

What treatments are used for FND?

You will be offered treatment depending on which FND symptoms you are experiencing. The aim is to improve how your nervous system functions.

These include:

- Physiotherapy and occupational therapy as they can often help if you have difficulty moving.
- Speech therapy as this helps improve your communication skills and helps with any swallowing difficulties.
- Psychological therapists who can provide support if you have any physical and emotional stress.

Additional resources

You are not alone in having FND. There are organisations that can support and help you understand this better. These include:

FND Hope

International patient led charity.
www.fndhope.org

NeuroSymptoms

FND Information for patients and professionals. Includes symptoms, treatment and frequently asked questions (FAQs).
www.neurosymbols.org



Patient Information Leaflet

Functional Neurological Disorder (FND)



Please speak to a member of staff if you need this leaflet
in large print, braille, audio or another language

Introduction

This leaflet has been designed to help you understand Functional Neurological Disorder (FND) symptoms and how they can be treated. If after reading this leaflet you have any further queries, please speak to one of the team.

What is Functional Neurological Disorder (FND)?

This is a common condition which affects the functioning of the nervous system. People experience FND in different ways which include:

- Difficulty in how they might move.
- Sensations felt in the body.
- Memory and perception of how they think.

FND often gets confused with other neurological conditions. This is because symptoms can include limb weakness, shaking, seizures and memory problems which are similar.

FND is different because of the underlying process and requires a different approach to treatment.

Does it mean my brain is damaged?

No, it just means that your brain and nervous system do not work together properly. This is because there is a problem with the signals between brain and body, rather than it being brain damage.

FND causes the functioning of the nervous system to change which does not appear on brain scans or nerve monitoring tests.

Neurological investigations help rule out other conditions that need different forms of treatment.

What causes FND?

The cause of FND is not known, however, there are several factors that can contribute to it and this can vary from person to person. These include:

- A history of illness.
- Injury.
- Fatigue.
- Pain.
- Emotional everyday worries and how we process emotions.
- Stress.
- Traumatic life events.

How is FND diagnosed?

An assessment is carried out by a neurologist and their team to confirm if you have FND.

Your test results are likely to come back normal because there is no damage to your brain. This does not mean however that the symptoms are not real. The symptoms are caused by a disruption in the functioning of the nervous system and body.