

Always bring the seizure diary and a list of current medication and daily doses to appointments. Video or mobile phone footage of attacks is also very helpful to the specialist.

Our clinics are usually fully booked so please cancel your appointment if unable to attend. It can then be offered to someone else. This helps keep waiting times to a minimum.

To cancel or reschedule your appointment please call:

QMC..... 0115 924 9924 ext 66560

Kings Mill Hospital..... 0115 849 3392

Highbury Hospital..... 0115 854 2248

How to contact us

Team secretary: 0115 854 2248 (Monday to Friday, 9am - 5pm)

Epilepsy Specialist Service: Department of Learning Disabilities, Highbury Hospital, Bulwell, Nottingham NG6 9DR

Epilepsy & Learning Disability Nurses: c/o Dr MF O'Donoghue's secretary, Dept. of Neurology, QMC, NG7 2UH

Please note this is **not** an emergency service. If no one is available you may wish to contact your GP. In an emergency situation, please dial 999 for an ambulance.

Additional useful contacts

Epilepsy Action

Tel: 0800 800 5050

www.epilepsy.org.uk

The Epilepsy Society

Tel: 01494 601 400

www.epilepsysociety.org.uk

Epilepsy Bereaved

Tel: 01235 772 850

www.sudep.org

www.nottinghamshirehealthcare.nhs.uk/epilepsy

www.nuh.nhs.uk/epilepsy

Epilepsy Specialist Service for Adults with Learning Disability

Information for carers and professionals



S Pashley



L Flinton



Dr MF O'Donoghue



Dr C Giavasi



Dr S Singhal



Dr SY Lim

This document can be provided in different languages and formats. For more information please contact:

Telephone Advice Line: 0115 854 2248

The epilepsy and learning disability team

The specialist team comprises of:

- A consultant nurse and specialist nurse in epilepsy and learning disability, employed by Nottinghamshire Healthcare NHS Foundation Trust.
- Four consultant neurologists who specialise in complex epilepsies and employed by Nottingham University Hospitals. They provide services at the Queen's Medical Centre (QMC), City Hospital, and Kings Mill Hospital (KMH).

Our aim

To take a holistic approach to patients neurological problems. Our focus is on better seizure control and improved quality of life. We will involve patients in all decisions about their treatment.

Epilepsy and learning disability

Epilepsy is common in adults with learning disability and is often relatively severe. Co-existing physical health problems, mental health issues and difficulty with communication can make the assessment and treatment process more complex and lengthy.

It is important to consider the potential for adverse behavioural and cognitive effects from drug treatments. Nevertheless, with specialist intervention the epilepsy may be just as responsive to modern methods of epilepsy management as in the general population.

Prolonged convulsive seizures are life threatening. Improved epilepsy management and early home treatment can reduce the need for acute hospital admission, and lessen the impact of coping with severe epilepsy.

The evidence suggests that careful expert assessment often results in improvements in seizure control and quality of life for individuals with a learning disability and their carers.

We provide

- Specialist epilepsy assessment, diagnosis and treatment
- Access to investigations (MRI, EEG, Neuropsychology)
- Inpatient video-EEG telemetry
- Epilepsy surgery assessment
- A vagal nerve stimulator service
- Information to help patients stay safe
- Transitional care from paediatric services
- Information and resources to increase understanding of epilepsy and concordance with treatment
- Liaison and signposting to other specialist learning disability services
- Advice about emergency treatment
- A telephone advice line
- Education and training
- Multidisciplinary clinics

Epilepsy clinics

The team provide regular clinics at the QMC, City Hospital, KMH and Highbury Hospital. Some clinics are jointly run with other specialists to meet individual specific health needs, such as:

- Teenage transition clinics in local special schools and hospital based clinics with Paediatric services
- Neurology and Learning Disability Psychiatry clinics
- Community based clinics and home visits to those with complex behavioural or palliative care needs

What to bring to clinic

Outpatient appointments provide opportunity to review and adjust treatment plans and discuss epilepsy and treatment related issues with the specialist. It may be helpful to think about the key issues you want to discuss before the appointment and make a brief list.

It is important for the patient to be accompanied by someone who knows them well, and has witnessed their seizures.