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Visions of Living with Parkinson’s Disease: A Photovoice Study
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INTRODUCTION
Parkinson’s disease (PD), a chronic neurodegenerative disorder, affects 60,000 Americans and 10 million people worldwide. PD is one of the most common chronically disabling disorders of the nervous system. From a biomedical perspective the nature and treatment of the disease is well documented throughout the literature, yet little is known about the individual’s perception of living with PD.

PURPOSE
To describe the experience of living with PD through the participants’ capture of meaningful images.

LITERATURE REVIEW
A gap in the literature on the holistic approach (biological, psychological, social, and spiritual aspect) of caring for persons with PD suggests the need for in-depth qualitative research on patients’ experiences of this disease. The majority of the research studies fail to provide an introspective exploration of what patients do or how they manage their illness inwardly or outwardly. Lastly, the participants in this study were empowered as experts of their own Parkinson’s disease and how they remained determined despite the unpredictable progression of PD.

METHODS
A participative qualitative study using Photovoice and supportive narratives was employed to contextualize the experience of living with Parkinson’s disease. No studies have been located using Photovoice in this population.

SAMPLE
Following IRB approval, two males and seven females comprised the study sample. Eight were Non-Hispanic White and one Native American. Age ranged from 39 to 76 years (Mean 62± 11 years). Participants took pictures with a camera provided by the researcher that was equipped with shake stabilization technology. Each participant’s PD was staged using the H&Y scale.

DATA ANALYSIS
Descriptive statistics were used to analyze demographics and H&Y scale. All interviews were audio recorded and transcribed verbatim. Transcripts were coded and compared with field notes and photographs. Photographs were analyzed by the authors for visual representations of participants’ lives and social environments.

FINDINGS
“Staying Determined” was the overarching theme that was evident among all of the participants; it was their determination to continue to live life to its fullest despite the unpredictable progression of PD.

- “Parkinson’s, you learn to live with it... and be determined to not let it stop you.”

Additional themes that emerged from participant data:
- Staying Active

“Staying Active” through physical activities of swimming, gardening, exercising were shared.

- Finding Purpose

Another source of strength and purpose was found through biblical scriptures.

- “Spirituality is part of my life. And to me prayer is so important with this [PD]. It [prayer] just helps you so much and the prayer is powerful and I do a lot of praying.”

- Finding Joy

All of the participants reported “finding joy” in ‘the little things.’

- “It’s [telephone] everything to me because I, that is how I stay in touch with people. And it’s just, I don’t know I don’t know what I would do without it, there are so many people that I call and up and so forth.”

- “And my computer…” That’s [the computer] my outside world.”

The findings reported represent a glimpse into the lives of nine individuals living with PD. The Photovoice method used in this study highlighted a holistic view of reality in the daily lives of nine persons with PD through their eyes/lens.

CONCLUSION
We learned from this study how the participants perceived their disease and how they remained determined despite their chronic illness. Coping strategies were classified as inwardly or outwardly. Lastly, the participants in this study were empowered as experts of their own Parkinson’s disease and co-learned occurring.

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“Photography is a way of feeling, of touching, of loving. What you have caught on film is captured forever... it remembers little things, long after you have forgotten everything.”

-Aaron Sussman