

Non-Epileptic Spells (seizures)

Getting Ready to Learn About my Spells

Learning something new can be hard when you are not feeling well. Here are some good things to tell the staff:

- Who do you want to learn with you? We would like to have someone who will be helping you at home learn with you.
- What is the best way for you to learn? Do you learn best by reading a book or pamphlet or learning by doing things yourself?
- If you are not feeling well, if you are in pain or you cannot focus on learning right now.

Because this teaching is about your health, the staff may explain something more than once and give you information in “small” pieces over several days.

By the time I leave the hospital I will be able to tell the staff:

- What my spells are.
- The causes of my spells.
- The treatment of my spells.
- Whether I can drive.
- The importance of my diagnosis and treatment plan.

The staff will use three questions and answers to teach me:

1. What is my main problem?
2. What do I need to do?
3. Why is this important to me?

The staff will ask me to repeat back important points in my own words, or ask me to show them what I have learned. They want to make sure that I know about my spells and how to take care of myself.

What is my main problem?

I have been having a type of non-epileptic spell called psychogenic seizures. These spells look like seizures, but they are not caused by abnormal electrical discharges in the brain. This kind of spell is usually caused by past emotionally or physically hurtful events. They can be triggered by stressful or emotional situations. They are real spells that I cannot control. The emotions I feel can cause a reaction in the body that results in these spells. I need to know what this means to me and how my life will be changed. I need to know how to treat the spells and what I need to do to help myself.

What do I need to do?

I will be able to tell the staff the treatment of my spells.

- My treatment will be provided by a mental health professional.
- My treatment may involve counseling, stress-reduction techniques (such as relaxation and biofeedback training), and personal support to help me cope with the spells during my course of treatment.
- My neurologist may continue to see me.
- If I follow my treatment plan my spells are more likely to disappear.
- I will need to keep my doctors appointments to ensure that I get treatment for my spells.
- Counseling is not a quick fix and takes time.
- Any seizure medication that I may have been taking will be slowly stopped.

I will be able to tell the staff if I can drive.

- I will talk with my neurologist and counselor and follow their advice. Each person is different.
- I understand that following my doctor's advice on driving restrictions is a legal obligation I have. I am keeping myself and others safe by following these recommendations.

Why is this important to me?

I have been diagnosed with non-epileptic spells (psychogenic seizures). With treatment I may be cured. Following my doctor's advice will give me the best chance of recovery. Treatment takes time. I need to be patient with my treatment plan. I know that most people with this

diagnosis can be cured. Every day that I follow my treatment plan I am taking steps to get better.

I have received this education plan as a part of my care and to help me understand my non-epileptic spells.

Non-Epileptic Spells (Psychogenic Seizures) Education Plan

Resources for Staff

- Lippincott Manual of Nursing Practice 9th edition. Chapter 426 – Approach to the patient with seizures

Teaching Tools (Items given to the patient)

- Non-Epileptic Spells (seizures) Education Plan

References:

- [Psychogenic \(Non-Epileptic\) Seizures: A Guide for Patients & Families](#)
- [Epilepsy Foundation Website - Nonepileptic Seizures](#)

Approved by:

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