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**FACULTY OF NURSING**

# Tic Disorder

TIC DISORDER



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# DEFINITION

A repetitive movement that is difficult, if not impossible to voluntarily control. Tics can affect any group of muscles. The most common are facial tics, such as eye- blinking, nose- twitching etc.

# TYPES OF TICS

This can be of following types:

**A. Simple:-** using only a few muscles or simple words.

❖ **Simple motor tics:-** these are simple brief meaningless movements like eye blinking, facial grimacing, head jerks or shoulder shrugs. They usually last less than one second.

❖ **Simple phonic tics:-** these are meaningless sounds or noises like throat clearing, coughing, sniffing, barking or hissing.

B. **Complex:-** using many muscles groups or full words and sentences.

❖ **Complex motor tics-** these tics involve slower, longer and more purposeful movements like sustained looks, facial gestures and biting etc.

❖ **Complex phonic tics:-** these tics include syllables, words, phrases and statements like 'shut-up' or 'yes, you have done it'. The child's speech may be abnormal with unusual rhythms, tones and accent.

# **ONSET**

The age of onset of tic disorder is 2-15 years.

# CAUSES

- Abnormalities in the brain like- Depression  
and Attention deficit hyperactivity disorder (ADHD).
- Neurotransmitters (chemicals in brain)



# SYMPTOMS

- Uncontrollably raise their eyebrows.
- Shrug their shoulders.
- Flare their nostrils.
- Clench their fists.
- Repeatedly clear your throat.
- Click your tongue.
- Make a certain noise such as a grunt.

# TREATMENT

- ❖ Educating the patient and family about the course of disorder in a reassuring manner.
- ❖ Completion of necessary diagnostic test including self report by child and parents.
- ❖ Comprehensive assessment including the child's cognitive abilities, perception, motor skills, behavior and adaptive behavior.
- ❖ Habit reversal is most commonly used techniques (through exercise, relaxation, awareness training)

**THANK YOU**