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## ROLE OF NURSING ASSESSMENT USING QUESTIONNAIRES IN PARKINSON'S DISEASE: FUNCTIONAL STATUS, QUALITY OF LIFE AND PARTICIPATION

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**Abstract:** Parkinson's disease is a chronic, progressive neurodegenerative disorder characterized by a wide range of motor and non-motor symptoms that significantly affect patients' functional independence, psychosocial well-being, and overall quality of life. Due to the complexity and heterogeneity of the disease, standardized assessment tools are essential for systematic evaluation and long-term management. In nursing practice, questionnaires and patient-reported outcome measures play a central role in identifying patient needs, planning individualized care, and evaluating the effectiveness of nursing interventions.

The aim of this paper is to provide a narrative overview of the main types of questionnaires used in patients with Parkinson's disease, with a particular focus on instruments relevant to nursing assessment. Special attention is given to questionnaires assessing activities of daily living, non-motor symptoms, quality of life, and participation. In addition, the role of the Assessment of Life Habits (Life-H) as a complementary instrument is discussed.

The paper is based on a review of international scientific literature and emphasizes the methodological role of nurses in administering, interpreting, and integrating questionnaire results into the nursing process. The use of standardized questionnaires is discussed in relation to the NANDA–NIC–NOC framework, highlighting their contribution to evidence-based and patient-centered nursing care.

The findings suggest that systematic use of validated questionnaires supports early identification of functional limitations, promotes individualized nursing interventions, and facilitates the evaluation of outcomes over time. The integration of participation-focused instruments such as Life-H extends assessment beyond traditional activities of daily living and supports a holistic approach to care. In conclusion, standardized questionnaires represent a key component of high-quality nursing care and contribute to improved long-term management of patients with Parkinson's disease.

**Keywords:** Parkinson's disease, nursing assessment, questionnaires, quality of life, Life-H

### 1. INTRODUCTION

Parkinson's disease is one of the most common neurodegenerative disorders, with its prevalence increasing with advancing age (Bloem et al., 2021; WHO, 2023). The disease is characterized not only by the classic motor symptoms—tremor, rigidity, bradykinesia, and postural instability—but also by a wide range of non-motor manifestations, including cognitive impairment, depression, anxiety, sleep disturbances, and autonomic dysfunction (Postuma et al., 2015; Martínez-Martín et al., 2015). These symptoms have a substantial impact on patients' daily functioning and overall quality of life (de Boer et al., 1996; Zhao et al., 2021). In this context, nursing assessment plays a key role in the early identification of patient needs and in the planning of appropriate, individualized interventions.

### 2. CLASSIFICATION OF QUESTIONNAIRES IN PARKINSON'S DISEASE

The literature describes several groups of questionnaires used in patients with Parkinson's disease, depending on the purpose of assessment and the clinical context (Martínez-Martín et al., 2011; Berardi et al., 2021). These most commonly include instruments for the assessment of motor symptoms and disease stage, questionnaires addressing non-motor symptoms, tools for evaluating activities of daily living and functional independence, quality-of-life questionnaires, cognitive and psychiatric scales, as well as instruments assessing specific symptoms such as pain, fatigue, and sleep disturbances (Goetz et al., 2008; Postuma et al., 2015).

From a nursing perspective, the greatest practical relevance lies in questionnaires that allow the assessment of daily functioning, participation, and the patient's subjective experience, as they provide information directly related to the planning and evaluation of nursing interventions (Tosserams et al., 2020).

### 3. QUESTIONNAIRES RELEVANT TO NURSING INTERVENTIONS

**Activities of Daily Living and Functional Independence.** The assessment of activities of daily living is a fundamental component of nursing practice in patients with Parkinson's disease. Disease-specific instruments such as the Parkinson's Disease Questionnaire–39 (PDQ-39) include domains related to mobility, self-care, and social participation, enabling the objective identification of functional limitations and the monitoring of their progression

over time (de Boer et al., 1996; Berardi et al., 2021). These data support nurses in identifying the need for assistive devices, environmental adaptations, and education of both patients and their caregivers.

**Non-Motor Symptoms Questionnaires.** Non-motor symptoms are frequently underestimated in routine clinical practice, despite their well-documented negative impact on quality of life (Martínez-Martín et al., 2015; Bloem et al., 2021). Standardized questionnaires addressing non-motor symptoms facilitate the systematic assessment of sleep disturbances, fatigue, depression, and autonomic dysfunction, thereby providing a basis for targeted nursing interventions and for monitoring the effects of non-pharmacological care.

**Quality of Life Questionnaires.** Quality-of-life questionnaires reflect the patient's subjective evaluation of the impact of the disease on physical, emotional, and social functioning. Research indicates that quality of life in patients with Parkinson's disease is strongly influenced by both motor and non-motor symptoms (Kadastik-Eerme et al., 2015; van Uem et al., 2016). These instruments are particularly valuable in patient-centered nursing practice, as they support the prioritization of care needs and the evaluation of intervention outcomes.

**Assessment of Life Habits (Life-H).** The Assessment of Life Habits (Life-H) is an instrument designed to evaluate life habits by measuring both the level of performance and satisfaction related to participation in daily activities and social roles (Noreau et al., 2002; Figueiredo et al., 2011). In the context of Parkinson's disease, Life-H provides complementary information to disease-specific questionnaires by enabling a broader assessment of patient participation and autonomy. This makes it especially suitable for nursing assessment in rehabilitation settings and in long-term care.

**Activities of Daily Living and Functional Independence.** The assessment of activities of daily living is a core component of nursing practice in patients with Parkinson's disease. Instruments such as the Parkinson's Disease Questionnaire-39 (PDQ-39) include domains related to mobility, self-care, and social participation, supporting the identification of functional deficits and the need for assistive devices and patient education (de Boer et al., 1996; Berardi et al., 2021).

**Non-Motor Symptoms Questionnaires.** Non-motor symptoms are often underestimated despite their substantial impact on quality of life. Standardized questionnaires enable the systematic assessment of these symptoms and support the planning of non-pharmacological nursing interventions (Martínez-Martín et al., 2015; Bloem et al., 2021).

**Quality of Life Questionnaires.** Quality-of-life questionnaires provide valuable information regarding the patient's subjective evaluation of physical, emotional, and social functioning. They support patient-centered nursing care and the assessment of the effectiveness of nursing interventions (Kadastik-Eerme et al., 2015; van Uem et al., 2016).

**Assessment of Life Habits (Life-H).** The Assessment of Life Habits (Life-H) is an instrument designed to evaluate life habits by measuring both performance and satisfaction related to participation in daily activities and social roles. In the context of Parkinson's disease, Life-H provides complementary information to disease-specific questionnaires and is particularly useful for nursing assessment in rehabilitation and long-term care (Noreau et al., 2002; Figueiredo et al., 2011).

**Other questionnaires used in Parkinson's disease.** In addition to questionnaires with direct relevance to nursing practice, clinical scales for disease staging, cognitive screening instruments, and psychiatric questionnaires are widely used in Parkinson's disease. Although these tools are more frequently applied by other healthcare professionals, familiarity with them supports the effective participation of nurses within the multidisciplinary care team (Goetz et al., 2008; Postuma et al., 2015).

#### 4. ROLE OF THE NURSE IN USING QUESTIONNAIRES

The role of the nurse in the care of patients with Parkinson's disease is central and is grounded in the systematic nursing process, which includes assessment, nursing diagnosis, planning, implementation, and evaluation of outcomes (Tosserams et al., 2020). Standardized questionnaires support all stages of this process by providing structured and comparable information about the patient's condition.

During the assessment phase, nurses use instruments addressing activities of daily living, non-motor symptoms, quality of life, and participation in order to identify actual and potential patient problems (Martínez-Martín et al., 2011; Berardi et al., 2021). The resulting data can be linked to nursing diagnoses according to NANDA International, such as impaired physical mobility, self-care deficit, decreased activity tolerance, impaired social interaction, and risk for social isolation (NANDA International, 2021).

At the planning stage, questionnaire results support the formulation of individualized goals and expected outcomes in accordance with the Nursing Outcomes Classification (NOC), enabling an objective evaluation of progress and the effectiveness of nursing care (Moorhead et al., 2018). In this context, Life-H has particular value, as it provides information on patient participation and satisfaction with life habits, which are often not captured by traditional functional assessment scales (Noreau et al., 2002; Figueiredo et al., 2011).

The selection and implementation of nursing interventions according to the Nursing Interventions Classification (NIC) are facilitated by questionnaire-derived data and allow for targeted interventions such as safety education, environmental adaptation, support of self-care activities, and the promotion of social participation (Bulechek et al., 2018). In this way, standardized questionnaires become a key tool for evidence-based nursing practice.

## 5. CONCLUSION

Standardized questionnaires play a key role in contemporary nursing practice for patients with Parkinson's disease. They provide a structured assessment of functional status, non-motor symptoms, quality of life, and participation in life habits. The integration of these instruments into the nursing process, in combination with the NANDA–NIC–NOC framework, supports the planning and evaluation of individualized nursing interventions. Life-H occupies an important position as a complementary tool that extends assessment beyond traditional activities of daily living and directs nursing care toward participation, autonomy, and patient satisfaction. This approach creates favorable conditions for higher-quality care and improved long-term management of Parkinson's disease.

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