


epilepsy review template




Everyone with epilepsy should have a regular structured review, at least once a year. This should be either with a specialist (paediatrician or neurologist) or their GP, depending on how well their epilepsy is controlled and any specific lifestyle issues (National Institute for Health and Care Excellence, Clinical Guideline CG137, 2012).

This template lists the topics that you may find it useful to cover in an annual epilepsy review. Not all topics will be relevant for every individual, and may not be relevant at every review. You can use this form as a prompt for what you want to cover during a review and as a record of your discussion. You can copy the form and give it to the individual for their records.







Name <input type="text"/>	NHS number <input type="text"/>	Date <input type="text" value="...../...../....."/>
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What would like from this review?	Details of your discussion	Any actions/outcomes
What would you like to talk about or focus on today?		
About your epilepsy and seizures		
Do you have any questions about your epilepsy? <i>This might include the type of epilepsy or the diagnosis.</i>		
How are your seizures? <i>To cover: date of last seizure, any changes to seizure type, frequency or pattern (which may link to medication effectiveness or adherence to medication).</i>  Epilepsy Society 'seizure diaries' and app.		
Do you have any triggers for your seizures? <i>To cover: identifying and avoiding triggers, typical triggers. Seizure diaries may help to identify triggers.</i>		





 This symbol means further information is available from Epilepsy Society.


About your medication/treatment	Details of your discussion	Any actions
<p>How are you getting on with your medication/treatment in general?</p> <p><i>To cover: what is important to them? Are they having any problems with medication or treatment? Note: medication is anti-epileptic drugs (AEDs). Treatment includes surgery and vagus nerve stimulation therapy. Consider whether therapeutic drug monitoring is indicated.</i></p>		
<p>How do you get on with taking medication?</p> <p><i>To cover: ask about how and when they take it. Do they have any problems remembering to take it, and what would help (pill boxes, reminders etc.) Consider alternative formulations where indicated.</i></p> <p> Epilepsy Society 'medication for epilepsy' booklet.</p>		
<p>How do you get on with your prescriptions?</p> <p><i>To cover: ask about collecting prescriptions, consistency of supply of medication.</i></p> <p> Epilepsy Society 'medication for epilepsy' booklet.</p>		
<p>Are you having any side effects?</p> <p><i>To cover: what side effect risk statistics mean (e.g. 'common' and 'rare'), reporting side effects or breakthrough seizures, not listed on the PIL – Yellow Card Scheme. Do they consider the side effects tolerable or balanced with seizure control. If a change in medication is indicated, this may require referral to a specialist.</i></p> <p> Epilepsy Society 'yellow card scheme' factsheet.</p>		
<p>Other treatment: is it appropriate to consider other treatment options (eg surgery, vagus nerve stimulation therapy)? <i>Indications include treatment not working. This would require referral to a specialist.</i></p>		
<p>Stopping treatment: is it appropriate to consider stopping treatment?</p> <p><i>Indications include seizure control for over three years. This would require referral to a specialist.</i></p>		
<p>Do you have any other questions about your treatment?</p>		





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About your medication/treatment (continued)	Details of your discussion	Any actions
<p>Do you have any other conditions or take medication for other conditions? <i>You may want to review their medical records or ask about any new conditions or treatment that could affect their epilepsy or medication/treatment.</i></p>		
About your lifestyle		
<p>Do you have any questions about leisure activities? <i>To cover: the value of keeping active and doing things you enjoy, going on holiday (including air travel and vaccinations), risk assessments and appropriate risks.</i>  Epilepsy Society 'leisure' and 'safety' leaflets.</p>		
<p>Do you have any questions about safety/risk/other concerns? <i>To cover: safety at home and outside, cooking, bathing, risks and risk assessments, injury. Consider talking about status epilepticus and SUDEP (Sudden Unexpected Death in Epilepsy) if appropriate.</i>  Epilepsy Society 'first aid', 'safety' and 'risk' leaflets, and 'risk assessments'.</p>		
<p>Do you have any questions about work? (if applicable) <i>To cover: the Equality Act, reasonable adjustments, telling your employer and colleagues, where to go for help.</i>  Epilepsy Society 'employment' leaflet.</p>		
<p>Do you have any questions about the driving regulations? <i>To cover: the current driving regulations.</i>  Epilepsy Society 'driving and travel' leaflet.</p>		
<p>Do you have any questions about sleeping? <i>To cover: sleep as a seizure trigger, seizures affecting sleep.</i>  Epilepsy Society 'sleep' factsheet.</p>		
<p>Do you have any questions about alcohol or drugs? <i>To cover: interactions with AEDs (see PIL), seizures during hangover, keeping hydrated.</i>  Epilepsy Society 'leisure' leaflet.</p>		

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About your lifestyle (continued)	Details of your discussion	Any actions
Financial help and support. <i>To cover: benefits, discounted travel, free prescriptions.</i>  Epilepsy Society 'what help is available?' factsheet and 'benefits guides'.		
About your overall wellbeing		
How is your mood generally? Has it changed recently in any way? For example, do you feel stressed, depressed or anxious? <i>To cover: triggers for seizures, importance of recognising mood problems, coping strategies. Consider using screening questions for mood (see Epilepsy Society mood resources). Be aware of the impact of some AEDs on mood. A referral to a specialist, psychological therapies or counselling may be appropriate.</i>  Epilepsy Society 'epilepsy and mood' resources.		
How do you feel your memory is at the moment? Do you have any problems or concerns about your memory? <i>To cover: how memory can be affected by epilepsy and seizures. A referral to a specialist or for a memory assessment may be appropriate.</i>  Epilepsy Society 'memory' leaflet.		
Significant relationships		
Is there anyone supporting and helping you? <i>To cover: involvement from family/friends/carers and their information (including seizures and first aid management) and support needs. Sexual relationships.</i>  Epilepsy Society 'relationships and sex' factsheet.		

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For girls and women	Details of your discussion	Any actions
<p>Periods. <i>To cover: catamenial epilepsy (hormone-related seizures only at certain times during menstrual cycle). Note: sodium valproate can affect periods/polycystic ovary syndrome.</i>  Epilepsy Society 'women' leaflet, 'seizure diary'.</p>		
<p>Contraception. <i>To cover: some AEDs affect contraception, increased dose of morning after pill may be indicated. Note: lamotrigine can be affected by the contraceptive pill.</i>  Epilepsy Society 'women' leaflet.</p>		
<p>Pregnancy. <i>To cover: importance of planning a pregnancy whenever possible, preconception counselling, folic acid, potential impact of AEDs on unborn baby/foetal anti-convulsant syndrome. Important to discuss the risks and benefits of AED choice. Urgent referral to a specialist is indicated.</i> The International League Against Epilepsy (ILAE) and the MHRA have more information and guidance about prescribing sodium valproate to women and girls. Visit www.ilae.org and www.gov.uk/drug-safety-update  Epilepsy Society 'pregnancy and parenting' leaflet. UK and Irish epilepsy and pregnancy register (UKEPR): Visit www.epilepsyandpregnancy.co.uk</p>		
<p>Menopause. <i>To cover: changes in seizure pattern, hormone replacement therapy (HRT), bone health.</i>  Epilepsy Society 'women' leaflet.</p>		
<p>Do you have any other questions?</p>		

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information prescription

Epilepsy Society produces information on various topics around epilepsy. Order: by phone on **01494 601 392**

online at shop.epilepsysociety.org.uk

Access online: www.epilepsysociety.org.uk

Epilepsy and seizures

- Diagnosis [www.epilepsysociety.org.uk /diagnosis](http://www.epilepsysociety.org.uk/diagnosis)
- First aid [/first-aid-seizures](http://www.epilepsysociety.org.uk/first-aid-seizures)
- First aid (card) [/ shop.epilepsysociety.org.uk](http://shop.epilepsysociety.org.uk)
- Photosensitive epilepsy [/photosensitive-epilepsy](http://www.epilepsysociety.org.uk/photosensitive-epilepsy)
- Seizure diary [/seizure-diaries](http://www.epilepsysociety.org.uk/seizure-diaries)
- Seizures [/epileptic-seizures](http://www.epilepsysociety.org.uk/epileptic-seizures)
- Smartphone app [/app](http://www.epilepsysociety.org.uk/app)
- What is epilepsy? [/what-is-epilepsy](http://www.epilepsysociety.org.uk/what-is-epilepsy)

Medication/treatment

- Drug wallets and medication aids [www.epilepsysociety.org.uk /medication-aids](http://www.epilepsysociety.org.uk/medication-aids)
- Medication for epilepsy (booklet) [/medication-epilepsy](http://www.epilepsysociety.org.uk/medication-epilepsy)
- Medication for epilepsy (chart) [/medication-epilepsy](http://www.epilepsysociety.org.uk/medication-epilepsy)
- Seizure diary [/seizure-diaries](http://www.epilepsysociety.org.uk/seizure-diaries)
- Smartphone app [/app](http://www.epilepsysociety.org.uk/app)
- Monitoring epilepsy (drugs) [/monitoring](http://www.epilepsysociety.org.uk/monitoring)
- Making the most of your pharmacist [/your-pharmacist](http://www.epilepsysociety.org.uk/your-pharmacist)
- Deep brain stimulation [/dbs](http://www.epilepsysociety.org.uk/dbs)
- Surgery [/epilepsy-surgery](http://www.epilepsysociety.org.uk/epilepsy-surgery)
- Vagus nerve stimulation therapy [/vagus-nerve-stimulation](http://www.epilepsysociety.org.uk/vagus-nerve-stimulation)
- Yellow Card Scheme [/yellow-card-scheme](http://www.epilepsysociety.org.uk/yellow-card-scheme)

lifestyle

- Benefits [www.epilepsysociety.org.uk /benefits](http://www.epilepsysociety.org.uk/benefits)
- Driving and travel [/driving](http://www.epilepsysociety.org.uk/driving)
- Employment [/employment](http://www.epilepsysociety.org.uk/employment)
- Financial help [/what-help-available](http://www.epilepsysociety.org.uk/what-help-available)
- ID card [/shop.epilepsysociety.org.uk](http://shop.epilepsysociety.org.uk)
- Leisure [/leisure-time-and-epilepsy](http://www.epilepsysociety.org.uk/leisure-time-and-epilepsy)
- Relationships and sex [/relationships-and-sex](http://www.epilepsysociety.org.uk/relationships-and-sex)
- Risk [/epilepsy-risk](http://www.epilepsysociety.org.uk/epilepsy-risk)
- Risk assessments [/risk-assessment](http://www.epilepsysociety.org.uk/risk-assessment)
- Safety [/safety-and-epilepsy](http://www.epilepsysociety.org.uk/safety-and-epilepsy)
- Sleep [/sleep-epilepsy](http://www.epilepsysociety.org.uk/sleep-epilepsy)

wellbeing

- Mood [www.epilepsysociety.org.uk /mood-and-epilepsy](http://www.epilepsysociety.org.uk/mood-and-epilepsy)
- Memory [/memory](http://www.epilepsysociety.org.uk/memory)

women

- Pregnancy and parenting [www.epilepsysociety.org.uk /pregnancy-and-parenting](http://www.epilepsysociety.org.uk/pregnancy-and-parenting)
- Women [/women-and-epilepsy](http://www.epilepsysociety.org.uk/women-and-epilepsy)

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Epilepsy Society is the working name for The National Society for Epilepsy, registered charity number 206186

Every effort is made to ensure that all information is correct. Please note that information may change after printing and is intended for a UK audience.

This information is not a substitute for advice from your own doctors. Epilepsy Society is not responsible for any actions taken as a result of using this information.

helpline

01494 601 400

Monday to Friday 9am to 4pm,

Wednesday 9am to 8pm. National call rate.

www.epilepsysociety.org.uk 6