

## **Information for adults who use NHS services for epilepsy**

The NICE quality standard for the epilepsies in adults sets out what high-quality care in the NHS in England should include, so that the best care can be offered to adults with epilepsy using NHS services in England.

### **NICE quality standard for the epilepsies in adults**

The quality standard for the epilepsies in adults is made up of 9 statements that describe high-quality care for patients. These statements are about the best care you should receive and are summarised below.

1. Adults who have a suspected seizure are seen by a doctor with training and expertise in diagnosing and treating epilepsy within 2 weeks.
2. Adults having their first tests for epilepsy have the tests within 4 weeks of them being requested by the doctor.
3. Adults who are having neuroimaging (taking pictures of the brain) for epilepsy have magnetic resonance imaging (a type of neuroimaging that uses magnetic fields to produce a picture of the brain; often shortened to MRI).
4. Adults with epilepsy have a written epilepsy care plan that includes details about treatment and any preferences and lifestyle issues and is agreed between them and their healthcare team.
5. Adults with epilepsy see an epilepsy specialist nurse (a nurse who has training and experience in caring for people with epilepsy) who they can contact between scheduled reviews.

6. Adults who have had a prolonged seizure (a seizure that lasted 5 minutes or longer) or repeated seizures (3 or more seizures within 1 hour) have a written emergency care plan agreed with their healthcare team that sets out how they should be cared for if they have prolonged or repeated seizures again.

7. Adults who meet the criteria for referral to a tertiary care specialist (someone who works as part of a specialist centre with a team of healthcare professionals experienced in assessing epilepsy that is hard to treat or complicated) are seen within 4 weeks of referral.

8. Adults with epilepsy who continue to have seizures, have side effects from medication or need specialist advice (for example, a woman who is planning a pregnancy) are referred to specialist epilepsy services for a review.

9. Young people with epilepsy who are changing over from children's to adult healthcare services have a period of time when they are supported by both children's and adult services so that the changeover is handled smoothly.

## **Your care**

In the NHS, patients and healthcare professionals have rights and responsibilities as set out in the NHS Constitution ([www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_132961](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_132961)). All NICE quality standards are written to reflect these. You have the right to be involved in discussions and make informed decisions about your treatment and care with your healthcare team. Your choices are important and healthcare professionals should support these wherever possible. You should be treated with dignity and respect.

## **Information from NICE about epilepsy**

The full quality standard for the epilepsies in adults, written for healthcare professionals, is available from [www.nice.org.uk/guidance/QS26](http://www.nice.org.uk/guidance/QS26).

NICE also produces guidance (advice) for the NHS in England and Wales about preventing, diagnosing and treating medical conditions, based on the best available evidence.

NICE has produced guidance on epilepsy, available from [www.nice.org.uk/guidance/CG137](http://www.nice.org.uk/guidance/CG137). The guidance was used to develop this quality standard.

Information for the public about the care and treatment recommended in the NICE guidance on epilepsy is available from <http://publications.nice.org.uk/IFP137>. It is written to help patients, their families and carers to understand the care and treatment options that should be available in the NHS.

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