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***Clinical Research PhD Student Paula Abola Advances Parkinson's Disease Research
While Studying at University of Jamestown***

JAMESTOWN, ND — Paula Abola, a dedicated Clinical Research PhD student at the University of Jamestown (UJ), has made significant strides in Parkinson's Disease research, publishing four studies. Her work is fueled by a deeply personal mission: her grandmother's battle with Parkinson's, including an initial misdiagnosis, inspired her to contribute to the understanding and potential treatment of the disease.

"Witnessing my grandmother's struggle made me realize the need for more research and better treatments," said Abola. "I believe Parkinson's has genetic components, and I hope my work can help my family members and even myself in the future."

Groundbreaking Findings: Parkinson's Treatment Innovations

As part of her studies at UJ, Abola has tackled some of the most pressing challenges in Parkinson's Disease treatment. Below are highlights from her four recent research publications:

- **Study 1:** *"Liquid subcutaneous Levodopa-Carbidopa ND0612 Effects on Motor Symptoms in Individuals with Parkinson's Disease: A Systematic Review and Meta-Analysis"*
 - Key Finding: A 24-hour subcutaneous delivery system (ND0612) reduces fluctuations in blood medication levels, improving motor symptoms for Parkinson's patients compared to oral dosing.
 - Impact: The findings suggest ND0612 is a promising alternative to current treatment methods and could significantly reduce "on-off" symptom fluctuations.
- **Study 2:** *"Monoamine Oxidase-B Inhibitor Rasagiline Effects on Motor and Non-Motor Symptoms in Individuals with Parkinson's Disease: A Systematic Review and Meta-Analysis"*
 - Key Finding: Rasagiline showed small improvements in motor symptoms compared to a placebo, but no significant effects on non-motor symptoms.
 - Impact: This research highlights the mixed effectiveness of current treatments, emphasizing the need for further innovation.
- **Study 3:** *"Incidence of Adverse Events in Individuals with Parkinson's Disease Treated with Monoamine Oxidase-B Inhibitor Safinamide as an Add-On to Levodopa Treatment: A Systematic Review and Meta-Analysis"*
 - Key Finding: Safinamide, when added to Levodopa, demonstrated a similar incidence of adverse events compared to a placebo and may reduce certain symptoms like back pain.
 - Impact: The study supports Safinamide's safety and potential as an effective add-on therapy.
- **Study 4:** *"Influence of Sociodemographic Variables on Patient and Practitioner Knowledge of Pharmacological Management Options for Parkinson's Disease"*

- Key Finding: Sociodemographic factors such as education level, age, and geographical location influence knowledge of Parkinson's treatment options. Practitioners were more informed than patients.
- Impact: The results underscore the importance of education and outreach to improve patient outcomes.

Abola's work has the potential to improve treatments and outcomes for individuals living with Parkinson's Disease. "I really hope they bring ND0612 to market because it's in phase three trials and has shown great results in larger populations," she said.

A World-Class Online Program at UJ

Despite living in Germany, Abola chose the University of Jamestown for its innovative, all-online Clinical Research PhD program. Launched in 2023, UJ's program is one of the world's first accredited, fully online PhD programs in Clinical Research. "I'm very impressed by the program, and I'm enjoying it a lot. It's even better than I expected from the PhD experience," Abola shared. "The most important and practical thing for students has been how the modules are designed."

Dr. Kristin Lefebvre, Director of the PhD in Clinical Research program, praised Abola's work and dedication: "Paula exemplifies the type of professional this program was designed for. It allows individuals to pursue advanced education without having to move or leave their current job. Her research is both inspiring and impactful."

Looking Ahead: A Bright Future in Research and Academia

As she continues her academic journey, Abola remains focused on making a difference in the lives of those affected by Parkinson's Disease. She also hopes to contribute to academia as part of her career aspirations. "My goal is to go into academia, and I would love to work for the University of Jamestown!" she said.

The University of Jamestown is now accepting applications for the Fall 2025 semester. Learn more about the Clinical Research PhD program at [UJ.edu/Clinical-Research](https://www.uj.edu/Clinical-Research).

About University of Jamestown

University of Jamestown is ranked as a "Best Regional University" in the Midwest by *U.S. News & World Report*. Established as Jamestown College in 1883, UJ is a private, Christian, liberal arts university granting Bachelor of Arts, Bachelor of Science, and Bachelor of Science in Nursing degrees as well as master's degrees in Business, Education, Leadership, and Clinical Counseling. Doctoral degrees are available in Character in Leadership, Physical Therapy and Clinical Research. University of Jamestown Accelerated, UJ's online division, is based in Phoenix and delivers intensive upskilling opportunities to learners in a variety of settings. For more information, please visit [UJ.edu](https://www.uj.edu).

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