

Parent and Provider Checklist

This epilepsy checklist can be used by patients and healthcare workers to ensure that families have the information they need. This information can be shared in a timely manner with all interested parties. Healthcare providers may discuss the categories listed below and make changes based on their clinical judgement.

General Epilepsy Information

- Definitions
- Seizure types and syndromes
- Explanation of investigative procedures
- Prognosis
- Treatment options
- Seizure Diary
- Change in seizure types

Medications

- Choice of Drug
- Side Effects
- Benefits
- Drug Interactions
- Missed and sudden cessation of medications
- Rescue Medications
- Effects on Sleep
- Effects on behavior

First Aid

- When a seizure is a medical Emergency

Adolescents

- Contraception
- Pregnancy
- Dating

Lifestyle

- Diet
- Exercise
- Sleep
- Driving regulations
- Schools
- Social Outings

Safety and Risk Factors

- Injury preventions at home and In community
- Sudden Unexpected Death in Epilepsy (SUDEP)
- Medical Alert jewellery
- Swimming
- Bathing

Possible psychosocial consequences

- Perceived stigma
- Memory Loss
- Depression
- Anxiety
- Sexual difficulties
- Low self-esteem

Community and education

- Discussion about community Epilepsy Agency
- Epilepsy Passport
- Epilepsy Foundation
- Epilepsy Website