

## Change Notification for the UK Blood and Tissue Services

**Notification date** 20 August 2026  
**Effective date** 17 September 2026  
**Implementation** To be determined by each Service

CN 27-2026

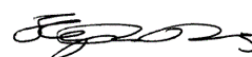
### Functional neurological disorder (FND)

| Content changed                          | Type of change | Guidelines affected |
|------------------------------------------|----------------|---------------------|
| 1 Functional neurological disorder (FND) | New entry      | <b>Whole blood</b>  |



**Dr Jayne Hughes**

Chair, Standing Advisory Committee on Care and Selection of Donors (SACCSD)



**Dr Stephen Thomas**

Professional Director, JPAC

**Note:** this document indicates inserted and ~~deleted~~ text. This formatting will not apply in the published text.

## 1. Functional neurological disorder (FND)

| Guidelines affected | Reason for change    |
|---------------------|----------------------|
| <b>Whole blood</b>  | This is a new entry. |

### Essential information

| <u>Obligatory</u>    | <u>Must not donate.</u>                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <u>Discretionary</u> | <p>If the donor is well, and:</p> <ol style="list-style-type: none"> <li>1. <u>They have been symptom free for 5 years or more, and</u></li> <li>2. <u>Their symptoms have never affected their arms, and</u></li> <li>3. <u>Their symptoms were not related to venepuncture, and</u></li> <li>4. <u>They have not required any treatment for this condition for 5 years or more, and</u></li> <li>5. <u>They are discharged from follow-up, accept.</u></li> </ol> |

### Supporting information

|                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <u>Additional information</u> | <p><u>Functional neurological disorder (FND) is the name given to symptoms which appear to be caused by problems in the nervous system, but which are not caused by a neurological disease.</u></p> <p><u>It is not known whether blood donation could cause a relapse and recurrence of symptoms of FND even after a significant period of time without symptoms. Care must be taken to ensure that the donor is aware of this, so that they may consider the potential impacts if this was to occur. It is also advisable to avoid blood donation if the reason for the condition occurring in the past could be related to anything that the donor may experience during or after donation (e.g. pain during venepuncture or due to bruising, anxiety, stress or fatigue).</u></p> <p><u>The reasons people develop FND are varied. It tends to happen when the brain has difficulty coping with thoughts, memories, emotions, and sensations. The brain can become overwhelmed and therefore stop functioning normally. It can be associated with past trauma and loss, or ongoing stress, but this is not always apparent.</u></p> <p><u>FND is diagnosed by a specialist when there are one or more typical clinical features, not just because investigations have ruled out other neurological conditions.</u></p> |
|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

The main functional symptoms are:

- sensory (e.g. numbness, tingling, visual disorders)
- concentration, memory and fatigue
- motor (e.g. affecting movement, walking, speech)
- dissociation/functional seizures

Other associated symptoms and conditions include:

- chronic pain, fibromyalgia, complex regional pain syndrome (CRPS)
- bowel and bladder symptoms
- migraine and headaches
- depression, anxiety

Symptoms can be continuous or intermittent. For most people, they are short-lived, but for others they persist for months or years. Relapses can occur.

Treatment is with rehabilitation therapies such as physiotherapy, occupational therapy, psychotherapy, speech and language therapy, and swallowing therapy. Medication for associated pain, anxiety or depression may be needed.