

# FND

# Resources

# Teen



Presented by Katie Carey, BSN, RN





# Agenda

## Topics Covered

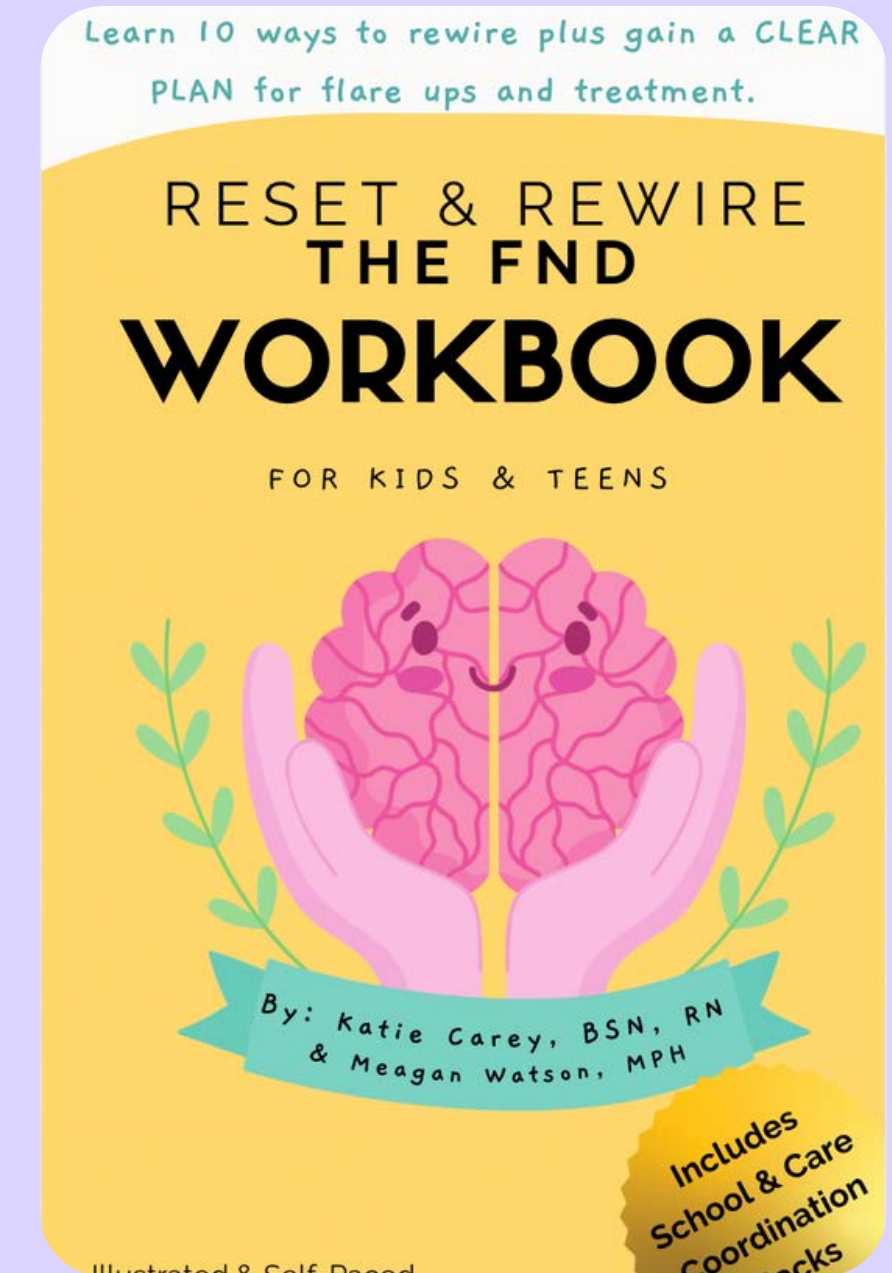
- What to do NOW
- Flare up plan + Tool kit
- Support Team
- FND Response Plan

# What to do NOW (and for flares)



## Reset Protocol

Do this now and during flares



## Found in Workbook

Created for kids & teens out of necessity

# Reset Protocol

## Who does it

Anyone who has or is supporting someone with FND

## When to use it

Now and when you have flare ups

## Why it works

Facilitates better body/brain signalling



It begins with a

script

Hello, my incredible body. Thank you, for all you have carried and endured to help me get through.



**That. Was. A. Lot.**

**I see you.**  
**I hear you.**

**You are not broken.**

**You are telling me what we need. Thank you for  
speaking up, when I could not.**

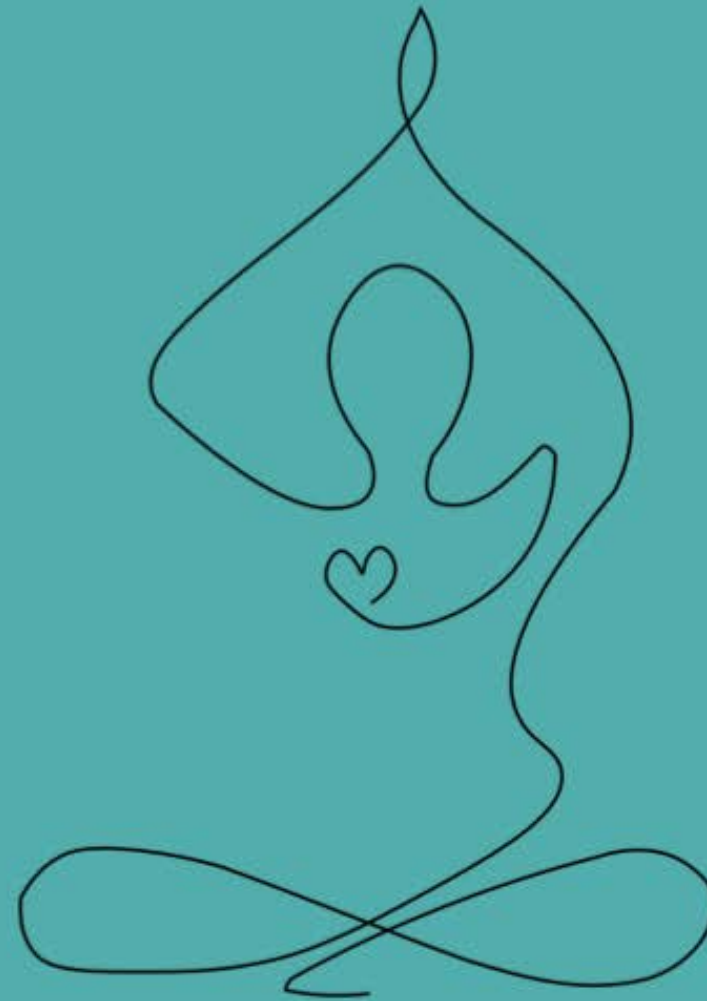




**We deserve to rest  
and reset.**

**To reconnect...**

**What we do this  
weekend, we do  
because we are  
worthy of great care,  
and deep joy.**



# THE RESET PROTOCOL

Fun, Gentle and Backed by Brain Science

DAYS 1 & 2  
SELF TALK SCRIPT:  
YOU ARE SAFE.  
I AM LISTENING NOW. THIS IS OUR  
TIME TO REST AND RESET.



DAY 3 SELF TALK SCRIPT:  
THANK YOU. I HEAR YOU AND I  
PROMISE TO TAKE CARE OF YOU, SO  
YOU DON'T HAVE TO SHOUT.  
I'M IN CHARGE, YOU CAN WORK.

CIRCLE AT LEAST 3 EXERCISES TO COMPLETE EACH DAY FOR 3 DAYS



"Body Scan Meditation"  
find on Youtube



Get and give a massage

10

Use a TENS machine on  
a comfortable vibration  
level on your back, legs  
and arms



Dance to music  
in the living room  
with one or  
more of your FND  
support team

Switch from very cold  
to hot during a shower



Buy a baby hospital brush  
to brush your skin gently



Lay under a weighted  
blanket, breathe in  
aromatherapy while listening  
to relaxing music

Journal for 30 minutes  
each day



Sit, nap, walk in nature

# Build your Tool Kit

## Sensory

- TENS Machine
- Massage bar or cream you like
- Baby hospital brush
- Weighted Blanket or vest

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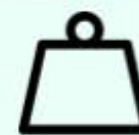


Dance to music  
in the living room  
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to brush your skin gently



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# Build your Tool Kit

## Olfactory & Tactile

- Sour candy
- Putty
- Aroma therapy drops

## Physiologic

- Support stockings
- Water
- Gatorade
- Salt/Vitamin D/Omega 3
- Eating schedule
- Bedtime routine
- Pulse oximeter
- Calmigo device

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.

 **Suck on sour candy.**

**Engage all of your senses  
with the 54321 Method.  
(see Appendix) 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, breathe deeply when you  
have the urge to tic cough.

 **Paced Breathing:**  
Try either Belly Breathing,  
Box Breathing, or "Wait to  
Exhale" (see Appendix)

 **After getting permission,  
step away from what  
you're doing or into the  
hallway for 5-10  
minutes.**

 **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.

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

# Form your Squad

## Emotional/Social Support

- Identify your support team
- Assign roles
- Follow positive FND providers and role models on Social (if you do that)



AN ADULT I LIVE WITH OR AM CLOSE TO WHO CAN HELP ME WITH MY REWIRING WORK IS:

\_\_\_\_\_.

A FRIEND WHO I CAN TELL ABOUT MY FND SYMPTOMS AND CAN HELP ME WITH MY REWIRING WORK IS: \_\_\_\_\_.

AN ADULT AT SCHOOL/WORK WHO I CAN REACH OUT TO WHEN I NEED HELP REGULATING MY NERVOUS SYSTEM IS: \_\_\_\_\_.

MY PRIMARY CARE PROVIDER HAS SENT REFERRAL FOR ME FOR:

OT  PT

OCCUPATIONAL THERAPISTS (OT) AND PHYSICAL THERAPISTS (PT) ARE BRAIN REWIRING EXPERTS. THEY HELP ME REGAIN FUNCTION AND ABILITY. I WILL SEE MY OT/PT WEEKLY/MONTHLY. I WILL WORK WITH THEM ON HOW MANY SESSIONS WE WILL NEED.

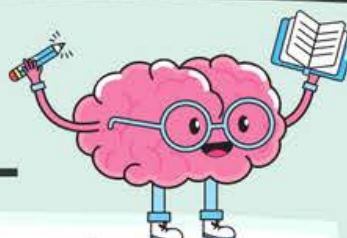
MY OTHER BRAIN REWIRING EXPERT KNOWS ABOUT PSYCHOLOGY. THEIR NAME IS:

# Make a plan

## Care Coordination

- Create an FND Response Plan
- Edit Letters to fit your needs and share with your care team
- If you are missing key people from your care team, I'll show you how to find them!

## 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. THIS FORM MUST BE REVIEWED, COMPLETED AND SIGNED BY A PROVIDER IN ORDER TO BE VALID.

FOR ME, FND LOOKS LIKE:

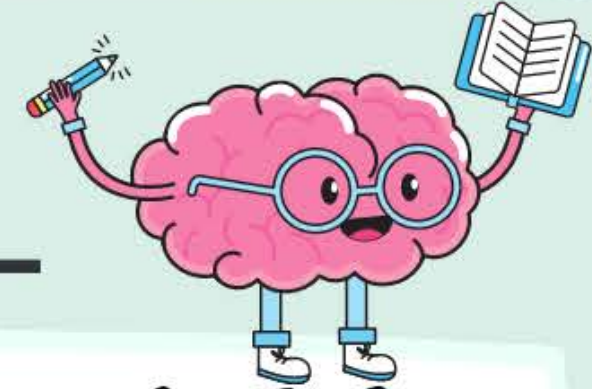
<h3>MY WARNING SIGNS</h3> <div style="border: 1px solid black; height: 100px; width: 100%;"></div>	<h3>WHAT TO DO IF AN EPISODE IS ABOUT TO HAPPEN</h3> <ul style="list-style-type: none"><li><input type="checkbox"/> GIVE ME A REASSURING NONVERBAL SIGNAL THAT I KNOW MEANS, "I'M HERE. YOU ARE GOING TO BE OKAY."</li><li><input type="checkbox"/> REMIND ME TO USE A COPING SKILL TO REGULATE MY NERVOUS SYSTEM.</li><li><input type="checkbox"/> _____</li></ul>
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<h3>WHAT TO DO DURING</h3> <ul style="list-style-type: none"><li><input type="checkbox"/> REMAIN CALM.</li><li><input type="checkbox"/> SPEAK POSITIVELY ABOUT ME OR BETTER YET, NOT AT ALL. I CAN HEAR YOU AND ATTENTION MAKES IT WORSE.</li><li><input type="checkbox"/> HELP ME SAFELY TO THE GROUND.</li><li><input type="checkbox"/> COVER HARD SURFACES NEAR ME.</li><li><input type="checkbox"/> 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.</li></ul>	<h3>WHAT TO DO AFTER</h3> <p>REINVOLVE ME/RETURN ME TO CLASS.</p> <p>PRAISE ME ONE-ON-ONE FOR COPING THROUGH MY SYMPTOMS.</p> <p>PLEASE WAIT UNTIL THE END OF THE DAY TO CONTACT MY GUARDIAN USING THEIR PREFERRED METHOD.</p> <h3>WHAT NOT TO DO</h3> <div style="border: 2px solid black; padding: 5px;"><ul style="list-style-type: none"><li><input type="checkbox"/> DO NOT CALL AN AMBULANCE AUTOMATICALLY. (REASONS TO CALL LATER ARE INJURY OR CAN BE ADDED BY YOUR DOCTOR TO A SEPARATE LETTER).<ul style="list-style-type: none"><li>• DO NOT REMOVE ME FROM SCHOOL.</li><li>• DO NOT BEHAVE FRANTICALLY.</li><li>• <u>DO NOT TIME THE EPISODES. UNLIKE EPILEPSY, THE CARE DOES NOT CHANGE AFTER 5 MINUTES.</u></li></ul></li></ul></div>
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Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Provider Name: \_\_\_\_\_ Provider Contact: \_\_\_\_\_

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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.

WHAT TO DO AFTER



## WHAT TO DO DURING

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- SPEAK POSITIVELY ABOUT ME OR BETTER YET, NOT AT ALL. I CAN HEAR YOU AND ATTENTION MAKES IT WORSE.
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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

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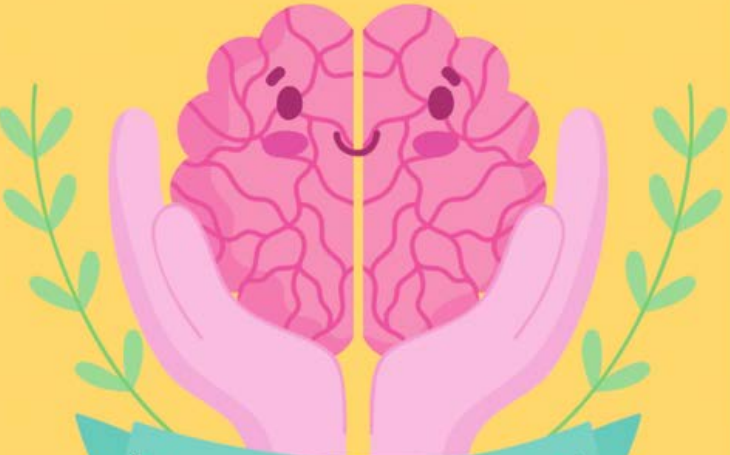
# Tool Kit



Learn 10 ways to rewire plus gain a CLEAR PLAN for flare ups and treatment.

## RESET & REWIRE THE FND WORKBOOK

FOR KIDS & TEENS



By: Katie Carey, BSN, RN & Meagan Watson, MPH

Includes School & Care Coordination Packs

Illustrated & Self-Paced