

Clinical Patient Counselling - Epilepsy

Experiment 20 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To counsel a fictional person with epilepsy about an existing treatment plan.

Principle

Adherence, an individual seizure-management plan and practical safety advice support ongoing epilepsy care.

Key Points

- Review exact prescribed directions and missed-dose advice.
- Do not stop antiseizure treatment abruptly without clinical direction.
- Discuss reminders, seizure first aid and agreed follow-up.

Practice Scenario

Fictional case: a student forgets evening doses when away from home. Agree a practical reminder and confirm the prescribed missed-dose guidance.

Activity Procedure

1. Assess

Ask about recent events, actual medicine use and barriers.

2. Explain

Review medicine purpose, prescribed routine and product-specific precautions.

3. Demonstrate

Role-play a reminder plan and how a supporter seeks help during a seizure.

4. Teach back

Ask for a repeat explanation of the plan and arrange care-team review.

Record and Observations

Concern / adherence	_____
Prescribed plan confirmed	_____
First aid / safety advice	_____
Teach-back / review	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Viva Questions and Answers

1. Why avoid abrupt withdrawal?

It may worsen seizure control and needs an authorised plan.

2. Why involve a supporter with agreement?

They can assist with first aid and the agreed safety plan.

3. What should be recorded?

The confirmed directions, counselling, understanding and follow-up.

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