

Epilepsy and the Nursing Profession

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Epilepsy is a multi-faceted condition and many disciplines need to be blended together in solving problems not only to those affected but also to give support to their families. Psychological and Social issues are important aspects to be understood whilst education of the public in general and also of varied professions is a must in order to reduce stigma/prejudice. The DisabKids Study in a school in Sweden gives clear indication of how stigma and prejudice plus bullying are present and need to be dealt with.

Epilepsy can be inherited, result from birth defects, birth or head injury, brain tumor or infection of the brain. For 50% of Epilepsy a cause is not found. It can begin from birth or occur for the first time in old age. 75% have their first seizure before they turn 18.

The care of a person with Epilepsy demands a comprehensive approach to the treatment of Epilepsy. Emphasis need to be developed to create a positive cultural change in outcome but need to find effective ways of how to do this. If we are to be effective and contribute to the well being of persons with Epilepsy, we need to have a trans-disciplinary approach. Availability for information about the subject is another point especially issues associated with Adolescence.

Sufferers on the other hand (apart those with Intellectual Impairment or other ailment that render them dependent) are to become more knowledgeable about their Epilepsy, join support groups, take active role to cope with their own epilepsy and study oneself with regards emotions, stress and feelings as their control can reduce seizures and other aspects.

Epilepsy sounds frightening but managing it can be simple. Professional and the public by its understanding can do all this by treating the whole person affected and their family and not just the seizure. Sibling rivalry and family disharmony and multi-disciplinary interventions are valid issues to be dealt with as well as the cognitive effects of the medicine and school work.

To-day people with Epilepsy with the right attitude/support should be able to prove themselves by following their treatment plan, getting plenty of sleep, eat right and exercise to reduce stress and stay in shape. We must all focus by putting the child with Epilepsy in the centre of what we do.