

DYSTONIA MANAGEMENT

Course Number

S1

Validity

1 year

Duration

3 Hours

Assessment

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This course provides delegates with a practical understanding of dystonia including how to recognise, manage, and support individuals living with the condition. The session covers causes, signs and symptoms, diagnostic challenges, and both pharmacological and non-pharmacological interventions. Delegates will also explore common mimics of dystonia and how to improve quality of life through effective management strategies. Ideal for healthcare professionals and care staff supporting individuals with neurological conditions.

Introduction

- Welcome, introductions, and course overview

Course Programme

- What is dystonia? Definitions and brain mechanisms
- Signs, symptoms, and common body presentations
- Causes and types of dystonia
- Conditions that mimic dystonia
- Diagnosis and treatment options
- Practical management strategies
- Supporting quality of life
- Summary, reflection, and course evaluation

Suitable for:

Care



"Dystonia is a neurological movement disorder that is estimated to affect at least 100,000 people in the UK." Dystonia UK