

# The Management of Abnormal Symptoms

## CHANGE WHAT YOU DO, NOT WHAT YOU FEEL !

### Our Functional Management with .... Programmes

#### The Management of Abnormal Symptoms

Following serious injury, it is common for people to experience significant changes in natural physical and psychological responses, the most common of these are, pain, fatigue and anxiety. The difficulty with these abnormal responses is that they cannot be 'cured' and the emphasis must be placed on managing the abnormal symptoms in order to enable the injured person to resume their life and activities pre-injury.

#### What Happens at the Moment

The most common way to address these issues is for the clinical professionals to focus on symptom management. The difficulty with this approach is that the onus is placed on the individual to manage their pain or fatigue or anxiety. This means that the injured person learns that they cannot do the things they want to do because of the symptom, so naturally when they have that symptom they expect not to be able to do anything.

#### Shifting the Focus

Plexus Healthcare has altered the focus of our treatment and we assist the injured person to understand that the symptom they are experiencing is not 'curable' and a natural response, so the onus is adapting their daily life to enable them to do what they want within the parameters of the symptom they are experiencing, therefore these interventions are titled functional management with..... programmes rather than management of..... programmes.

#### The special Ingredient

The beauty of these programmes is that they are 12 sessions and not a prescriptive 12 weeks, this means that the programmes can run at the pace of the injured person and allow for the injured person to make and consolidate changes. We do have parameters to limit the programme lasting beyond its effectiveness, so the programme cannot last longer than 6 months, but there is a flexibility for the specialist rehabilitation occupational therapy to deliver each programme at a pace that suits the injured person and their circumstances

#### Functional Impact Assessment

Prior to starting any of the Functional Management with programmes, the specialist rehabilitation occupational therapist will complete a functional impact assessment. There are two components to this assessment, the first is to establish, using standardised assessments and detailed narratives, the impact the abnormal symptoms have on the injured person's daily life. The second is to identify if the injured person would be able to engage with this programme to make the necessary changes or whether a different approach would be of more benefit.

#### Functional Management with Pain

Pain serves a purpose, it protects us from completing actions that will cause our bodies further damage. However, if this pain lasts longer than 12 weeks, then this pain becomes non-purposeful and can be classed as chronic pain. The 12 session Functional management with pain programme is a part education and part practical approach to enable the injured person to be able to identify how they can best function on a day to day basis within the confines of their pain for example balancing home, work and leisure activities. This

bespoke 1 to 1 approach occurs in the environments that are important to the injured person and by doing this, we provide the injured person with skills to develop their own management strategies which they can use throughout the time they experience this pain.

### **Functional Management with Fatigue**

Tiredness is not fatigue, in fact tiredness is a common symptom of fatigue along with cognitive impairment, emotionalism and low mood which are also common. One of the key factors is identifying the specific type of fatigue an injured person is experiencing. A person can experience physical fatigue, cognitive fatigue and even emotional fatigue. The 12 session Functional management with Fatigue programme, focusses on enabling the injured person to analyse and identify the specifics of their fatigue and then through education and practical support they can adapt their activity and daily routines which would then limit the impact on their fatigue and enable them to function more effectively.

### **Functional Management with Anxiety**

We all experience anxiety at some point in our lives, but after a significant negative life event anxiety can become unmanageable and can stop an injured person from returning to many activities and can even stop a person from even leaving the house. This is called avoidance behaviour and it can be an indicator for poor therapy outcomes as the injured person cannot engage with the programme or the therapist. The 12 session Functional Management with anxiety programme enables the injured person to become more selective with their avoidance behaviour and reduce it down to the bare minimum in frequency. Once this has been achieved, the specialist rehabilitation occupational therapist will provide 1 to 1 practical support to enable the injured person to reclaim parts of their daily routine they have lost to their avoidance behaviour

### **Functional Management with Anxiety & Fatigue**

There are times where it can be very difficult to establish if the main difficulty a person is experiencing is fatigue or anxiety. This is very common for people who have suffered traumatic brain injuries, particularly those who have suffered what is termed as a silent disability, where there are no physical impairments following the injury, but the injured person is unable to function as they did before. For this Plexus Healthcare has developed an 18-session programme which will allow the injured person to combine the two functional management with programmes and establish a routine that will enable them to function to a satisfactory level on a daily basis.

### **PRICE LIST – FIXED FEES, ALL INCLUSIVE**

|  |           |
|--|-----------|
| Functional Impact Assessment                           | £ 895.00  |
| Functional Management with Pain Programme              | £4,995.00 |
| Functional Management with Fatigue Programme           | £4,995.00 |
| Functional Management with Anxiety Programme           | £4,995.00 |
| Functional Management with Anxiety & Fatigue Programme | £7,450.00 |

**For further details of this or any of our other services please contact Helen Merfield  
Managing Director 07971-798462 [helen@plexushealthcare.co.uk](mailto:helen@plexushealthcare.co.uk)**