

# Epilepsy Awareness

*A half day course*

Epilepsy is the most common of all neurological diseases affecting people of all ages, races and social class with more than half a million sufferers in the UK alone – around 1 in a 100 people. Epilepsy is described as the tendency to have repeated seizures that start in the brain and is usually only diagnosed after the person has had more than one seizure. One in 20 people will have a one-off epileptic seizure at some point in their life (although this does not necessarily mean that they have epilepsy). One in 50 people will have epilepsy at some time in their life (not everyone with epilepsy will have it for life).

This course will explore some of the myths and misconceptions surrounding this disease with the aim of helping delegates to understand both the nature of epilepsy and effective treatment interventions

**Who is it for?** This course can be tailored to the needs of the particular professional group and is generally delivered in the care environment

**Timetable** (may be subject to amendment depending on group need)

**Session 1** General introduction to subject of Epilepsy  
Prevalence of the disease  
Normal mechanism of neural transmission  
Causes of Epilepsy  
Epilepsy and genetics  
Diagnosis and the Seizure Threshold  
Seizure Classification

**Session 2** Generalised and Partial Seizures  
Types of Generalised Seizure  
Simple and Complex Partial Seizures  
Status Epilepticus  
Triggers and Photo-Sensitive Epilepsy  
Treatments  
Rectal Diazepam  
Buccal Midazolam  
First Aid for Epilepsy

## **Learning Outcomes**

On completion of this course, participants will be able to:

- Understand the nature of Epilepsy and its various forms
- Understand the essential signs and symptoms of Epilepsy
- Understand the major forms of treatment intervention
- Understand the major sources of help and support

## **Training Techniques**

Didactic teaching, group exercises/case studies, DVD clips, Q & A and discussion