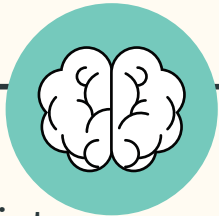


HALLUCINATIONS, DELUSIONS AND PARKINSON'S DISEASE



Some people with Parkinson's disease (PD) can experience hallucinations or delusions which are more common in advanced stages. A hallucination is when you see, hear or feel things that aren't there. A delusion is an unusual thought, belief or worry that isn't based on reality but seems very real. An illusion is when you misinterpret real things for something else, you might think that your curtains look like a group of people. These can be very worrying for someone with PD and for family members too, but it is important to know that these are normal, they can be caused by PD medications, an underlying infection or in some cases, the onset of dementia.



TYPES OF HALLUCINATIONS

Hallucinations are perceptions of things that don't actually exist, they can be visualised, heard, smelled or tasted, they can also be a side effect of medication:

- **visual** hallucinations can be in black and white, colour, can be still or moving images, they might involve small animals and children, they can last for some time or disappear quickly and might happen more in low light or low visibility
- **auditory** hallucinations involve hearing voices or sounds that do not exist
- **'tactile'** hallucinations involve feeling something, like someone is touching you
- **smell** and **taste** hallucinations involve tasting something you haven't eaten or smelling something that isn't there, like smoke



WHAT IS A DELUSION?

A delusion is a thought or belief not based on reality. Someone with PD might be convinced that what they are thinking is true. They might think someone is trying to harm them or is chasing them or that their partner is being unfaithful. Delusions can cause anxiety if it is difficult to tell whether something is real or not.



MANAGING HALLUCINATIONS AND DELUSIONS

- maintain good lighting in the evenings or when it is dark
- when a hallucination is occurring, reassure the person experiencing it and validate their experience
- hallucinations and delusions can be caused by infections, treating the infection will stop them
- some medications, such as amantadine, can cause hallucinations in older people
- they can be associated with memory problems, and medication used to treat dementia may help with hallucinations
- get enough sleep during the night and try not to sleep during the day
- visual hallucinations can occur because of poor eye sight, check your eye sight regularly
- talk about your hallucinations and delusions with your family so they understand what you are going through

Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

www.parkinsonkenya.wixsite.com/website

OR

www.parkinsonsafrica.com



Created by Natasha Fothergill-Misbah



HALUSINESHENI, DELUSHENI NA UGONJWA WA PARKINSON



Kuna watu walio na ugonjwa wa Parkinson ambao hukumbwa na halusinesheni na delusheni, dalili ambazo hutokea sana sana hali ya mgonjwa inapozorota. Halusinesheni ni hali ya kuona, kusikia au kuhisi vitu visivyokuwepo. Delusheni ni fikira, imani au wasiwasi wenye msingi usiyo wa ukweli lakini huonekana kuwa ukweli kwa mgonjwa. Maluweluwe ni hali ya kuwa na fikira zisizo sahihi kuhusu jambo fulani, kwa mfano, huenda ukadhani pazia ni kikundi cha watu. Mambo kama haya yanaweza kuwa ya kutia wasiwasi kwa mgonjwa wa Parkinson na kwa familia yake, lakini ni muhimu kufahamu kuwa dalili hizi ni za kawaida na hutokana na dawa za PD, magonjwa ya kuambukizwa au wakati mwingine mwanzo wa demenshia.

AINA ZA HALUSINESHENI



Halusinesheni maono au njozi bila kuwa na kichocheo cha nje ya kiungo cha fahamu kinachohusika. Halusinesheni hutokea kama hisia za kusikika, kunuswa au kuonjwa, na huenda zikawa madhara ya madawa:

- **halusinesheni za kuona** hutokea kwa rangi nyeusi na nyeupe ama rangi tofauti tofauti, huenda zikatokea kama picha au kama ndoto (ilhali hujalala). Huenda zikahusu wanyama wadogo au watoto na huenda zikaonekana kwa muda mrefu au zikapotea haraka. Halusinesheni hizi hutokea sanasana katika wakati wa mwangaza mdogo
- **halusinesheni za kusikia** hutokana na kusikia sauti zisizokuwepo
- **halusinesheni za mguso** hutokana na kuhisi kuwa umeguswa
- **halusinesheni za kuonjwa na kunusa** hutokana na kuonja kitu ambacho hujakula au kunusa kitu kisichokuwepo kama moshi



DELUSHENI NI NINI?

Delusheni ni mawazo au imani bila msingi wa ukweli. Mtu anayeugua PD hudhani kuwa mawazo haya ni ya ukweli. Kwa mfano, anaweza akadhani kuna mtu ambaye anataka kumfanyia mabaya, kumkimbiza au mpenzi wake sio mwaminifu. Delusheni huleta wasiwasi ikiwa vigumu kubainisha kama jambo ni la ukweli au la.



MBINU ZA KUPUNGUZA HALUSINESHENI AU DELUSHENI

- hakikisha kuna mwangaza wa kutosha jioni giza inapoingia
- mtu anapopata halusinesheni, kubaliana na yeye kuhusu mambo anayoona
- ikiwa halusinesheni hutokana na magonjwa ya kuambukizwa, kutibu magonjwa hayo humaliza halusinesheni hizo
- madawa mengine kama 'amantadine' yanaweza yakasababisha halusinesheni miongoni mwa watu wazee
- wakati mwingine halusinesheni hutokana na shida ya usahaulifu, jambo ambalo linaweza likarekebisha na madawa ya kutibu demenshia
- hakikisha unapata usingizi wa kutosha na jaribu kutolala mchana
- halusinesheni za kuona zinaweza zikatokana na shida za macho, hakikisha kuwa uwezo wako wa kuona unaangaliwa mara kwa mara
- ongea na familia yako kuhusu halusinesheni zako ili waelewe unachopitia

Jiunge na kikundi cha msaada kilicho karibu ili ujifunze zaidi na uonane na watu wengine waliyo na ugonjwa wa parkinson



Kwa habari zaidi angalia:

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www.parkinsonkenya.wixsite.com/website
AMA

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