



## Service Priorities and Programmes Electronic Presentations

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### **A Multidisciplinary Program for Functional Neurological Disorder with a Divert Attention Approach Physiotherapy Interventions**

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#### **Introduction**

According to DSM-V, Functional Neurological Disorders (FND) is an unspecified somatic symptoms and related disorder. The patient may have one or more symptoms of altered voluntary motor or sensory function that is not explained by another medical or mental disorder. The patient is significantly distressed or impaired in social, occupation or other important functions. The conventional neurological rehabilitation is ineffective for this kind of patient. A multidisciplinary FND program with neurologists, rehabilitationists, physiotherapists, clinical psychologists and nurses, was initiated in Tuen Mun hospital in 2016 subsequent to the success illustrated by the TEAM WORK of QUEEN'S SQUARE (LONDON) SOBELL CENTRE. The program consists of Physiotherapy with divert attention approach, psychosocial approach for functional goals establishment and patient education leaflet.

#### **Objectives**

This is the report of two case studies demonstrating the treatment effect of a female and a male patient with FND

#### **Methodology**

A 28-year-old male patient with FND was recruited to the program in July 2016. He had functional limb tremor and poor walking stability which affect his work ability. Physiotherapy was given in 2-3 sessions per week. Outcome measures with 1. walking speed 2. duration of single leg stance; 3. observational gait analysis were done for pre and post-intervention comparison

The second case was a 56-year-old female patient who had functional upper limb tremor which affect her hand writing to an extent of limiting her work. Physiotherapy were given in 2-3 sessions per week. Outcome measure included speed of writing and writing performance.

## **Result**

The male patient had 50% subjective improvement. He can walk without a stick after intervention. His walking speed was improved from 6 m/ min to 18 m/ min at 9-month of training. The time of single leg standing was also improved (right: from 0 to 23 s; left: 0 to 9s). He can participate in volunteer work in an NGO after the treatment.

The female patient had improvement of her writing speed from 25 s to 6.8 s/ one character. She resumed work after the improvement of her hand writing.

There was improvement in the physical performance and functional participation of the reported cases by the holistic multidisciplinary program that consists of physiotherapy of divert attention, psychosocial approach and patient education material. However, relapse prevention and the alignment of patient handling approach among different health care providers are still the challenges of the team.