

Module: Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

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Date: 14/04/22.

Introduction:

The quality of life of older adults with epilepsy:

- ▶ Epilepsy affects almost 600,000 Britons, making it one among the most long-term diseases. worldwide. Epilepsy, a neurological illness caused by transient abnormalities in electrical activity in the brain, is characterised by frequent, unprovoked seizures. People with epilepsy (PWE) are much more vulnerable to mental health issues than the general public. (world health organization, 2019).
- ▶ In contrast to other age groups, older persons exhibit various epilepsy features. Some of the most prevalent causes of epilepsy development in older individuals include cerebrovascular illness, neurological diseases, brain tumours, and traumatic brain injury. (Baranowski, 2018)
- ▶ Aims/Objectives. To investigate the quality of life of epileptic adults in the UK, with the following objectives: Emotional assistance for epileptic patients, System-wide epilepsy education and training, Care co-ordination Services for epilepsy, and Dedicated patient group support. NICE supports this initiative to analyse and evaluate current systems for development.

Methods

- ▶ *Systematic literature review is used for this study.*
- ▶ *Keyword: Epilepsy, Quality of life, Elderly, Older Adults and United Kingdom.*
- ▶ *ScienceDirect.*
- ▶ *Inclusion/exclusion criteria: Characteristics associated with quality of life in Older Adults. January 2014 to February 2022, English language, Journal articles, United Kingdom.*
- ▶ *The experience of epilepsy in later life: May 2014 to January 2022, English Language, Journal Article, United Kingdom.*
- ▶ *The experience of living with adult epilepsy. April 2014 to January 2022, English Journal Article, UK.*
- ▶ *Exclusion: The quality of life of older adults with epilepsy. June 2015 to May 2022, English Language, google online article.UK*

Literature Review

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Characteristics associated with quality of life among Adults with epilepsy (Ridsdale et al., 2017)	This study investigates the characteristics that are linked to Quality of Life in people with epilepsy in the UK.	Data from 404 persons who had at least two seizures in the previous year and were visiting specialised clinics were gathered. The average age was 42 years old, with 54 percent of the population being female and 75 percent being white.	People who have epilepsy, especially those who have persistent, frequent seizures, have a lot of problems with their mental health and quality of life. People with epilepsy in the UK haven't spent as much time testing interventions that could cut down on social problems like stigma, a lack of social support, and a lack of self-control, as they should have done.
The Experience of living with Adult epilepsy (Kılınç et al., 2017)	Using a phenomenological method, this study investigates the experience of living with epilepsy and quality of life after being diagnosed as an adult.	39 people between the ages of 18 and 60 from all around the United Kingdom who were afflicted with epilepsy participated in semi-structured interviews. Six months apart, the interviews were done, and the findings were analysed.	It was clear that no matter how often a person had a seizure, They were concerned by the abrupt, unforeseen occurrence of a seizure, and this affect their quality of life, and how it had a bigger impact on the people who had it.

Literature Review

Author(s), title, and year of publication.	Aim of study	Methods and sample size and characteristics.	Summary of main finding
The experience of epilepsy in later life. (Yennadiou and Wolverson, 2017)	The goal of this study was to find out how older people who have epilepsy think about their condition through their own life experiences.	Ten adults with epilepsy over the age of 65 participated in semi-structured in-depth interviews. Ten participants chosen from a Neurosciences Department in the North of England with a 34% response rate. Participants were above the age of 65 and were white British/English origin. All of the participants experienced epilepsy at some point in their life, and the average interval between diagnosis and treatment was 23 years.	Participants mentioned traumatic and unpleasant epilepsy-related events. Negative sentiments and cultural ignorance made participants feel ostracised and lonely. Epilepsy was seen as forceful, persistent, and unexpected by older adults. The unpredictable nature of epileptic symptoms seems to increase participants' concern about future seizures.

Results

- ▶ Theme 1: In the United Kingdom, people with epilepsy haven't spent much time studying strategies that might reduce issues that influence quality of life in adults with epilepsy. Sadness, lack of ability, anxiety, perceived stigma, and high epileptic frequency were all substantially linked with worse quality of life.
- ▶ Theme 2: People with epilepsy were worried about the sudden, unpredictability of a seizure, no matter how often they had them. People with continuous epileptic seizures in the UK get a lot of help, but they still have a low quality of life.
- ▶ Theme 3: Some of the people who took part in this study were worried about how stigma would affect them. Stigma is common in both young and old people who have epilepsy. People who have epilepsy are more likely to be depressed and anxious and have a lower quality of life if they are stigmatised.

Discussion

The results recorded among the three themes above are reviewed as follows:

- ▶ Notwithstanding specialised treatment, UK epilepsy sufferers have poor quality of life. Assuring and educating patients on how to manage their illness by professionals are required.
- ▶ According to some researchers, if epilepsy occurs with frequent seizures, there may be a "clinical vacuum" when it comes to mental health. Therefore, screening people with epilepsy for depression is recommended.
- ▶ People who have epilepsy are always concerned about the abrupt and unpredictable nature of a seizure, which impacts on their quality of life. The government should consider providing disability allowance to cover some of their expenditures, such as housing assistance and other living expenses.

Discussion.

- ▶ Support and guidance and stigma reduction treatments may help enhance QoL, particularly early after assessment.
- ▶ Strength: Informed agreement was acquired from each participant before each interview and findings were kept secret. A name was assigned to each participant throughout data processing and writing. Medical and Social Services are working closely to uplift the quality of life in people with epilepsy.
- ▶ Weaknesses. Like other stigmatised disorders, epilepsy treatment has placed less emphasis on reducing social disabilities such as stigma, social isolation, and lack of ability. As a group intervention for HIV or mental illness has been created and evaluated to give social support and minimise isolation, lack of faith, and consciousness early after diagnosis. This technique would help epilepsy sufferers in the UK and internationally.

Conclusion

- ▶ Epilepsy is one of the most common long-term diseases in the world. It affects almost 600,000 people in the UK. Adults are more likely to be diagnosed with epilepsy than children, but the knowledge of living with elderly epilepsy hasn't been looked at very much. People with epilepsy who had a lot of seizures are more likely to have a higher poor quality of life, depression, anxiety, and a sense of shame. These results suggest that effective education initiatives to enhance awareness and comprehension among the general population and Health Care Practitioners engagement in the treatment of People With Epilepsy are urgently needed.

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