

FND Support Pack

How schools can support Functional Neurological Disorder (FND) recovery

School & Family Conversations



The purpose of this packet is to help your student and school nurse know how to regulate the nervous system and return to class.

Some questions you can ask:

Can you schedule a parent/school meeting to discuss the FND Response Plan?

Can a 504 plan help your student have scheduled daily coping time?

What are the school nurse and counselor's recommendations to help the student stay in school and cope with physical sensations and overwhelming thoughts?

What is FND?



FND is a problem with the functioning of the nervous system. It is the brain's inability to send and receive signals properly. FND is the second most common diagnosis in Neurology clinics after headache. The Pandemic and lock down have dramatically increased rates of FND in children and adults. Promoting normalcy and healthy coping skills in the classroom is important for your students, especially those with FND.

“ We recommend in person school for students with functional neurological disorder. Progress and recovery happen when we face challenges with the support of our community.

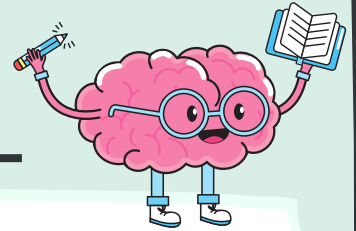
-FND Society

Share resources with your school



- FND Response Plan
- Classroom friendly calming tips
- Web Resources: www.fndhope.org
- Provider Name/Number:

FND RESPONSE PLAN



NAME/DOB: _____

I, _____, HAVE BEEN DIAGNOSED WITH FUNCTIONAL NEUROLOGICAL DISORDER, BY MY HEALTH CARE PROVIDER. SYMPTOMS CAN HAPPEN THROUGHOUT THE DAY OR IN EPISODES. EPISODES ARE SIMILAR TO PANIC ATTACKS, **ARE NOT MEDICAL EMERGENCIES** AND GET BETTER WHEN RESPONDED TO CORRECTLY.

FOR ME, FND LOOKS LIKE:

MY WARNING SIGNS

WHAT TO DO IF AN
EPISODE IS ABOUT TO HAPPEN

- ☐ GIVE ME A REASSURING NONVERBAL SIGNAL THAT I KNOW MEANS, "I'M HERE. YOU ARE GOING TO BE OKAY."
- ☐ REMIND ME TO USE A COPING SKILL TO REGULATE MY NERVOUS SYSTEM.
- ☐ _____

WHAT TO DO DURING

- ☐ REMAIN CALM.
- ☐ SPEAK POSITIVELY ABOUT ME OR BETTER YET, NOT AT ALL. I CAN HEAR YOU AND ATTENTION MAKES IT WORSE.
- ☐ HELP ME SAFELY TO THE GROUND.
- ☐ COVER HARD SURFACES NEAR ME.
- ☐ SAY "YOU ARE HAVING AN FND EPISODE. YOU ARE SAFE. YOU HAVE THE TOOLS TO GET THROUGH IT. I AM HERE WHEN YOU ARE READY." THEN GIVE ME PRIVACY AND SPACE.

WHAT TO DO AFTER

REINVOLVE ME/RETURN ME TO CLASS.

PRAISE ME ONE-ON-ONE FOR COPING THROUGH MY SYMPTOMS.

PLEASE WAIT UNTIL THE END OF THE DAY TO CONTACT MY GUARDIAN USING THEIR PREFERRED METHOD.

WHAT NOT TO DO

- DO NOT CALL 911.
- DO NOT REMOVE ME FROM SCHOOL.
- DO NOT BEHAVE FRANTICALLY.



Provider Signature: _____

Date: _____

Provider Name: _____

Provider Contact: _____

CLASSROOM FRIENDLY CALMING TIPS

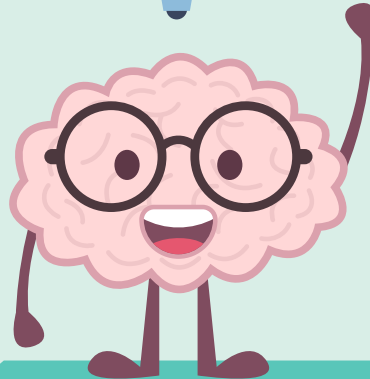
for your nervous system



Temperature:

Cold will slow your heart rate.

Drink ice cold water. Rub an ice cube on your wrist.



Aromatherapy:

Carry a scent you like with you and inhale when needed.

Engage all of your senses with the 54321 Exercise. It will bring you out of your head and into the present moment.

Opposite Action:

Do something intentional with the affected body part. Press a shaking hand, swing a jerking arm.



Paced Breathing:

Inhale for 4, Hold for 7, Exhale for 8.



Suck on sour candy.



Progressive muscle relaxation:

Start with the top of your body from head, shoulders, knees and toes. Tighten each muscle for 5 seconds and then release.



Step away from what you're doing or into the hallway for 5-10 minutes, with permission.