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### Influence of patient counseling on medication adherence in epileptic patients

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#### ABSTRACT

The study was to examine the patient care services and pharmacist intervention for the promotion adherence to the treatment for epilepsy, evaluate the effects of patient education or patient counseling, or both on treatment completion in people requiring treatment for epilepsy and improve medication adherence among persons with epilepsy by implementing simple, but time-intensive interventions to evaluate the medication knowledge achieved by conventional verbal education and the influence of patient counseling in patients with epilepsy. Drug compliance and sources of information of the patients were also examined. Participants were 200 patients and children were 50 with epilepsy at a neurological clinic in Erode district that were referred by their neurologist. The impact of the study was examined under by giving counseling to patients taking antiepileptic drugs on both adherence and non adherences are also explored.

**Keywords:** Epilepsy, Patient counseling.

#### INTRODUCTION

Epilepsy is a common neurological disorder which demands immediate medical attention and often long term therapy.<sup>1</sup> The overall aim in treating epilepsy should be complete control of seizures, without causing any untoward reaction due to medication. A recent study in Bangalore, India reported that the problem is nearly two and half times higher in rural areas as compared to urban areas, where they are not receiving any treatment. The work was to study the influence of patient counseling on medication adherence in epileptic patients.

#### STUDY CRITERIA

##### Inclusive criteria

Children under the age 5-11years, Male 12-70 years, and Female 12-70 years.

##### Exclusive criteria

Accidental patients, Stroke patients, Pregnant & lactating patients, Psychiatric patients, and Neonates.

#### METHODOLOGY

In this study was conducted in people of Erode district, both in urban and rural population patients. Patient selection was done on the basis of clinical diagnosis of epilepsy and those who have been treated with anti-epileptic drug therapy.<sup>2,3</sup> The patients were randomly selected for patient counseling in out-patients department in Erode district at Tertiary care Neurology hospital for a period of six months, from August 2013 to January 2014. Patient counseling with a total of 250 patients 50 were children, 200 were adults (100 males & 100 female) which examined the effects of different

diagnosis and give counseling interventions on adherence to treatment of epilepsy patient counseling was done by the pharmacist for epileptic patients in hospital for children and to their care givers. Adolescents were counseled in hospital and through home visit.

## RESULTS

The patients were randomly selected for patient counseling, with a total of 250 patients, which examined the effects of different educational and counseling interventions on adherence to treatment for epilepsy. The studies were reported that the proportion of people who successfully completed treatment for epilepsy. Overall, education or counseling interventions increase successful treatment completion but the magnitude of benefit is likely to vary depending on the nature of the intervention, and the setting. At the end of the study 70% to 85% treatment effectiveness increased in the children and 60% in Females and 75% in Males. Adherence was less effective in females are when compared to males and children due to adverse effects of the drugs and non-adherence.

## DISCUSSION

Epilepsy is a neurological disorder that is characterized by recurrent, abnormal, and unprovoked seizures. This occurs due to hyper excitation of neuron. Diagnosis can be done by brain scan (positron emission tomography, single photon emission computed tomography, magnetic resonance imaging, computed tomography), EEG, blood test etc.

For individuals with epilepsy, adherence to medication is crucial in preventing or minimizing seizures and their cumulative impact on everyday life. Non-adherence to antiepileptic drugs (AEDs) can result in breakthrough seizures many months or years after a previous episode and can have serious repercussions on an individual's perceived quality of life. Reasons for non-adherence are complex and multilayered. Recently the concept of concordance has been promoted as a possible replacement to the notions of compliance or adherence, advocating a decision-making process where patients can feel more comfortable with their treatment. The promotion of concordance involves re-thinking the

relationship between clinician and patient, and this is likely to be a gradual process. An important finding of this study is that patients with epilepsy have better management behaviors with respect to their AEDs than other health aspects related to epilepsy (information, safety, seizure, and lifestyle).

An explanation for our results is that patients received counseling about medication adherence more extensively than other aspects of epilepsy management. We believe this is the case in our and other medical practices. Most practitioners tend to spend more time discussing medication adherence and side effects than discussing other social and safety issues related to epilepsy. It is routine clinical practice to reinforce medication adherence. This study highlights that other factors should not be ignored. Regular discussions with patients could include, but not be limited to, coping with the loss of independence, dealing with embarrassment, getting proper sleep, eating right, and/or attempting to better manage stress. Our data indicate where patients' weakness and therefore may benefit from increased counseling in these other areas.

## CONCLUSION

It is evident that if patient's seizures are not controlled by one AED there may be no point changing to another if the reason for lack of efficacy is non-compliance. Based on study shows that the proper patient counseling and patient education was important for the improvement of therapy in Epileptic patients.

The goal is not strict and absolute compliance but rather improvements in therapeutic response, which will be achieved by improvement in compliance with prescribed therapy on the basis of effective communication between the physician and the patient/caregiver concerning the response, problems with following the regimen, or adverse reaction to a drug. Communication is essential to ensure that physician and patient are working toward mutually agreed-on objectives. Pediatricians must continue to advocate for better health and appropriate therapeutics for their patients. Key conclusions from these studies are that the assessment of compliance should be a routine part of the management of epilepsy and physicians should consider pre-scribing

the simplest regimen with the fewest daily doses and tablets.

## SIGNIFICANCE

This work may benefit to practicing Pharm D students, clinical pharmacist and physician and other health care professionals. Epilepsy is a chronic disorder that continues to be a huge economic burden. Although newer AEDs aim to increase treatment success and decrease the risk for adverse effects, there is still a strong need for improving patient outcomes. Patient adherence is important for improving the symptoms of epilepsy.<sup>4,5</sup> This work helps to conclude that there is a relation between epilepsy and patient adherence.

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