

QUALITATIVE RESEARCH PROJECT ON THE UNDERSTANDING OF SUDEP AND EPILEPSY CARE AMONGST ID INPATIENT NURSES

Dr. R Malhotra, Trainee in Psychiatry of Intellectual Disabilities

Mental Health and Learning Disabilities Division, Betsi Cadwaladr University Health Board

INTRODUCTION

There is a significantly higher prevalence (20-25%) of epilepsy in people with intellectual disability (ID) compared to people without ID. Clinical management of epilepsy in people with ID can be challenging. There is growing recognition of higher levels of multi-morbidity and poly-pharmacy in addition to epilepsy in this group.

RESEARCH QUESTIONS

1. What is the understanding regarding risk factors and guidelines on Sudden Unexpected Death In Epilepsy (SUDEP) amongst nursing staff when caring for Inpatients with Intellectual Disability associated with Epilepsy?
2. Is there a demand for more training on this?

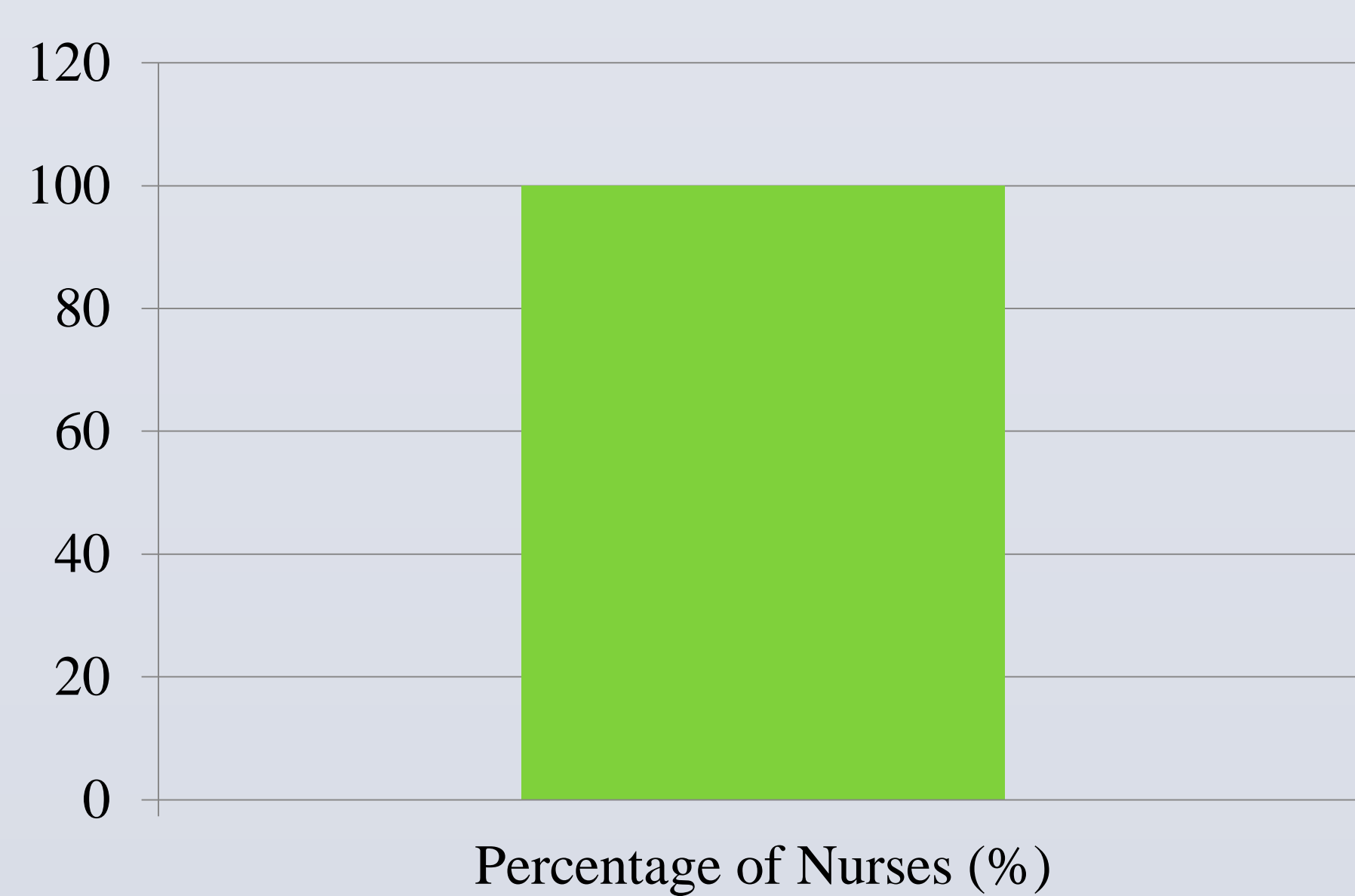
The study design was a qualitative research project with collection of data from primary sources. 15 semi-structured interviews were used to gather data from inpatient nurses ranging from student nurses to ward managers, on 3 wards in an ID hospital, using a standard set of questions with some flexibility round responses to allow different themes emerging. Responses will be anonymised, directly transcribed, coded and grouped into themes.

METHODS

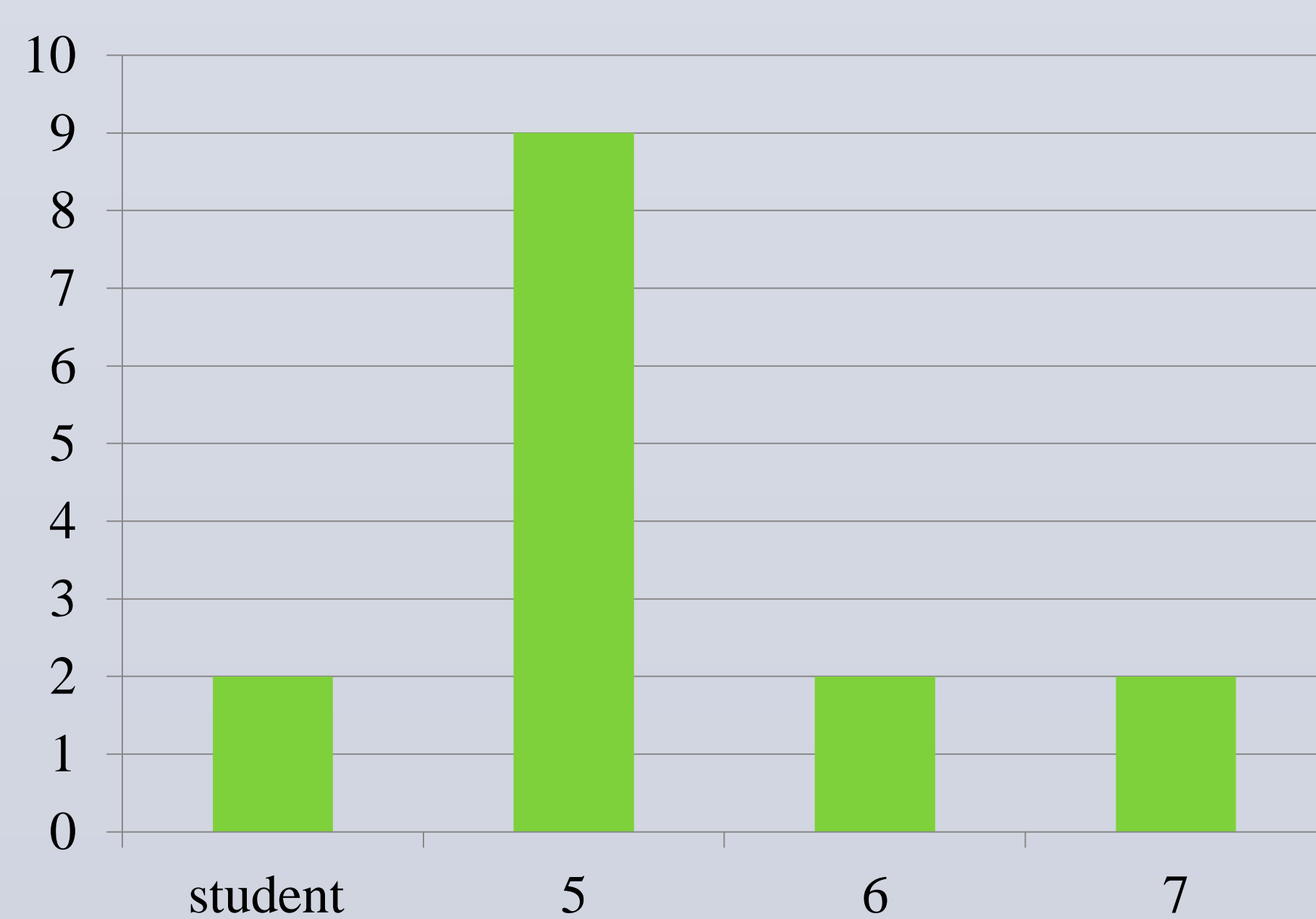
The study design was a qualitative research project with collection of data from primary sources. 15 semi-structured interviews were used to gather data from inpatient nurses ranging from student nurses to ward managers, on 3 wards in an ID hospital, using a standard set of questions with some flexibility round responses to allow different themes emerging. Responses will be anonymised, directly transcribed, coded and grouped into themes.

RESULTS

Proportion of nurses that had experience in caring for patients with epilepsy



Distribution of the number of Nurses who were interviewed by banding



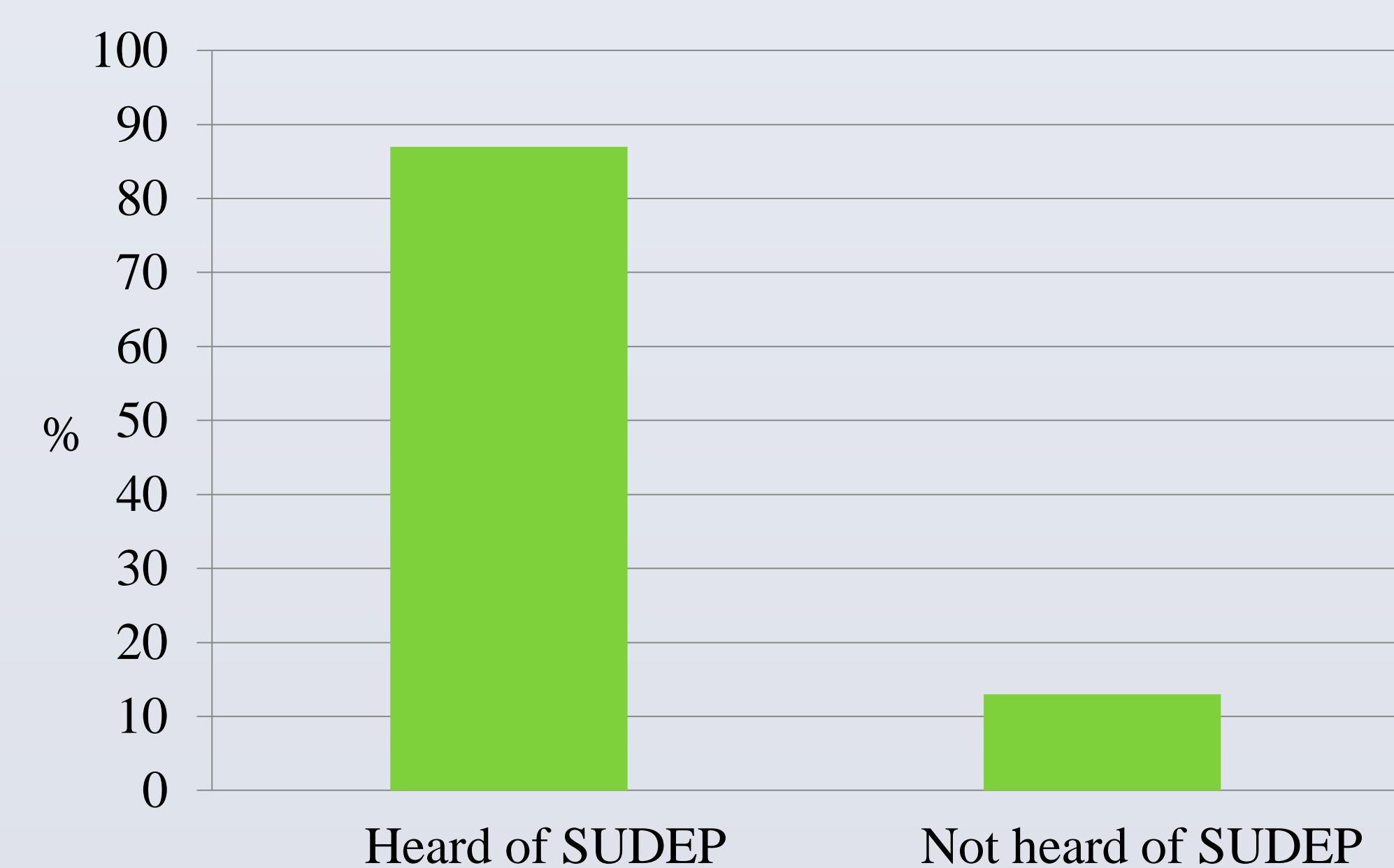
Confidence Grading by the Nurses in managing inpatients with Epilepsy from 1-10



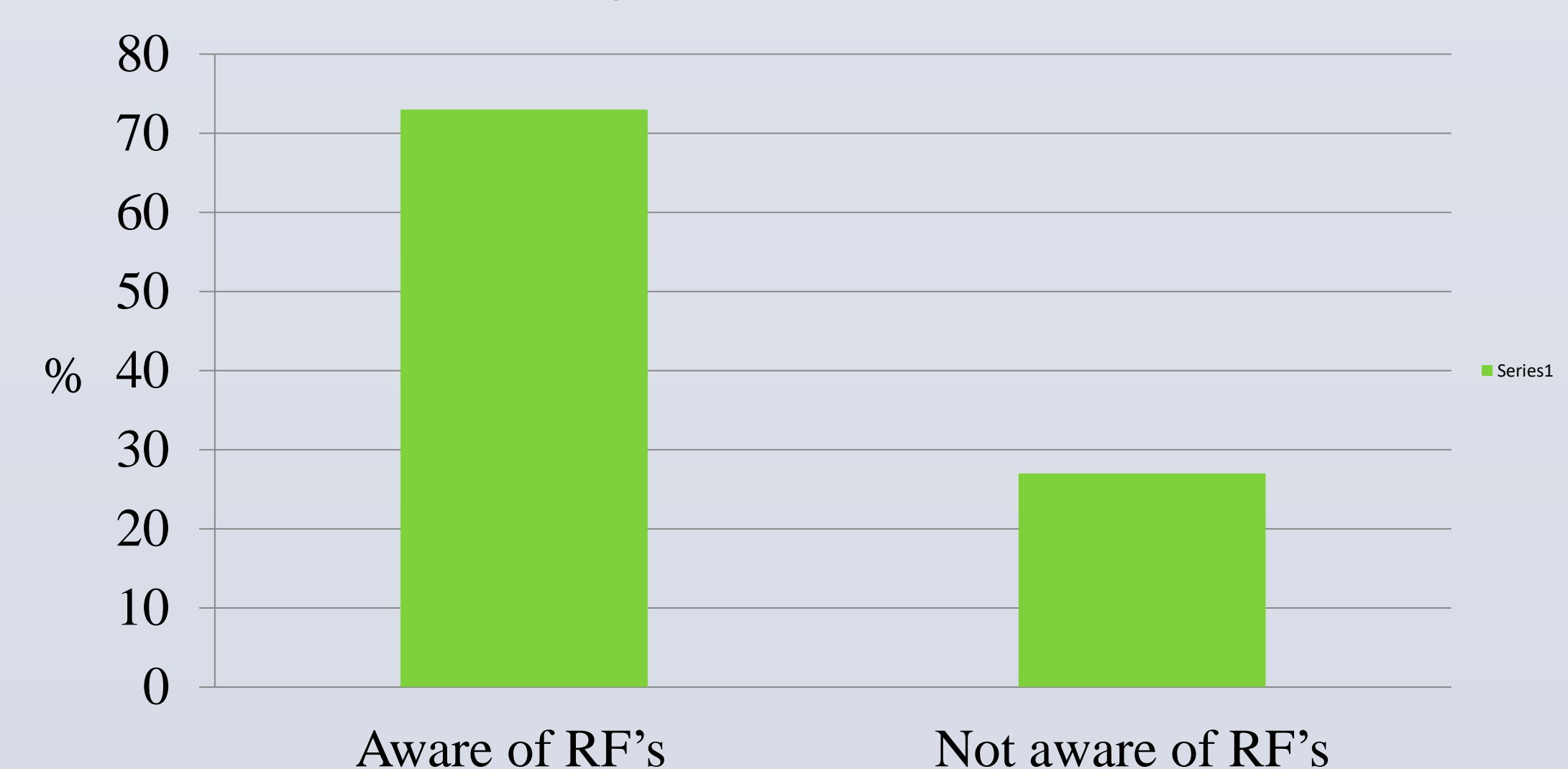
Key themes that emerged from the practical considerations when caring for patients with Epilepsy

1. Awareness of physical surroundings- bed, lighting, soft furnishing
2. Guidelines
3. Management aspects from the Care and Treatment plan
4. Awareness of the type of Epilepsy
5. Medication regime including PRN protocol

Percentage of Nursing Staff that have heard about SUDEP



Of the Nurses, who have heard about SUDEP, the proportion who are aware of Risk Factors and guidelines associated with it



Key themes emerging from Nursing Staff Interviews regarding SUDEP

1. All the nursing staff supported further training on SUDEP awareness
2. Majority accepted it will have a positive impact on their clinical work
3. This could be integrated into Epilepsy awareness training
4. Refresher training with real life scenarios would help with context and make it more memorable
5. It will be helpful if general management principles are available on the wards
6. Training will help increase confidence with emergency management
7. May be beneficial to shadow Epilepsy specialist nurse

CONCLUSIONS

As a cohort of ID nurses, there was very good awareness around SUDEP and practical aspects of caring for patients with epilepsy in ID wards. There was demand for more training.