

This template lists topics that you may find 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.

Name	<input type="text"/>	Date	<input type="text" value="...../...../....."/>
What would you like from this review?		Details of discussion/actions	
What would you like to focus on today?			
Your epilepsy and seizures			
Do you have questions about your epilepsy? <i>For example, the type of epilepsy or the diagnosis.</i> Visit epilepsysociety.org.uk/what-epilepsy			
How are your seizures? <i>Cover: date of last seizure, changes to seizure type, frequency or pattern (which may link to medication effectiveness or adherence to medication).</i>			
Are there any triggers for your seizures? <i>Cover: identifying and avoiding triggers, typical triggers.</i>			
Medication/treatment			
About your medication/treatment <i>Cover: what is important to them. Any problems with medication or treatment? Note: medication is anti-seizure medication (ASM). Other treatments, surgery, vagus nerve stimulation (VNS) therapy, ketogenic diet. Consider whether therapeutic drug monitoring is indicated or appropriate.</i> Visit epilepsysociety.org.uk/anti-seizure-medication , epilepsysociety.org.uk/therapeutic-drug-monitoring			
How do you get on with taking medication? <i>Cover: problems remembering to take it, and what would help (reminders, tools to manage packaging) Consider alternative formulations where indicated or appropriate.</i> Visit epilepsysociety.org.uk/memory-and-epilepsy			

NICE (the National Institute for Health and Care Excellence) recommend that everyone can ask for a review of their epilepsy. Children, and some adults with other health issues, should be offered a review at least yearly.

Helpline 01494 601400
Confidential, national call rate.
Information and emotional support.
[Visit epilepsysociety.org.uk/helpline](https://epilepsysociety.org.uk/helpline)
for opening hours.

<p>Are you having any side effects? <i>Cover: side effect risk stats (for example 'common' and 'rare'), reporting side effects not listed on the PIL, or breakthrough seizures, via Yellow Card Scheme. Are 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>New restrictions for prescribing Sodium Valproate January 2024: (increased risk of neurodevelopmental disorders to babies exposed to sodium valproate during pregnancy).</p> <ul style="list-style-type: none"> • Currently no woman or girl of childbearing age can be prescribed valproate, unless a pregnancy prevention programme is in place, or there is no other effective treatment. • New measures mean that valproate must not be started in new patients (both male and female) younger than 55 years, unless two specialists independently consider and document that there is no other effective or tolerated treatment, or there are compelling reasons that the reproductive risks do not apply. <p>Visit gov.uk/government/news/update-on-mhra-review-into-safe-use-of-valproate</p>	
<p>How do you get on with your prescriptions? <i>Cover: any issues collecting prescriptions, consistency of supply.</i> Visit gov.uk/drug-safety-update/antiepileptic-drugs-updated-advice-on-switching-between-different-manufacturers-products</p>	
<p>Stopping treatment: is it appropriate to consider stopping treatment? <i>Indications include seizure control for over two years. This would require referral to a specialist.</i> Visit epilepsysociety.org.uk/coming-off-medication</p>	
<p>Lifestyle/activities</p>	
<p>Safety/risks/other concerns <i>Cover: staying safe at home/going out, for example cooking, bathing, sports, exercise - risk assessments, injury. Consider discussing status epilepticus and SUDEP (Sudden Unexpected Death in Epilepsy) if appropriate.</i> Visit epilepsysociety.org.uk/living-epilepsy/safety, epilepsysociety.org.uk/sudden-unexpected-death-epilepsy-sudep</p>	
<p>Work/employment (if applicable) <i>Cover: Equality Act, reasonable adjustments, telling your employer and colleagues, where to go for help.</i> Visit epilepsysociety.org.uk/employment</p>	

Every effort is made to ensure that all information is correct at the time of printing. Please note that information 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.



<p>Driving Cover: current DVLA driving regulations for people with epilepsy. Visit epilepsysociety.org.uk/driving, gov.uk/epilepsy-and-driving</p>	
<p>Sleep Cover: lack of sleep as seizure trigger, seizures affecting sleep. Visit epilepsysociety.org.uk/sleep-epilepsy</p>	
<p>Alcohol/recreational drugs Cover: interactions with ASMs (see PIL), seizures during hangover, keeping hydrated. Visit epilepsysociety.org.uk/alcohol-drugs-and-epilepsy</p>	
<p>Financial help and support Cover: benefits, discounted travel, free prescriptions. Visit epilepsysociety.org.uk/benefits, epilepsysociety.org.uk/what-help-available</p>	
Your wellbeing	
<p>How is your mood generally, for example, do you feel stressed, depressed or anxious? Cover: triggers for seizures, importance of recognising mood problems, coping strategies. Consider impact of some ASMs on mood. Referral to a specialist, in psychological therapies or counselling may be appropriate. Visit epilepsysociety.org.uk/mental-health-epilepsy</p>	
<p>Do you have any problems or concerns about your memory? Cover: how memory can be affected by epilepsy and seizures. Referral to a specialist for memory assessment may be appropriate. Visit epilepsysociety.org.uk/memory-and-epilepsy</p>	
Significant relationships	
<p>Is there anyone supporting and helping you? Cover: involvement from family/friends/carers including their information and support needs. Sexual relationships. Visit epilepsysociety.org.uk/first-aid-epileptic-seizures, epilepsysociety.org.uk/epileptic-seizures, epilepsysociety.org.uk/relationships-and-sex, epilepsysociety.org.uk/information-carers</p>	

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Women and girls	
<p>Periods Cover: <i>catamenial epilepsy (hormone-related seizures only at certain times during menstrual cycle). Note: sodium valproate can affect periods/polycystic ovary syndrome.</i> Visit epilepsysociety.org.uk/hormones-menstrual-cycles-and-periods</p>	
<p>Pregnancy Cover: <i>importance of planning a pregnancy whenever possible, preconception counselling, folic acid, impact of ASMs on unborn baby. Urgent referral to a specialist is indicated.</i> Visit epilepsysociety.org.uk/pregnancy-and-epilepsy</p>	
<p>Contraception Cover: <i>effect of ASMs on contraception, including emergency contraception. Note: lamotrigine can be affected by the pill.</i> Visit epilepsysociety.org.uk/contraception-and-epilepsy</p>	
<p>Menopause Cover: <i>changes in seizure pattern, HRT, bone health (osteoarthritis).</i> Visit epilepsysociety.org.uk/menopause-and-epilepsy</p>	
Any other questions?	

Epilepsy Society
Chesham Lane,
Chalfont St Peter,
Buckinghamshire
SL9 0RJ

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