

## Mindgardens Functional Neurological Symptom Disorders (FND) Clinic

### Referral information

#### About the FND Clinic

The Mindgardens Functional Neurological Symptom Disorders (FND) Clinic is a tertiary assessment and intervention clinic which provides multi-disciplinary assessment and a brief intervention program for suitable FND patients. Patients can be referred by their specialist and must have a confirmed diagnosis of FND made by their treating neurologist.

The Mindgardens FND clinic operates out of the Neuropsychiatric Institute (NPI). The NPI is a clinical academic facility of The Prince of Wales Hospital, a UNSW Sydney teaching hospital, and is part of the Mental Health Program of the South Eastern Sydney Local Health District (SESLHD).

This clinic brings together clinical experts from neuropsychiatry, neurology, rehabilitation medicine, physiotherapy, occupational therapy and psychology for the first time in NSW. The lead clinician Dr Adith Mohan is a Senior Staff Specialist in Neuropsychiatry. He is joined by a multidisciplinary team of allied health staff in providing clinical assessment of referred patients at the NPI.

The collection of standardised clinical data at entry into the clinic and post assessment is an integral part of the operational model for the FND clinic. On request, a referral pack will be sent to all referring specialists to facilitate entry into the clinic.

**Note: This clinic cannot accept referrals for medico-legal reports**

#### What are our Referral Criteria?

- Aged 18-65 years
- FND diagnosed by a specialist neurologist
- Confirmation that the diagnosis has been explicitly discussed with the patient prior to referral to the FND clinic
- Commitment by referring specialist to stay involved in patient's care after clinic interventions are completed
- All FND related investigations have been completed
- Patient consenting and aware of referral to clinic



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## How to refer?

- Please email the completed FND Referral form to:  
[SESLHD-POWNeuropsychiatricInstitute@health.nsw.gov.au](mailto:SESLHD-POWNeuropsychiatricInstitute@health.nsw.gov.au)
- Phone: 02 9382 3763
- Fax: 02 9382 3774
- Please mark referrals '*for the attention of Dr Adith Mohan, Mindgardens FND Clinic*'.
- Referrals are screened by clinic staff for suitability. If considered suitable for the clinic, the referring clinician will be informed, and the patient will be invited to attend a comprehensive assessment.
- Appointments cannot be booked and confirmed until all questionnaires and background information have been provided.

## Who is not ready to be referred to the clinic?

- Investigations ongoing
- Patient is not accepting of diagnosis of FND
- Active medico-legal/ worker's compensation matters
- Primary clinical issue other than FND

## What is provided in the FND clinic?

When a patient is accepted into the clinic, they will be invited to attend a neuropsychiatric assessment and asked to complete a set of clinical surveys.

At the initial appointment, 3 further appointments will be scheduled: a feedback session, a 3month follow up and a 6-month follow-up.

Some assessments will involve members of our interdisciplinary team made up of clinical experts from physiotherapy, occupational therapy and psychology.

Once the patient has completed their engagement with our clinic, care will be handed back to the referring specialist and patients will be provided with information about access to further treatment and care.

## What happens if a patient is not suitable for the clinic?

Any referred patients not accepted for the clinic will receive FND resources to support their care and will continue care with the referring medical specialist.



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### **Where is the FND Clinic located?**

The FND Clinic appointments are in the Euroa Centre, Prince of Wales Hospital, Randwick, and is close to Gate 6 of POW hospital when entering from Avoca Street.

There is no free parking on the hospital campus but there is a pay parking station. If you intend to use the parking station, enter the campus via Gate 1, Barker Street. Street parking is hard to find and are mostly timed spots.

### **What does it cost to attend the Clinic?**

Once a patient is accepted into the clinic, it is free to attend. We only require the patient's Medicare details.



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