Overall Pathway and Tools Future Pathway for Functional Disorders

Sneha Raman and Gemma Teal Dec 2022

feeling heard

feeling held feeling empowered

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

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-cordinator

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

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

support and education for GPs e.g. regular monthly meeting for GPs and specialists

new tools to support mapping of a person's story screening and triage tools to support diagnosis

new tools to support articulation of complex symptoms and experiences

resources for the patient, to support diagnosis conversation e.g. visuals and online materials

training for staff in specific functional disorders e.g. through MDT and peer learning

new tool enabling an overview of complex cases

new tool showing all active clinicians -'who is involved / who do I talk to?'

asynchronous appointments

new training and supervision for staff in building relationships and generating a formulation

new role: functional disorder specialist nurse or care-coordinator (key worker)

mapping of all resources available for different functional disorders

identify gaps in provision across Grampian and respond

third sector support self management paid for, coordinated and supervised by the NHS

management resources and tools made by the third

supported self

new tools to support tracking of symptoms and medication to help make sense of them

Raman and Teal 2022