

DEEP BRAIN STIMULATION (DBS) SELF-ASSESSMENT WORKSHEET

Defining and Assessing Expectations

One of the most important discussions you can have with your doctor and your family before considering or undergoing DBS surgery is about defining realistic expectations. You should ask your doctor about how DBS will change **your** symptoms and motor function, not just about how DBS can help Parkinson's symptoms in general. Setting appropriate expectations before surgery can help pave the way for greater satisfaction with results in the many years that follow. Complete this worksheet and use it to guide you discussion with your doctor and family.

What Parkinson's symptoms do you expect to be improved by DBS in order for you to be satisfied with the procedure outcome?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Considering all your Parkinson's symptoms, place them in the appropriate categories below:

Symptoms that improve
with medication

(most likely to respond to DBS)

Symptoms that do not
improve with medication

(not likely to respond to DBS)

Other bothersome symptoms
not already listed

(discuss further with your doctor)

(continued on back) ➔

The symptoms that respond favorably to Parkinson's medications typically respond well to deep brain stimulation, with tremor being the exception. If tremor does not respond well to medications, it will typically respond well to stimulation. Stiffness, slowness, posture, gait shuffling and tremor generally improve noticeably with stimulation. People who have DBS typically experience more on time and less dyskinesia and off time, once the stimulation settings have been optimized.

Completing this worksheet can help guide you through the important process of determining whether DBS may be appropriate for you. Although each individual experiences varying symptoms and severity, understanding how your symptoms may or may not be managed by DBS is a key factor in determining whether or not you are a candidate for the surgery and whether the benefits you can reasonably expect merit undergoing the procedure.

Other questions to think about and to discuss with your doctor:

1. Are my Parkinson's symptoms bothersome enough to undergo brain surgery?
2. Do I understand the risks associated with the surgical implantation of the hardware?
3. Have I asked the surgeon about his/her specific rates of surgical complications?
4. Are my expectations reasonable enough to proceed with a DBS work-up?
5. Do I have any medical conditions that increase my risks of complications during DBS surgery?
6. Do I have adequate access to medical professionals that can adjust the stimulation settings once I have the implantation (maintenance over time)?