

Overall Pathway and Tools

Future Pathway for Functional Disorders

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feeling heard

Understanding the person as a whole, and ensuring the patient-held narrative drives their pathway

Symptom-led rather than diagnosis-led support, giving self management support for symptoms prior to diagnosis

Diagnosis as a moment of validation and a meaningful experience that empowers people to manage their symptoms

feeling held

Multidisciplinary working in community settings, particularly to support complex diagnosis and referrals

Structured programme at diagnosis, including multidisciplinary support and group education

Assessment by a health professional trained to generate a formulation and assess the need for specialist psychology support and/or a care-coordinator

Tailored pathway generated by a care-coordinator with specialist knowledge of functional disorder, with equitable care across services, sectors and geographies

feeling empowered

Acceptance as a process, with ongoing support for people during and after diagnosis

Enabling self-care by building on conversations with health professionals throughout the journey and working with the third sector to offer peer interaction and holistic support

'Open door' specialist access enabling patient-led booking, group options and clear routes back into community care from specialist service

feeling heard

feeling held

feeling empowered

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