

FND Clinic Symptom Response Plan

This Symptom Response
Plan is created for:

What is a symptom response plan?

A symptom response plan is a guide created by/with a person who experiences FND to help those around them respond appropriately during an FND event.

Who needs a symptom response plan?

A symptom response plan can be helpful for individuals with FND to inform friends, family, colleagues, or anyone present during an event, about what to look out for and how they can be most supportive.

Important information to remember:

- FND symptoms do not require medical attention unless secondary injury occurs.
- These episodes are not purposeful or intentional.
- FND symptoms may represent an outward indicator of strong emotions.
- Brain connections which have developed around these strong emotions can be misdirected to outward physical symptoms. An example is the common stress stomach ulcer.
- An FND event can be distressing for anyone observing. Staying calm can help the event resolve faster.



Description of FND symptom (what it looks like and any warning signs):

During an FND symptom flare, the following words are comforting (if silence is preferred, make a note of that):

The safest position for me to be in during an FND symptom flare is:

The following support is helpful during an FND symptom flare (ex. being held, spoken to, a cold compress):

The following support is NOT helpful during an FND symptom flare (ex. being held, spoken to, a cold compress):