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

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 an individualized learning 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 lockdown 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.

Share resources with your school

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

Pediatric FND Consortium

FND HOPE
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 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 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 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 AN AMBULANCE UNLESS INJURED. (PLEASE CHECK BASED ON INDIVIDUAL NEED.)

• DO NOT REMOVE ME FROM SCHOOL.

• DO NOT BEHAVE FRANTICALLY.

• DO NOT TIME THE EPISODES. UNLIKE EPILEPSY, THE CARE DOES NOT CHANGE AFTER 5 MINUTES.

Provider Signature: ____________________________

Date: ____________________________

Provider Name: ____________________________

Provider Contact: ____________________________
**CLASSROOM FRIENDLY CALMING TIPS**

for your nervous system

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Temperature:
Cold will slow your heart rate. Drink ice cold water. Rub an ice cube on your wrist.

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

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

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Paced Breathing:
Inhale for 4, Hold for 7, Exhale for 8.

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

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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.

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Suck on sour candy.

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