

PATIENTS & CARERS

Preparing for your FND appointment

Short appointments move faster when you arrive with a clear snapshot. Use this page before a GP, neurology, A&E follow-up, or rehab visit.

Bring a one-page snapshot

- Top 3 symptoms right now (and roughly when each started)
- What a bad day looks like vs a better day (function, not just pain scores)
- What helps / what makes things worse (sleep, stress, heat, activity, sensory load)
- Impact: work, school, driving, self-care, falls, sleep, carers, mood
- Current medications, allergies, and other diagnoses
- Questions you must get answered today (circle your top 2)

Questions many people ask

About the diagnosis

- What is my working diagnosis in plain English?
- What positive signs support FND here?
- What has been ruled out — and what would change that?
- Can I have this in writing for work/school?

About the plan

- When should I use 999 / 111 vs manage a familiar pattern?
- What rehab or therapy is available here?
- How should I record symptoms for follow-up?
- What should work/school know about adjustments?

Optional tools

A structured log (for example SeizeControl on FND Connect) can show frequency, duration and recovery — useful when symptoms are hard to describe in ten minutes. Bring screenshots or a printed summary if that helps.

Safety

Call 999 for a suspected stroke, first seizure, severe breathing difficulty or other medical emergency. For urgent concerns that are not an emergency, contact NHS 111 where available or your local urgent-care service. Do not assume new or different symptoms are FND.

Continue overleaf for practical next steps, a personal plan and sources →

APPOINTMENT PREP · NEXT STEPS**A useful way to describe a symptom**

Try: 'This started around _____. It happens about _____. During it I cannot _____. Afterwards I need _____.' Include what has changed since your last appointment. Describe falls, injuries, loss of awareness or swallowing problems directly; do not label an unexplained new symptom as FND yourself.

Make the appointment accessible

Tell the practice beforehand if you need an interpreter, communication support, somewhere quieter or help with access. Ask whether a longer appointment is available. You can bring someone with your agreement, but the discussion should still include you and respect what you want to share.

Before you leave

Summarise the plan in your own words: what happens next, who arranges it and when to seek help. Ask how results will reach you and who to contact if you hear nothing. If not everything can be covered, agree a follow-up rather than leaving the most important concern unspoken.

My next steps — discuss with your care team

My two priorities for this appointment

What was agreed, who will arrange it, and when

Sources and further reading

- NHS: GP appointments
www.nhs.uk/nhs-services/gps/gp-appointments-and-bookings/
- NHS: understanding an FND diagnosis
www.plymouthhospitals.nhs.uk/display-pil/pil-fnd-understanding-the-diagnosis-8013

More practical help: Full appointment pack · SeizeControl · Symptom Library