



EPIPICTO: A pictorial guide for adults in epilepsy



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Interessenvereinigung für
Anfalls Kranke in Köln e.V.





Slides to use with tutors



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What is EPIPICTO?

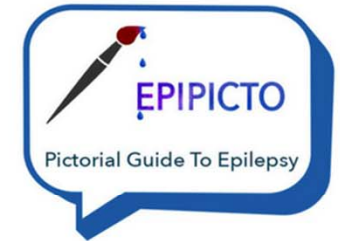
Erasmus + Project 2017-1-MT01-KA204-026946



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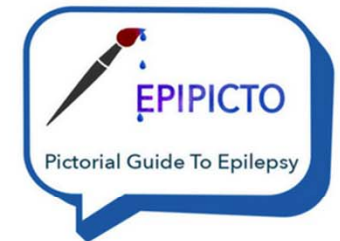
What is EPIPICTO?

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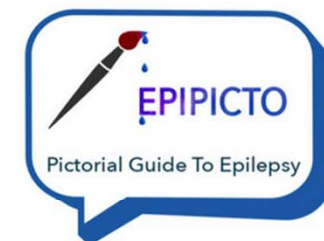
- This project aims to address adults with epilepsy who are at the risk of social exclusion such as migrant persons, persons living in isolated areas in Europe and persons with low literacy levels and low health literacy.
- These persons are marginalised because of their health conditions, stigma and discrimination.
- The guide will contribute to the social inclusion of these persons by using a pictorial guide to overcome language barriers and literacy issues.

Why EPIPICTO?



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Aim of EPIPICTO



- The aim of the guide is to share information about what epilepsy is, and what it is not.
- The guide will allow for easy knowledge transfer on facts about epilepsy.
- It is envisaged that this will also help adults with epilepsy to improve their health-seeking behaviour, contribute to an improved quality of life and in turn contribute towards a reduction of stigma based on misinformation and ignorance.

Aim of EPIPICTO



- The contents will explain
 - what epilepsy is and what it is not (dispelling myths),
 - medication and treatment options,
 - epilepsy first aid,
 - how to reduce seizure frequency,
 - information for families.
- Graphics will be used extensively for the guide, to create appropriate images complementing the minimal text used.

How to use EPIPICTO?



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How to use EPIPICTO?



Before using EPIPICTO, it is important that all trainers:

- Should familiarise themselves with the content of this curriculum and learning guide
- Should make sure their understanding of epilepsy is up to date by undertaking a short training course or researching a reliable website such as Epilepsy Action UK.
- Be aware of the limits of their knowledge and be ready to signpost the person to local sources of help. Check for a list of support groups in your area by going through the IBE website www.ibe-epilepsy.org

How to use EPIPICTO



- Make sure they understand and are able to address the culturally-appropriate aspects and consequences of a diagnosis of epilepsy, including stigma
- Consider who will be at the end user during the training session e.g. a partner/carer/friend who could support the person to manage epilepsy, seizures and medication
- Think about how you are going to use EPIPICTO and how much time you will need to work through it

How to use EPIPICTO?



- It is to be kept in mind that EPIPICTO is not a substitute for medical advice from a healthcare professional but it provides basic information that will help staff working with target audiences to start a conversation about epilepsy.
- All this will be undertaken by common and mutual learning in intercultural contexts, which will aid to promote transfer of knowledge and experience and strengthen the educational dimension that will then ultimately improve the quality of life for persons with epilepsy.
- This learning guide is developed within an ECTS (European Credit Transfer System) framework, to ensure translatability within Europe for life-long learning purposes.

The guide

- Simple but clear drawings
- Can be understood on their own
- Simple text
- Easily translatable



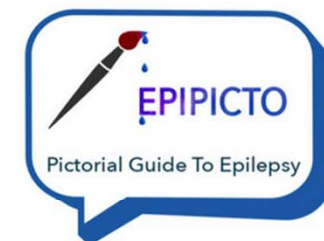
Who can use it?



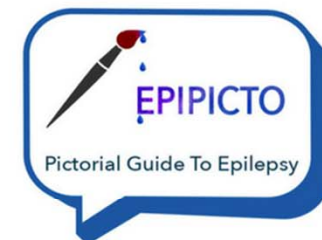
It is planned that the guide will be made available online as an open resource so that the limited text can be easily translated into other languages. It is so far available in the following languages:

- English
- German
- Dutch
- Maltese
- Italian
- Spanish
- Russian
- Portuguese
- French
- Arabic
- Urdu

The guide: overview

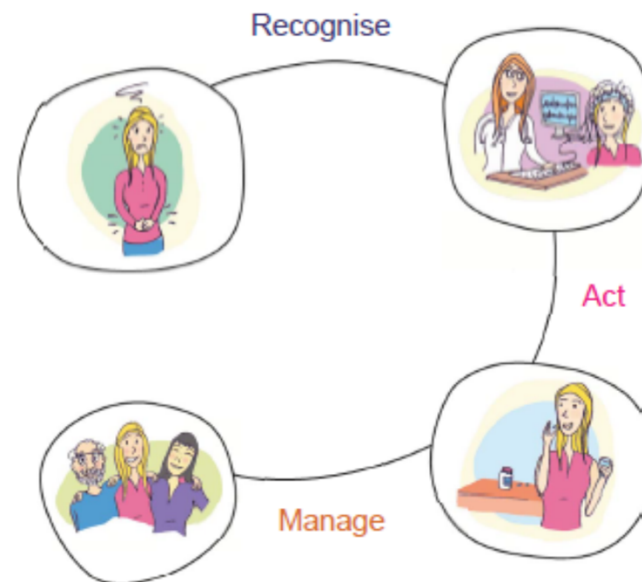


- What is epilepsy? What causes epilepsy?
- Types of seizures
- Diagnosis
- Treatment
- What to do if a seizure happens
 - DO NOT.....
 - When the seizure stops:
 - Call an ambulance IF.....
- How to prevent and deal better with seizures
- Other useful information
- For family and friends



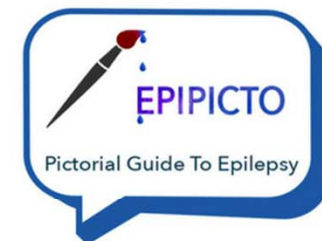
Slides to use in a group

Epilepsy



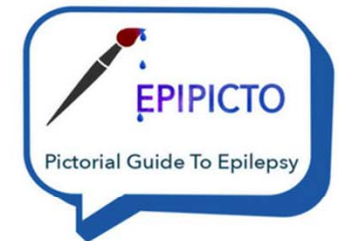
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About Epilepsy



- **Epilepsy** is a common brain condition:
- Parts of your brain become confused and send mixed messages to your body.
- This is called a seizure

About Epilepsy

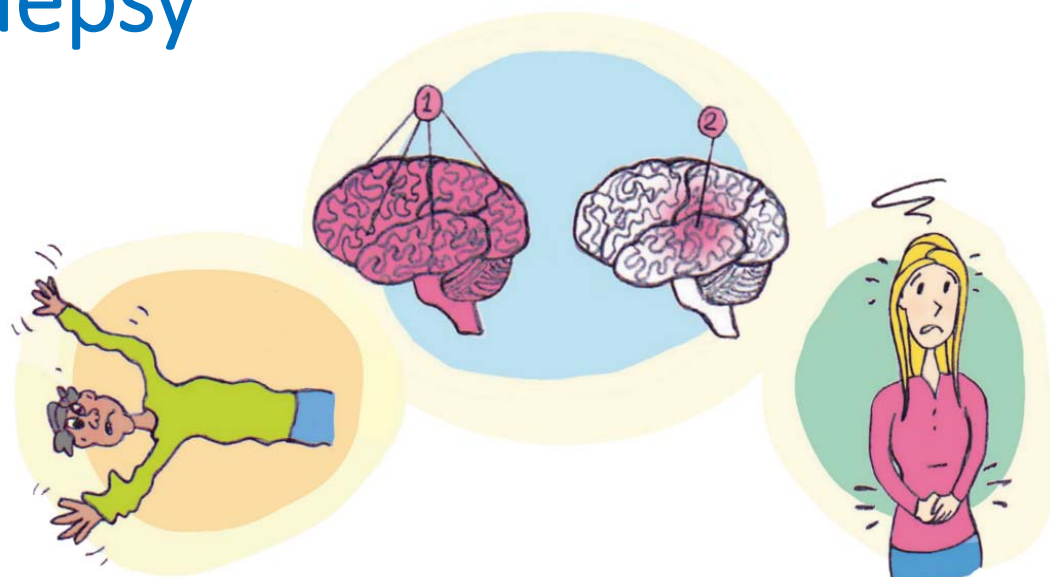


- Anyone can have epilepsy.
- Sometimes it is caused by brain injury, illness / infection, stroke or genetics. Sometimes the cause is unknown



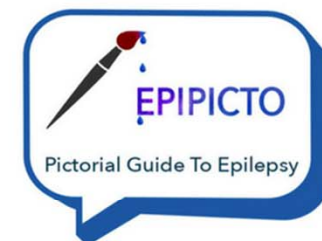
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About Epilepsy



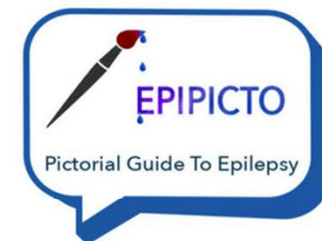
- In some seizures, the whole brain is affected. The person might fall down and shake, or stare.
- In other seizures, only part of the brain is affected. The person stays awake but might not know what is happening around them.

About Epilepsy



- If you have seizures, please visit a doctor.
- They will ask you about your seizures.
- You may need to have some tests.

About Epilepsy



- Medicine can help to control your seizures

What to do in case of a seizure

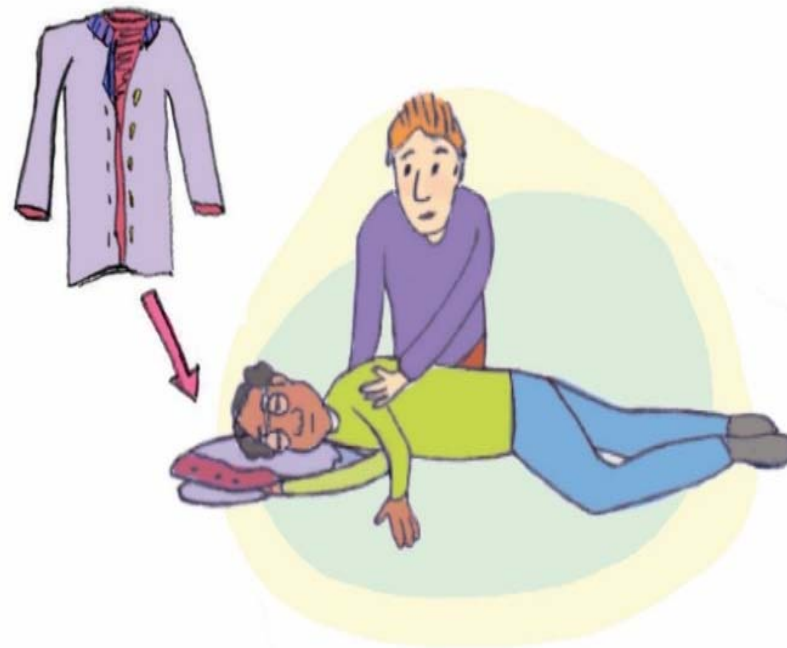


- Stay calm. Clear a space around the person



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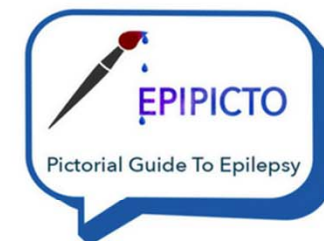
What to do in case of a seizure



- Put something soft under the person's head during a seizure.

Let the person lie down until they feel better.

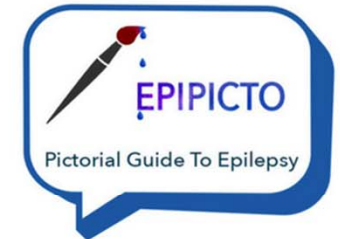
What to do in case of a seizure



When the seizure stops:

- Turn the person on their side.
- Make sure they can breathe.
- Check if they have any injuries.

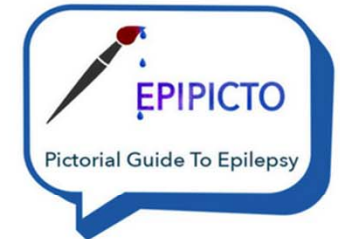
What to do in case of a seizure



Stay with the person until they feel better.

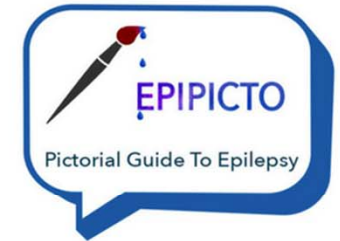
Take note of what has happened.

Call an ambulance if:



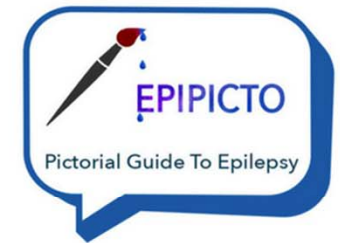
- The seizure lasts more than 5 minutes.
- The person does not wake up.
- You are worried about the person's breathing.
- The person is hurt.
- Another seizure happens soon afterwards

Do not:



- Do not try to stop a seizure or hold the person

Do not:

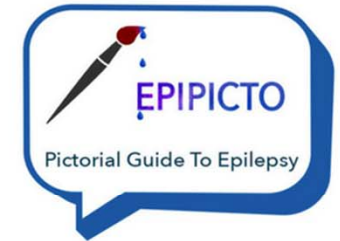


- Do not move the person unless they are in danger



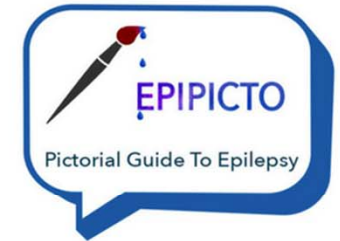
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Do not:



- Do not put anything in the person's mouth

How to deal with your epilepsy:



- Talk to your doctor about your seizures and medication and follow their advice.

How to deal with your epilepsy:



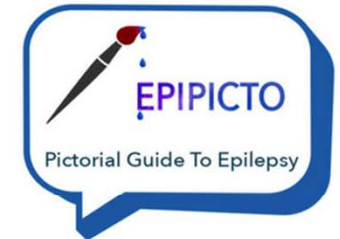
- Remember to take medicines regularly

How to deal with your epilepsy:



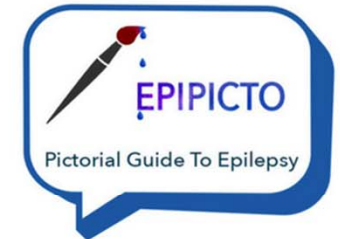
- Write down when you have seizures.
- This will help your doctor find the best medicines.
- Keep note of what might trigger your seizures

How to deal with your epilepsy:



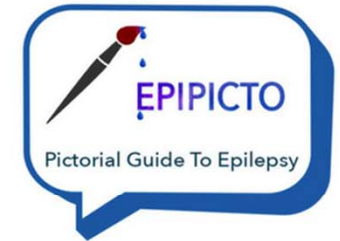
- Missing sleep can cause seizures.
- Try to get plenty of rest

How to deal with your epilepsy:



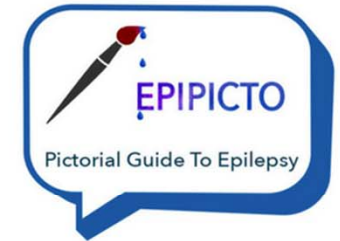
- Eat a healthy diet

How to deal with your epilepsy:



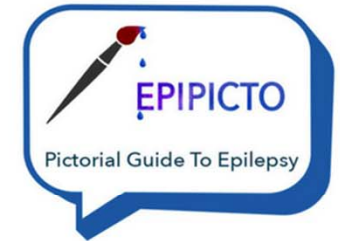
- Stress can cause seizures.
- You can't avoid it but you can learn how to deal with it.

How to deal with your epilepsy:



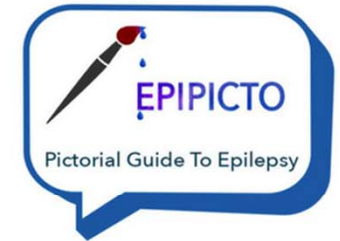
- Get some fresh air and exercise every day

How to deal with your epilepsy:



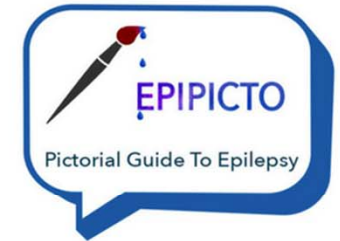
- Talk about your epilepsy with your friends and family.

How to deal with your epilepsy:



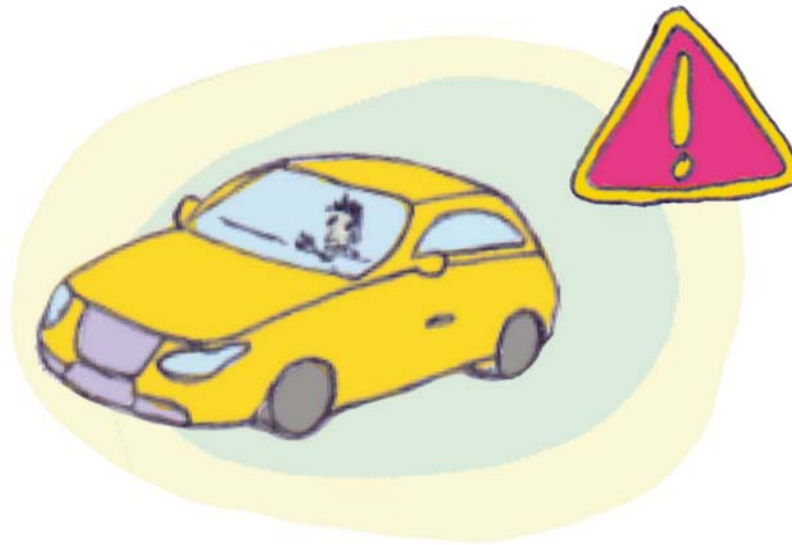
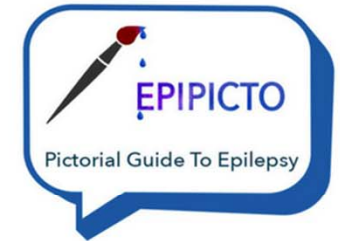
- Some people get a warning that a seizure is coming.
- The warning might be a smell or strange taste in your mouth.

How to deal with your epilepsy:



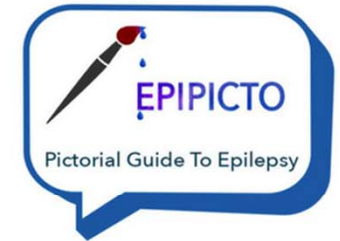
- After a seizure, you might feel tired or confused or dizzy.
- You will feel better soon.

How to deal with your epilepsy:



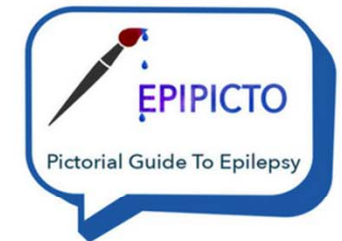
- If you are having seizures, you are not allowed to drive a car.
- Ask your doctor when it is safe to drive.

How to deal with your epilepsy:



- Take a balanced approach to life.

How to deal with your epilepsy:

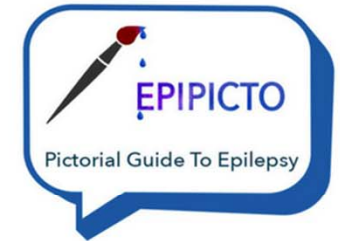


- Epilepsy is only one part of you!
- Try to enjoy your life. You do not need to stay at home.
- If flashing lights trigger seizures then be careful



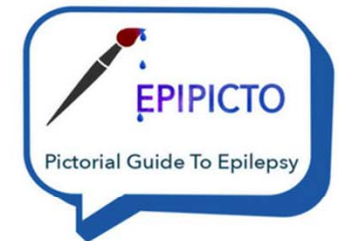
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How to deal with your epilepsy:



- You can still study, learn or work.
- There are people who can help and support you.

How to deal with your epilepsy:

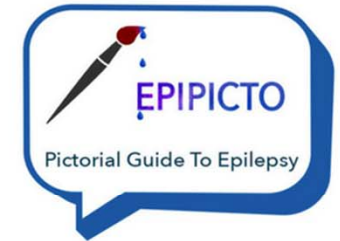


You can have a normal life, but you may need to make some changes.

- Spend time with family and friends. Find a local support group.
- Don't be afraid to ask for help. You can have a relationship and have children.

Women with epilepsy must talk to their doctor if they want to have children

How to deal with your epilepsy:



- ***EPIPICTO: Pictorial Guide to Epilepsy is to help you talk about epilepsy.***
- ***It is not a full guide about epilepsy.***
- ***It gives some basic information and tips to live your life well.***
- ***Please talk to your doctor for personal advice about your epilepsy and medication.***

About EPIPICTO:



EPIPICTO is a joint project of 5 European epilepsy associations:



Caritas Malta Epilepsy Association

www.caritasmalta.org/services/epilepsy



Epilepsie Dachverband Österreich (EDO)

www.epilepsie.at



Epilepsy Connections (Scotland)

www.epilepsyconnections.org.uk



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www.epilepsie-selbsthilfe.de/koeln



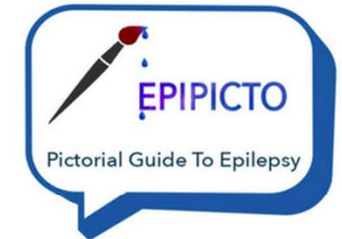
Stichting Epilepsie Instellingen Nederland (SEIN)

www.sein.nl



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For more information:



For more information, please visit our website www.epipicto.eu
or email us epipicto@gmail.com



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