

# Huntington's Disease Awareness

*A half day course*

Huntington's Disease (HD) is a hereditary disorder which affects the central nervous system which results in abnormal levels of the Huntington protein building up in certain parts of the brain causing cells to die. Such cell death causes physical, mental and emotional decline. HD usually manifests itself between the ages of 30 and 50 although everyone is different

This course will explore some of the myths and misconceptions surrounding this disease with the aim of helping delegates to understand both the nature of HD and treatment interventions

**Who is it for?** This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment

**Timetable** (may be subject to amendment depending on group need)

**Session 1** General introduction to subject of HD

- Prevalence of the disease
- Mechanism of transmission
- Causes of HD
- HD and genetics
- Diagnosis of HD
- Major symptom groups
- Triad of impairments

**Session 2** Behavioural symptoms

- Movement disorders
- Cognitive symptoms
- Physical complications
- Communication difficulties
- Treatments
  - Medication
  - Diet and Nutrition
  - Exercise
- End of Life issues

## **Learning Outcomes**

On completion of this course, participants will be able to:

- Understand the nature of Huntington's Disease and its various forms
- Understand the essential signs and symptoms of Huntington's Disease
- Understand the major forms of treatment intervention
- Understand the major sources of help and support

## **Training Techniques**

Didactic teaching, group exercises/case studies, DVD clips, Q & A and discussion