

Enhancing care in Parkinson's disease:

Sex and gender-informed policy as a gateway to precision medicine and care

Overview of the report of the Women's Brain Project roundtable on [Enhancing care in Parkinson's disease](#) held on 29th November 2023

This report¹ is the result of a multistakeholder and multidisciplinary virtual roundtable on enhancing care in Parkinson's disease (PD), organised and moderated by the [Women's Brain Project](#), supported by sponsorship from [AbbVie](#), and held on 29th November 2023: [World Movements Disorder Day](#). The roundtable, held under the Chatham House Rule, brought together key global and European policy-led stakeholders, PD experts and people with lived experience of Parkinson's disease in a discussion structured around three key areas: **patients**, **caregivers** and the **policy landscape**.

Emphasising the importance of including lived experience and taking into account sex and gender-specific needs, the discussion centred on what tangible global, EU and national level-policy solutions are needed to enhance care and tackle the challenges facing both people living with Parkinson's disease and their caregivers, to enhance their quality of life. Participants agreed that urgent action was needed to ensure precision medicine in the PD patient journey. Much more can and needs to be done to improve the quality of life of people affected by Parkinson's disease.

Key Discussions:

- **Patient-centric care:** Insights focused on diagnosis, disease management and sex/gender-specific considerations. Recommendations included timely diagnosis, access to multidisciplinary care and improved care in advanced disease phases.
- **Value of caregivers:** Experts delved into the challenges faced by PD caregivers, particularly women, emphasising the societal impact. Discussions urged recognition, compensation, and support for caregivers, addressing gender imbalances and revisiting language around caregiving.
- **Cross-cutting enablers to enhance care:** Raising awareness, addressing stigma, ensuring shared decision-making, and technological solutions emerged as enablers to enhance care and quality of life for both patients and caregivers.
- **Fostering a more favourable PD policy environment:** Policy-led stakeholders stressed the importance of collaboration, synergies with patient representatives; and leveraging global, EU, and national policy agendas. Research and shared best practices are crucial to put PD on the policy agenda.

Throughout the roundtable, a number of recommendations were made to enable and enhance precision medicine and care in Parkinson's disease.

¹ <https://www.womensbrainproject.com/2024/01/21/parkinsonsreport/>