

Information for Carers



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Topics

- Epilepsy
- Treatment
- Triggers
- Safety
- Leisure
- Travel

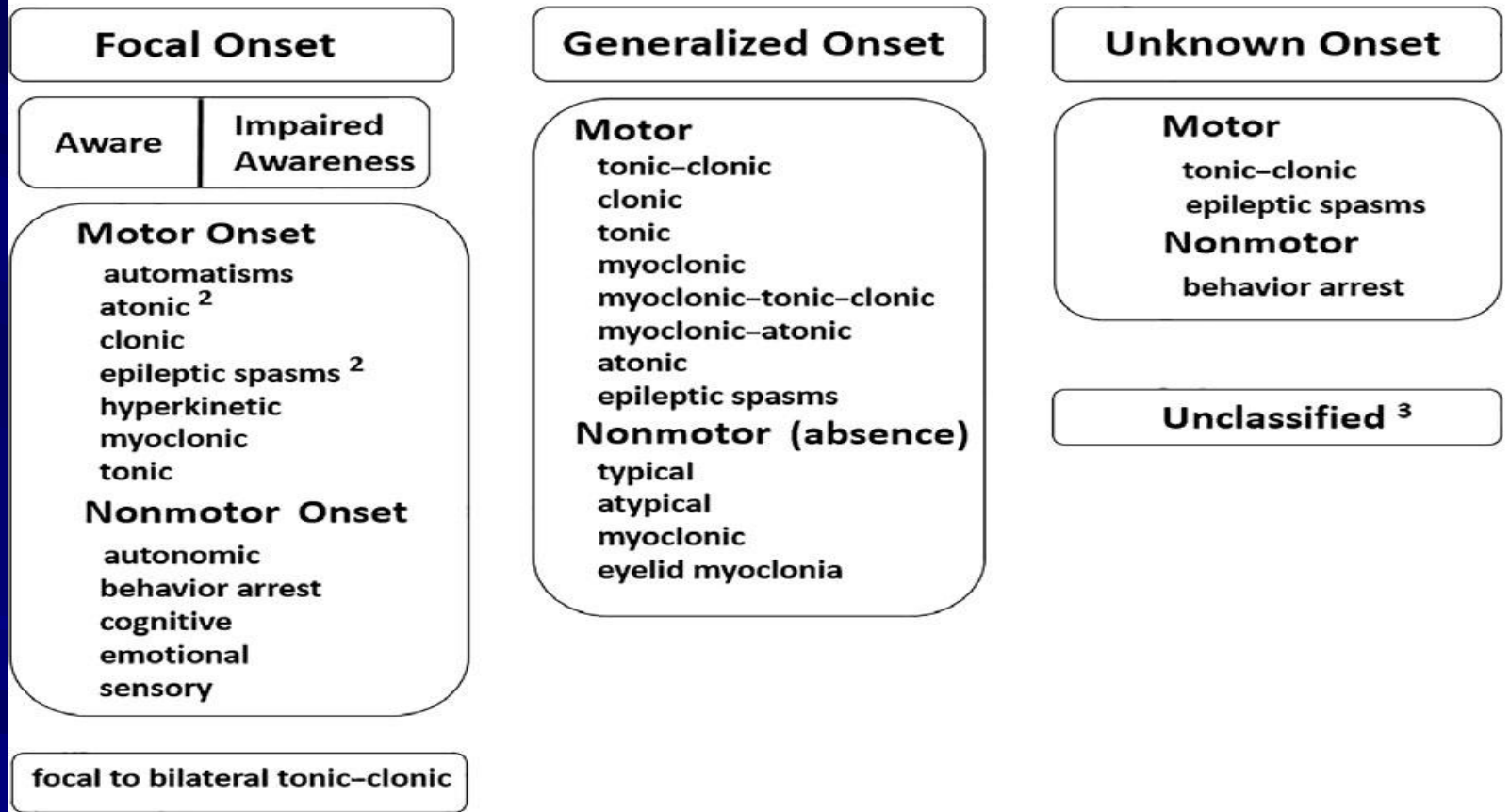
Epilepsy

- Diagnosis
- Prevalence
- Prognosis
- Seizure Record



Types of Seizure

ILAE 2017 Classification of Seizure Types Expanded Version ¹



Importance of recording Seizures

Click here to print a copy of the form for the care plan

Monthly Record of Seizures –for very frequent seizure activity and times

Name: _____	Mark is seizure classification
CHI number: _____	A Tonic Clonic
	B Absence
	C _____
	D _____
	E _____
	^ Resole medication administered

Month & Year: September

	Type	Time	Type	Time		Type	Time	Type	Time		Type	Time	Type	Time		Type	Time	Type	Time
1	A	11.22			9					17					25				
2					10	A	20.00			18					26				
3					11	B	21.00			19					27				
							B	10.30											
4					12					20					28				
5					13					21					29				
6					14					22					30				
7					15					23					31				
8					16					24					MONTHLY TOTALS A <input type="text"/> B <input type="text"/> C <input type="text"/> D <input type="text"/> E <input type="text"/>				

Additional notes (medication changes, menstrual cycle, illnesses, injuries sustained)

Seizure recording allows us to work out the seizure frequency as well as checking for triggers such as time.

Monthly Record of Seizures –for very frequent seizure activity and times

Name: _____

CHI number: _____

Month & Year: September

Mark in seizure classification	
A	Tonic Clonic
B	Absence
C	
D	
E	
*	Rescue medication administered

Type	Time	Type	Time	Type	Time	Type	Time	Type	Time	Type	Time	Type	Time
A	11.13												
1				9				17				25	
				A	20.00								
2				10				18				26	
				B	21.00								
				B	10.30								
3				11				19				27	

Seizure Triggers

- Acute illness/infection
- poor compliance
- lack of sleep
- alcohol/drugs
- stress
- menstruation
- missed meals
- reflex stimuli

Treatment

- Regime
- side effects
- compliance
- drug interactions
- consistency of supply
- missed doses



Safety

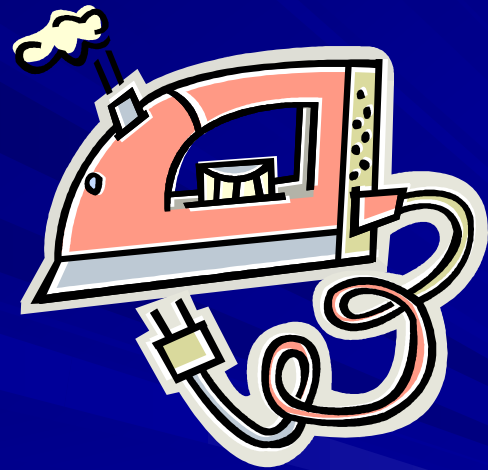
■ Home

- cooking
- bath
- furniture
- windows/doors
- alarms

■ Outdoors

- ID card/bracelet

■ SUDEP



Leisure and travel

■ Sports

- swimming/cycling
- high risk sports
- Exercise



■ Travel

- medication timing
- Anti malarial tablets
- lack of sleep



Concerns

- Fear of having a seizure
- loss of control
- stigma
- family being overprotective
- lack of independence
- loss of short term memory



Women

- Contraception
 - enzyme inducing drugs
 - oral contraceptive pill/depovera injections
- Fertility
 - 80-85% of general pop.
 - Polycystic ovarian syndrome
 - reduced libido
- Menstruation/Menopause
 - hormonal levels
 - use of intermittent Clobazam



Women

■ Preconception

- planning pregnancy
- risk of congenital malformation/folic acid
- genetic inheritance

■ Pregnancy

- change in seizures/ medication
- scanning
- labour/complications

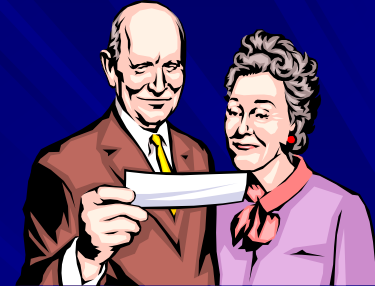
■ Parenting

- Breastfeeding
- safety



Elderly

■ Increasing prevalence



- **stroke most common cause** (6-8% will develop epilepsy)
- **partial onset seizures**
- **commonly misdiagnosed**
- **higher incidence of status epilepticus** (ten fold higher than young adults with 40% higher mortality rate)
- **twice as likely to have a unprovoked seizure**
- **Dementia** (10-22% prevalence)
- **Cryptogenic causes 25-45%**

Elderly continued

■ Treatment

- drug choice/ drug interactions/side effects
- compliance

■ Safety

- increased risk of injury
- loss of independence

■ Psychosocial issues

- Discrimination and stigma



The End