

# **FND SEIZURE RESPONSE GUIDE**

Created in support of those living with Functional Neurological Disorder

*[www.ihaveahiddendisability.com.au](http://www.ihaveahiddendisability.com.au)*

## What is an FND Seizure?

FND (Functional Neurological Disorder) seizures - also known as non-epileptic seizures or dissociative attacks - are real, distressing episodes that resemble epileptic seizures. However, they're not caused by abnormal electrical activity in the brain. They can involve loss of awareness, shaking, collapsing, or going into a trance-like state.

## Common Triggers:

Emotional stress  
Fatigue or exhaustion  
Sensory overload (light, sound)  
Sudden emotional shifts  
Past trauma or distress

## Warning Signs to Look For:

Dissociation or feeling disconnected'  
Sudden fatigue or mental shutdown  
Changes in behaviour or responsiveness  
Anxiety or emotional overwhelm

## What To Do During an FND Seizure:

- Stay calm and speak gently
- Keep them safe from injury (soft surroundings help)
- Do not restrain them or use a sternum rub
- Reassure them until the episode passes

## After the Seizure:

Allow quiet rest time  
Offer comfort and avoid overstimulation  
Avoid rapid questioning - let them recover gently

## Important Reminder:

FND experiences are personal and vary from person to person. If someone has a management plan, follow it. Always respect their dignity and preferences.

## **FND Seizure Support Checklist**

- Stay calm and speak gently
- Move hazards away from the person (furniture, sharp objects)
- If they're on the ground, place something soft under their head
- Reassure them using their name if known
- Do not try to restrain or hold them down
- Do not place anything in their mouth
- Do not perform sternum rubs or other physical stimuli
- Time the episode if possible
- Check if they're breathing normally
- Let the seizure finish naturally
- Afterward, offer calm reassurance and allow them to rest
- Only call an ambulance if they are injured or the episode is unusual for them

## **When to Call an Ambulance:**

- If the person is injured
- If the episode is very different from their usual
- If they request emergency care