



FND Wellbeing

5 Top FND Tips for Healthcare Professionals

1/ Validate the patient's experience



Acknowledge that the patient's symptoms are real, even if they are not fully understood. This reduces feelings of frustration or dismissal that patients with FND often experience. Be mindful of the language used when discussing symptoms. Avoid terms like "psychosomatic" or "all in your head," which can be dismissive. Remember it's the condition that's the problem - not the patient!

2/ Clear and compassionate communication



Use clear, simple language to explain FND, avoiding technical jargon. Emphasise that FND is a legitimate neurological condition. Be open and reassuring and honest with expectations. Highlighting that while FND is challenging, symptoms can improve with the right support. This helps patients feel supported rather than overwhelmed

3/ Offer multidisciplinary and external support



Collaborate and use a multidisciplinary approach, engaging neurologists, psychiatrists, psychologists, physiotherapists, and occupational therapists in the patient's care. Encourage patients to connect with FND charities and resources like FND Wellbeing, which offer additional support, education, and community.

4/ Promote patient empowerment



Encourage patients to explore self-management techniques like pacing, grounding, mindfulness, and stress reduction. Involve the Patient in decision-making; include them when discussing treatment options and decisions about their care. Phrases like "Let's work together to find the best approach" or "What do you feel most comfortable with?" can help with their sense of agency.

5/ Address stigma and educate others



Work to replace stigmatising attitudes and language often associated with FND and use more neutral or positive terms. Educate colleagues on the importance of language and the impact it can have on patients' perceptions of their condition and treatment. Promote awareness of FND within the healthcare setting and refer colleagues and patients to FND charities and FND Wellbeing for a better understanding and support.