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