

When Seizures Won't Stop or Medication Side Effects Are a Problem:

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 when seizures don't stop with medications. This list does not include everything that people with epilepsy need, but offers a starting point for general care of their epilepsy. We hope this checklist will help you start looking at your epilepsy care and help you talk with your doctor.

Were you referred to an epilepsy center or specialist to clarify the diagnosis or type of seizures?

- Yes No

At follow-up appointments, did the doctor...

- Ask how often you had seizures and what kind
- Ask about side effects of medicines
- Check to see if you had side effects by examining you or checking blood tests

If you continued to have bothersome side effects on one medicine, did the doctor plan to change you from one seizure medicine to another?

- Yes No

If you have tried at least two different seizure medicines at different times that didn't work, did the doctor refer you to an epilepsy center or specialist?

- Yes No

If you have been on seizure medicines for at least two or more years, has your doctor or other health care professional recommended a test to check the health of your bones ?

- Yes No
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If you have had symptoms or problems with your mood (for examples, problems with depression, anxiety or other changes in mood or behavior), have you been ...

- Referred to a specialist in mental health
- Given a medication or other treatment for your mood

If you continued to have seizures, did anyone talk to you about..

- Compliance or how to take the medicine as prescribed
- How to take medicine more easily
- If you need to get blood levels of medicine checked and how to do this
- If the dose of seizure medicine could be changed
- If a different seizure medicine could be tried
- How to modify your lifestyle to help lessen seizures and increase safety
- When a referral to an epilepsy specialist or center may be helpful

Does anyone talk to you on a regular basis (at least once a year) about the following areas...

- How epilepsy may affect you over time
- How seizure medicines may affect you over time
- Contraception, family planning and how pregnancy and menopause may affect seizures
- Mood or behavior problems
- Factors that may trigger or affect your seizures
- Lifestyle modifications
- How epilepsy may affect other health conditions you may have
- Driving
- Safety

Does anyone check you for signs or symptoms of depression at least once a year?

- Yes
- No

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