Nonpharmacological Strategies for Managing Seizure Activity: In the Pediatric Population

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THEORETICAL FRAMEWORK

The chronic care model was formulated by Ed Wagner and reflects six areas that need to be addressed to improve long-term patient outcomes.

- Self-management support
- Delivery system design
- Decision support
- Clinical information systems
- Organization of healthcare
- Involvement of the community

These areas are applicable to this MSN Project because epilepsy involves provider collaboration, patient education regarding self-management, continual support, individualized care plans, and access to community resources.

CONCLUSIONS

Research suggests that although these interventions do not guarantee effectiveness of decreased seizures, the interventions have other benefits. More research into the benefits of nonpharmacological interventions is needed to continue to expand patient options. Reducing seizures provides patients with a better quality of life, which ultimately is the goal.

REFERENCES


Project Implementation

- Find providers willing to participate in implementation process
- Distribute provider and patient brochures
- Have parents and providers participate in survey to determine appropriateness, applicability, and usability of brochures
- Change brochures as needed based on feedback
- Implement final product

Strengths

- Empowers providers to expand intervention options
- Some interventions, such as yoga and exercise can positively impact overall health
- Reliable sources

Limitations

- Limited studies have been done
- Difficult to study the effect of each intervention individually because of multiple variables, such as types of seizures, number of episodes, variety of medications, and age ranges.

Example of Patient Brochure

![Example of Patient Brochure](image-url)