

Training

All commissioned staff must attend training regarding administration of emergency anti seizure medications. See link below for administration of buccal midazolam competency checklist:

<https://ilaebritish.org.uk/content/uploads/2019/06/ESNA-Midazolam-Guidelines.pdf>

<https://esna-online.org/wp-content/uploads/2023/08/The-Competency-Framework-for-Adult-Epilepsy-Specialist-Nurses.pdf>

Assistive technology advice

Seizure monitors can help to alert support staff that someone is having a seizure and enable appropriate first aid to be commenced.

Norfolk County Council assistive technology team cannot provide monitoring devices to those in residential/nursing care, however they are happy to offer advice.

They can be contacted on the following email: assdassistivetechnology@norfolk.gov.uk

ESNs cannot advise on specific equipment.

All equipment must be serviced per manufacturers' advice.

Commissioned services need to risk assess individuals regarding monitoring for seizure activity.

Epilepsy drug supply

Medication—supply issues contact: Epilepsy Action Helpline on 0808 800 5050, your pharmacy or contact the drug company at the bottom of the patient information leaflet.

Medication updates can also be found on Epilepsy Action website:

<https://www.epilepsy.org.uk/news/blogs/Drugwatch>

The MHRA have categorised the switching of medication brands. See link below if you are having difficulties: for more details. <https://www.gov.uk/drug-safety-update/antiepileptic-drugs-updated-advice-on-switching-between-different-manufacturers-products>

You can receive help with queries about NCH&C services from
Patient Advice and Liaison Service
Telephone: **0800 088 4449**
Email: **pals@nchc.nhs.uk**
(Monday-Friday 9am-5pm)



If you would like this leaflet in large print, audio, Braille, alternative format or in a different language please contact:
01603 697492.

Leaflet produced by Norfolk Community Health and Care NHS Trust (12/2021)
Leaflet Review Date: (03/2025)



**Norfolk Community
Health and Care**
NHS Trust

Epilepsy Specialist Nurse (ESN) Adult Service

**Information leaflet for
commissioned services**

Looking after you locally

Our working hours are:

Monday to Friday
8.30am – 4.30pm

How to contact us

Call us on: 01603 216 021
Email: epilepsynurses@nchc.nhs.uk

Our service is not an emergency service. Please avoid using this service to obtain urgent medical advice. In an emergency call 999. For other non emergency concerns contact your GP or 111.

When to contact us

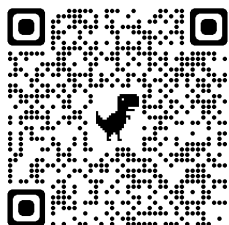
If you experience a worsening of your seizure control, experience side effects or you have concerns about your epilepsy treatment that cannot wait until your next appointment.

Criteria for referral

16 years and over with confirmed diagnosis of epilepsy

All information about our service and how to refer can be found at:

[https://
www.norfolkcommunityhealthandcare.nhs.uk/adult-epilepsy-specialist-nurse-team/](https://www.norfolkcommunityhealthandcare.nhs.uk/adult-epilepsy-specialist-nurse-team/)



Preparing for the appointment with the ESN

- Please allow up to an hour for the appointment.
- Please contact us if there are specific dates/times that are better for reviews to be undertaken.
- If the appointment cannot go ahead, please let us know so it can be offered to another patient.
- Ensure you have the current medications, the last years seizure records, records of any emergency medications administered available to discuss.
- If the appointment is cancelled it may be several weeks before this can be rebooked.

If a persons' seizures increase, consider possible triggers:

- Illness/infection
- Poor sleep
- Missed or refusing medications
- Stress, upset, excitement
- Missing meals
- Constipation
- Alcohol/illicit drugs
- If new medication was started

If underlying health issues are identified, please contact the patient's GP.

If seizures continue, despite actions or no identifiable triggers, please contact the ESN service for further advice.

Seizure care plans

There are two types of seizure care plans:

Emergency seizure care plan, includes emergency/rescue medication(s) buccal midazolam or rectal diazepam. Directions of use and how it should be administered. The care plan is reviewed by the ESN on an annual basis.

Seizure care plan without emergency medications.

This will not require reviewing annually unless there are changes to the patients' seizures

Please be advised the medication list in the care plan is populated at the time of writing. Medications can change, so please contact GP for an up to date list if required, as this would not require the care plan to be amended.

Seizure recording

Seizure diaries and recording sheets can be downloaded from the following website.

Epilepsy Society:
<https://epilepsysociety.org.uk/about-epilepsy/epileptic-seizures/seizure-diaries>