

Spring 5-6-2023

## Interpretive Phenomenological Analysis [IPA]: Examining the Impact of Sleep Disturbances on Lived Experiences of Persons with Parkinson's Disease (PwPD)

Adriana Ornelas

*University of St. Augustine for Health Sciences, a.ornelas@usa.edu*

Angela Blackwell

*University of St. Augustine for Health Sciences, ablackwell@usa.edu*

Karen Aranha

*University of St. Augustine for Health Sciences, karanha@usa.edu*

Follow this and additional works at: <https://soar.usa.edu/otdcapstonesspring2023>



Part of the [Mental and Social Health Commons](#), [Occupational Therapy Commons](#), and the [Sleep Medicine Commons](#)

---

### Recommended Citation

Ornelas, A., Blackwell, A., & Aranha, K. (2023, May 6). Interpretive Phenomenological Analysis [IPA]: Examining the Impact of Sleep Disturbances on Lived Experiences of Persons with Parkinson's Disease (PwPD). Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from <https://soar.usa.edu/otdcapstonesspring2023/37>

This Poster/presentation is brought to you for free and open access by the OTD Capstone Symposia at SOAR @ USA. It has been accepted for inclusion in Spring 2023 Virtual OTD Capstone Symposium by an authorized administrator of SOAR @ USA. For more information, please contact [soar@usa.edu](mailto:soar@usa.edu), [erobinson@usa.edu](mailto:erobinson@usa.edu).

# Examining the Impact of Sleep Disturbances on Lived Experiences of Persons with Parkinson's Disease (PwPD)

Adriana Ornelas B.Sc., Angela Labrie Blackwell PhD, OTR, Karen Aranha PhD, OT

## Background

- Sleep disturbances affect 60-96% of PwPD, which significantly:
  - Reduces Health Related-Quality of Life (HR-QOL)
  - Positively correlates with disease severity & duration
  - Increases the disease burden of care (Politis et al., 2010; Sobreira-Neto et al., 2017; Suzuki, 2020)
- Based on a stakeholder meeting of community dwellers with Parkinson disease, it was determined that typical sleep hygiene protocols may not be effective for the Parkinson's disease population due to the nature of the disorder.
- However, recommended sleep hygiene protocols for PwPD do not differ from that of the typical population.

## Problem Statement

There is lack of understanding of the lived experience of PwPD with sleep management.

## Purpose Statement

To examine the lived experiences of PwPD who suffer from sleep disturbances to better address their needs & challenges.

## Research Question

What are the lived experiences and challenges of PwPD with sleep management?

## Theoretical Framework

Occupational Adaptation was utilized as a framework to guide the understanding of PwPD & issues with sleep management that challenge their press for mastery.

## Methodology

Interpretive phenomenological analysis  
Constructivist approach

### Inclusion criteria:

- Diagnosis of PD
- Age > 50 up to 85 years old
- Score >18 on the Mini Mental State Examination-1 (Tsoi et al., 2015)
- Report sleep disturbances identified on the Parkinson's Disease Sleep Scale (Chaudhuri et al., 2002)
- Attend one in-person focus group
- Speak English

**Participants: N= 9**, community-dwelling adults aged 57 – 75 years old (3 females, 6 males).

- Focus group 1: (n=4)
- Focus group 2: (n=5)

**Data collection:** semi-structured interview schedule/group & field journal.

**Data analysis:** open coding, memoing, fracturing the data, & examining emerging themes.

**Reliability & validity:** member checking & peer review, study audit.

## Results

The following themes emerged:

### Superordinate Theme

A lonely path living with sleep issues

### Subordinate Themes

- "Knobs to tune" (Strategist)
  - Explorer
  - Experimenter
- Maintaining the well-being of the household
- Dealing with the intersectionality of life
- "Need a crane to lift—to roll over"

## Discussion

Overall participants felt it was left to them to get help.

- Physicians addressed or acknowledged sleep issues if the participant brought it up.
- They felt the burden of constantly having to strategize & find a solution.
  - They were experimenting
  - They were exploring sleep solutions
- Age-related issues, comorbidities, pressures of life, symptoms of Parkinson's, & maintaining the well-being of the household were issues that they juggled as they addressed their sleep management.

### Limitations

- Small sample size
- Lack of ethnic diversity

### Strengths

- Provided insight into the complexity of sleep management with Parkinson's disease
  - Implemented rigorous data analysis methods
- ### Implications for OT practice & research

- There is a need for a sleep hygiene protocol tailored to the unique needs of PwPD.
- Healthcare professionals should approach sleep issues utilizing a holistic approach inclusive of the person's context, performance patterns & skills, & client factors.



## References

