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## More Questions for Your Doctor: A Checklist

**Instructions:** Use this checklist to see if you (or your loved one) are getting some of the basic care and information that is needed, even if you have well-controlled seizures or epilepsy. This list also includes some questions about living with epilepsy that many people may have. We hope this checklist will help you start looking at your epilepsy care and help you talk with your doctor and other health care providers.

**If you have well-controlled seizures or epilepsy, has the doctor or other health care professional reviewed the following with you at least once a year...**

- Side effects of seizure medicines
- Any breakthrough seizures or other changes
- How you manage epilepsy

**For all people with epilepsy, have you been given information on the following areas...**

- Resources to learn about epilepsy
- How complex epilepsy treatment can be and the need to individualize treatment
- How to advocate for yourself in the healthcare system and with health care providers
- Possible side effects of medicine, including problems with thinking or memory, physical and sexual function
- Social services for help with jobs, social security, disability insurance, health insurance, and transportation
- Local support groups or other resources for emotional support

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Checklist items were adapted from a research study that developed 'quality indicators' for epilepsy. These indicators are a way to tell if doctors or other health care providers are providing basic quality care to people with epilepsy and seizures. For more information:

[http://my.epilepsy.com/treatment/receiving\\_quality\\_care](http://my.epilepsy.com/treatment/receiving_quality_care)

[http://professionals.epilepsy.com/page/care\\_quality\\_measures.html](http://professionals.epilepsy.com/page/care_quality_measures.html)

[Pugh MJ, Berlowitz DR, Montouris G, et al. What constitutes high quality of care for adults with epilepsy? \*Neurology\* 2007;69:2020-2027.](#)

[http://www.ncbi.nlm.nih.gov/pubmed/17928576?ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/17928576?ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)