

Multiprofessional rehabilitation for patients with functional neurological disorders (FND)

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FND Rehabilitation program

A multiprofessional rehabilitation program is conducted at Rehab Station Stockholm, Sweden. The team consists of neurologist, occupational therapist, physiotherapist, psychologist, rehab instructor and social councillor.

Key elements:

- Establishing a collaborate relationship between the patient and the team.
- Confirming and explaining the FND diagnosis and the symptoms.
- Focusing on recovery.
- Encouraging normal patterns of movement.

Aims with FND rehabilitation

The team supports the patient to:

- Understand and accept the diagnosis
- Decrease dysfunctional symptoms
- Acquire tools to prevent relapses

Content of the FND rehabilitation program

Oral and written information to patient and relatives about FND. The team has found it valuable using an "explanation model" (see figure).

Physical activity aiming for normal patterns of movement; challenging the patient at the right level and increasing the challenge.

Psychological and social counseling/therapy.

Identifying stressors and introducing strategies and tools to handle stressors.

Introducing tools and strategies for achieving occupational balance.

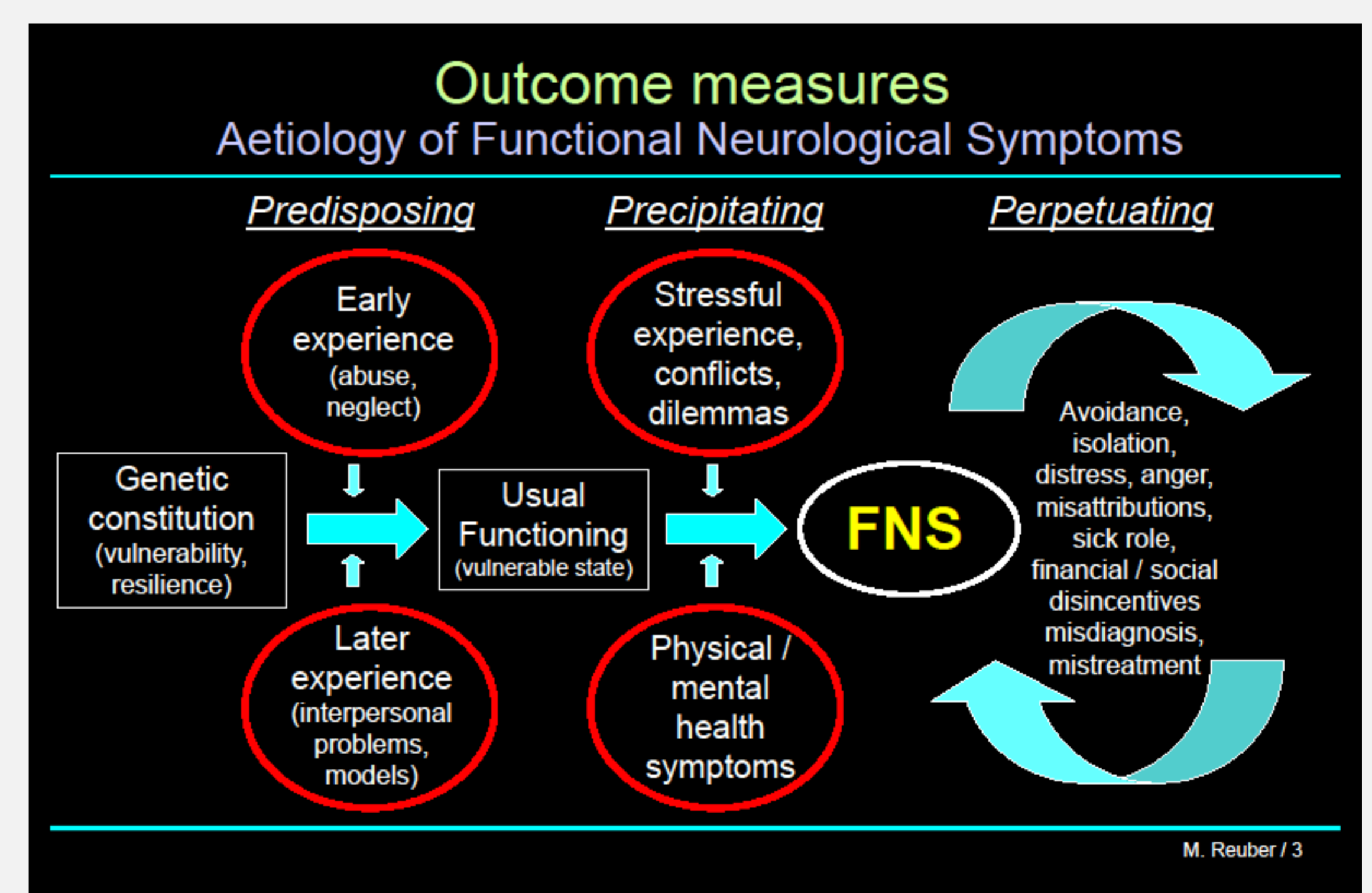
Supporting self-efficacy.

Home maintenance plan.

Preliminary Result

Clinical evaluation shows promising results of the rehabilitation program. Patients have improved gait and they experience fewer symptoms at discharge.

Inpatient rehabilitation usually lasts for about 2 weeks. Outpatient rehabilitation program is 2-3 times/week, lasting 6-9 weeks. The rehabilitation is both individual and in group-sessions.



The origin (by M. Reuber from a lecture in Sheffield 2015) to the "explanation model" used by the team.

Monica Aasnes is an occupational therapist and part of the FND team at Rehab Station Stockholm.



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