Journal of Neurology &
Neuropsychiatry
Volume 2 Issue 2 Sept 2025

Editorial

Supporting Patients with Parkinson's Disease in Latvia Through Online Education

Paula Abola [1]

[1] Department of Clinical Research, University of Jamestown, United States of America
* Correspondence: *****@universityofjamestown.edu

1. Introduction

Latvia currently does not have a dedicated educational website for patients living with Parkinson's Disease (PD). This absence leaves patients and caregivers without a trusted source of information in Latvian. Many patients I have spoken with describe struggling to find guidance on daily management, medication use, and non-motor symptoms such as fatigue, anxiety, or sleep disturbances. Beyond clinical visits, there is little support available, and this gap adds to feelings of isolation and uncertainty.

2. Initiative: National Educational Website

To address this, I am taking the initiative to create the first national educational website for patients with PD in Latvia. This platform will provide reliable, evidence-based materials in Latvian, designed specifically for patients and caregivers. It will cover practical strategies for living with PD, information on both motor and non-motor symptoms, and resources that patients can trust as they navigate their diagnosis.

3. Importance of Online Resources

In other countries, online resources of this kind are an essential first step in patient support [1,2]. Research shows that educational platforms help patients feel more informed, more confident in managing their condition, and less alone [3,4]. They also provide healthcare professionals and policymakers with a window into patient needs, making care more responsive and patient-centered [5].

4. Objectives of the Website

This website will:

- Be the first central, trusted resource for PD patients in Latvia.
- Offer clear, evidence-based content in Latvian.
- Be freely accessible to patients and caregivers across the country, including those in rural areas.
- Serve as a foundation for future initiatives, such as online events or interactive support features.

5. Conclusion

The creation of a national educational website will mark the first coordinated effort to provide Latvian patients with PD and their families with accessible, trustworthy information. I am committed to ensuring that this resource is developed and made available where it is most needed.

Received:02-08-2025
Accepted:12-08-2025
Published:06-09-2025

References

1. Parkinson’s Foundation. Online Education. *Parkinson's Foundation: New York, USA*, 2022. [Google Scholar]
2. Parkinson’s UK. First Steps Programme. *Parkinson's UK: London, UK*, 2025. [Google Scholar]
3. Hellqvist, C.; Berterö, C.; Dizdar, N.; Sund-Levander, M.; Hagell, P. Self-management education for persons with Parkinson’s disease and their care partners: A quasi-experimental case-control study in clinical practice. *Parkinson's Disease* **2020**, *2020*, 1–13. doi:10.1155/2020/6920943. [PubMed]
4. Lyu, X.; Li, J.; Li, S. Approaches to reach trustworthy patient education: A narrative review. *Healthcare* **2024**, *12*(23), 2322. doi:10.3390/healthcare12232322. [Google Scholar] [PubMed]
5. van der Eijk, M.; Faber, M.J.; Aarts, J.W.; Kremer, J.A.; Munneke, M.; Bloem, B.R. Using online health communities to deliver patient-centered care to people with chronic conditions. *J. Med. Internet Res.* **2013**, *15*(6), e115. doi:10.2196/jmir.2476. [Google Scholar] [PubMed]