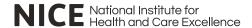
Epilepsy and learning disabilities



Learning disabilities are common in people with epilepsy. <u>NICE's guideline on epilepsies in children, young people and adults includes recommendations to ensure that healthcare professionals:</u>

- recognise learning disabilities in people with epilepsy
- give people with a learning disability the support they need to manage their epilepsy
- offer people with a learning disability the same treatments for their epilepsy as everyone else

This resource summarises these recommendations and provides links to other relevant guidance from NICE.

Recognising learning disabilities

- Be aware of the higher prevalence of learning disabilities in people with epilepsy
- Review neurodevelopment and learning disabilities as part of routine management of people with epilepsy

Support at all stages of care

Specialist epilepsy support

Support access to a tertiary epilepsy service for people with suspected or confirmed epilepsy and a learning disability who need additional specialist support

Support at appointments

Take into account information and support needs, for example:

- give longer appointments
- provide different formats for information, such as easy read or audio versions
- involve family members or carers or an advocate if the person wishes
- share information with those involved in their care

NICE's guideline on decision making and mental capacity also includes recommendations on supporting shared decision making

Coordinated care

- Provide coordinated care using a multidisciplinary team approach
- Be aware that children and young people with a complex childhood epilepsy syndrome may need additional support from a multidisciplinary team

NICE's guidelines on mental health problems in people with learning disabilities and challenging behaviour and learning disabilities also include recommendations on coordinating care

Regular reviews

Arrange regular monitoring reviews (at least annually) for adults with epilepsy and a learning disability

Testing at diagnosis

Consider whole genome sequencing for people with epilepsy of unknown cause who have a learning disability

Access to assessment for surgery

Do not exclude people with a learning disability from referral for epilepsy surgery assessment if indicated

Transition to adult services

Begin planning transition early for young people with epilepsy and a learning disability

NICE's guideline on transition from children's to adults' services also includes recommendations on transition planning and support

Monitoring during pregnancy

Consider more frequent monitoring reviews during pregnancy for women and girls with epilepsy and a learning disability

More guidance from NICE

- Care and support of people growing older with learning disabilities
- Challenging behaviour and learning disabilities: prevention and interventions
- Learning disabilities and behaviour that challenges: service design and delivery
- Mental health problems in people with learning disabilities: prevention, assessment and management