



DISCUSSING THE ANSWERS TOGETHER

To the healthcare provider: Have your patient fill out the attached patient questionnaire, designed to work as a PDF or a printout. In a brief discussion, identify potential issues and discuss each one, adding depth and clarity. Take the opportunity to probe for barriers and suggest solutions.

Questions 1–3: What is the patient’s attitude toward treatment?

- 1 With the right treatment plan, I could become seizure-free.**
 - Set realistic expectations—there are no guarantees
 - Assess the current regimen: Is it too demanding? If complex, can it be simplified?

- 2 If side effects bother me, I will let my doctor know.**
 - Encourage your patient to be candid about side effects, missed doses, and breakthrough seizures
 - Remind them that you’re on their side, not there to judge them
 - Explain that it will take working together to achieve the right balance in their medication regimen
 - Advise them not to discontinue a medication without consulting you

- 3 A seizure can still happen even when treatment has been working.**
 - Discuss the risks and potential consequences of breakthrough seizures—especially convulsive seizures
 - Ensure that your patient understands their role in the treatment plan, including when to call your office

Questions 4–6: What factors could increase the risk of a breakthrough seizure?

- 4 I have a schedule that rarely changes.**
 - Probe for schedule irregularities, demands on time, and ability to follow routines
 - Stress the importance of taking medications on schedule, getting enough sleep, and eating regularly
 - Advise that joining their dosing regimen to an established daily routine could help

- 5 I’m facing major life events (such as changes to relationships, moving, a new job).**
 - Ask the patient about how they are coping with those challenges
 - Counsel patient on triggers and risks, along with ways to avoid them

- 6 I have physical or emotional stress in my daily life.**
 - Discuss any challenges that might put the patient at increased risk for a breakthrough seizure

Question 7: Is the patient committed to treatment adherence?

- 7 I have sometimes missed doses or been late taking my medications.**
 - Ask about situations that could lead to a missed dose. Have they missed doses before? Why?
 - Inform them that missed or late doses, menstruation (if applicable), and certain triggers can cause AED plasma levels to drop, putting them at increased risk
 - Consider possible solutions, from devices and reminders to a more workable medication regimen

Question 8: What other issues should you take into consideration when you’re prescribing AEDs?

- 8 Some of these obstacles could get in the way of my treatment.**
 - Discuss each issue. Where appropriate, help create a practical plan to address it
 - Ask about other factors the patient may not have considered
 - Counsel patient on triggers and risks, and incorporate solutions or mitigations into the treatment plan