

# User Guide

Functional Neurological Disorder (FND) is commonly an unknown condition. There are many charities that can support. Promotional material is contained in this pack.

Treatment of FND involves a multi-disciplinary approach. Also contained in this pack is information for:

- physiotherapists (preferably neuro-physiotherapists);
- General Practitioners (GPs);
- Occupational Therapists (OTs, preferably neuro-OT).

The guide for GPs must also be given to any medical professional treating the FND symptoms. This is likely to be a mix of:

- psychotherapists (most likely treating with something called CBT);
- Speech And Language Therapists (commonly referred to as SALTs or SLTs);
- consultant neurologists;
- FND specialists (neurologists).

It will be helpful for patients to read though the entire pack if possible, but most importantly it is best for patients to read anything with a **red** heading.

If you have been diagnosed with a **functional symptom(s)** then ensure you distribute the information for medical professionals that is in this pack. Below is a table of document titles and who should read them.

**Ask who you intend to share a document with before sharing. Some may have already seen these same documents many times before.**

Title	Distribute to:	Also can be distributed to:
Current Concepts in Diagnosis and Treatment of Functional Neurological Disorders	General Practitioner (GP), consultant doctors.	Carers, family, friends, psychotherapists, speech therapists.
Physiotherapy for functional motor disorders: a consensus recommendation	Physiotherapists (preferably neuro-physiotherapists).	Personal Trainers / Fitness Instructors, family, friends.
Occupational therapy for functional neurological disorders: a scoping review and agenda for research	Occupational Therapist (OT, preferably neuro-OT).	Family, friends.

If you require support as a patient, carer, or acquaintance/friend/family member then this can easily be accessed through non-profit organisations which FND specialists can signpost you to. These organisations can offer various support, some great examples are:

- Welfare application (PIP/ESA in the UK)
- Feelings of isolation
  - Meetups
  - Home visits
  - Signposting to other organisations
  - Online groups
- Finding medical support
- Providing information for medical professionals & patients
- Support communications (i.e letters)