



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