

# Epilepsy Checklist

<b>Topics</b>	<b>Circle the answer</b>	<b>Where 'no', write your action plan/notes</b>
<b>1. Tests and Investigations: Have you had...</b>		
The EEG test	yes/no	
The CT Scan	yes/no	
The MRI Scan	yes/no	
<b>2. The Diagnosis: Are you clear about...</b>		
What epilepsy is	yes/no	
What your seizures are called	yes/no	
How to record your seizures	yes/no	
What the triggers for your seizures are	yes/no	
What others should do for you if you have a seizure	yes/no	
<b>3. Your AEDs: Do you understand...</b>		
How AEDs (Anti-Epileptic Drugs) work	yes/no	
Your AED names and doses	yes/no	
The importance of taking them and risk of stopping against medical advice	yes/no	
How to apply for free AEDs on the LTIS	yes/no	

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<b>4. Medication Effects: Do you know about...</b>		
The possible side effects of your medication	yes/no	
The possible interactions with other drugs (other prescribed meds, over the counter meds)	yes/no	
The possible interactions with street drugs/alcohol	yes/no	
The meaning and risks of generic substitution	yes/no	
<b>5. The Medication: Do you know what to do if...</b>		
A dose is missed	yes/no	
Too much or too little is taken	yes/no	
Vomiting occurs	yes/no	
Illness occurs	yes/no	
Travelling abroad	yes/no	
<b>6. Emergency Medication: Have you been advised about...</b>		
How and when to use it	yes/no	
How to get free emergency medication	yes/no	
<b>7. Non-Medication Treatments: Do you know about...</b>		
Epilepsy surgery	yes/no	
Vagus Nerve Stimulator	yes/no	
Dietary therapies	yes/no	
Complementary therapies	yes/no	

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<b>8. Children and Teens: Have you had guidance on...</b>		
Epilepsy issues for children	yes/no	
What teachers need to know about your child's epilepsy	yes/no	
Impact of epilepsy on behaviour	yes/no	
Impact of epilepsy on learning	yes/no	
How to talk about epilepsy with your child	yes/no	
School and social life	yes/no	
Epilepsy and sports, summer camps, leisure	yes/no	
State exams (reasonable accommodations)	yes/no	
College and career options	yes/no	
Disability Access Route to Education (DARE) for third level	yes/no	
Epilepsy Ireland's Training for Success course	yes/no	
<b>9. Lifestyle: Do you understand the issues relating to epilepsy and...</b>		
Sleep	yes/no	
Employment	yes/no	
Driving	yes/no	
Healthy living, exercise and stress management	yes/no	
Alcohol and drugs	yes/no	
Travelling abroad	yes/no	

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<b>10. Medical Services: Have you been advised about...</b>		
The role of various medical services	yes/no	
How to contact your epilepsy nurse specialist	yes/no	
How to re-access services after being discharged to your GP	yes/no	
<b>11. Support Services: Do you know about...</b>		
The importance of support	yes/no	
Support offered by Epilepsy Ireland (support groups, etc.)	yes/no	
Other relevant organisations and resources	yes/no	
<b>12. Financial Issues: Are you clear about...</b>		
Insurance cover	yes/no	
Welfare payments	yes/no	
Tax refunds for medical expenses	yes/no	
<b>13. Relationships: Do you need to know more about...</b>		
Relationships	yes/no	
Sexuality	yes/no	
Fertility, family planning, pregnancy	yes/no	
Caring for your child if you have epilepsy	yes/no	
Caring for your child who has epilepsy	yes/no	

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<b>14. Safety: Do you know about the importance of...</b>		
Reducing risks	yes/no	
Increasing safety	yes/no	
Understanding SUDEP	yes/no	
<b>15. Other Issues: Do you need to know more about...</b>		
Women's health, menstruation or menopause	yes/no	
Men's health issues	yes/no	
Bone health	yes/no	
Epilepsy and later life	yes/no	
Epilepsy and special needs	yes/no	
Epilepsy and mental health	yes/no	
Epilepsy and other medical conditions	yes/no	

