



*RCPCH EQIP **Epilepsy quality improvement programme**

Improving Mental Health Support Pathways in Adolescents with Epilepsy

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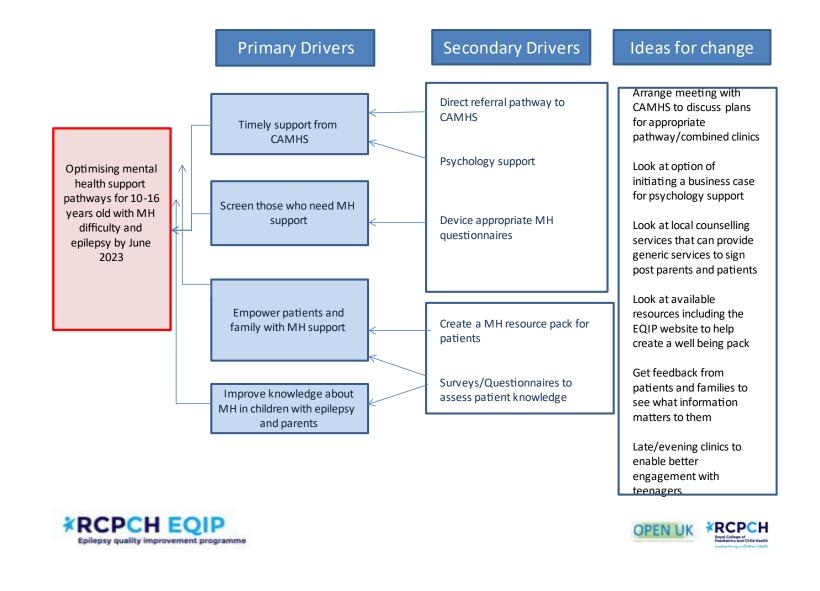
Aim/purpose:

To optimise mental health support pathways for 10-16 year olds with mental health difficulties and epilepsy.

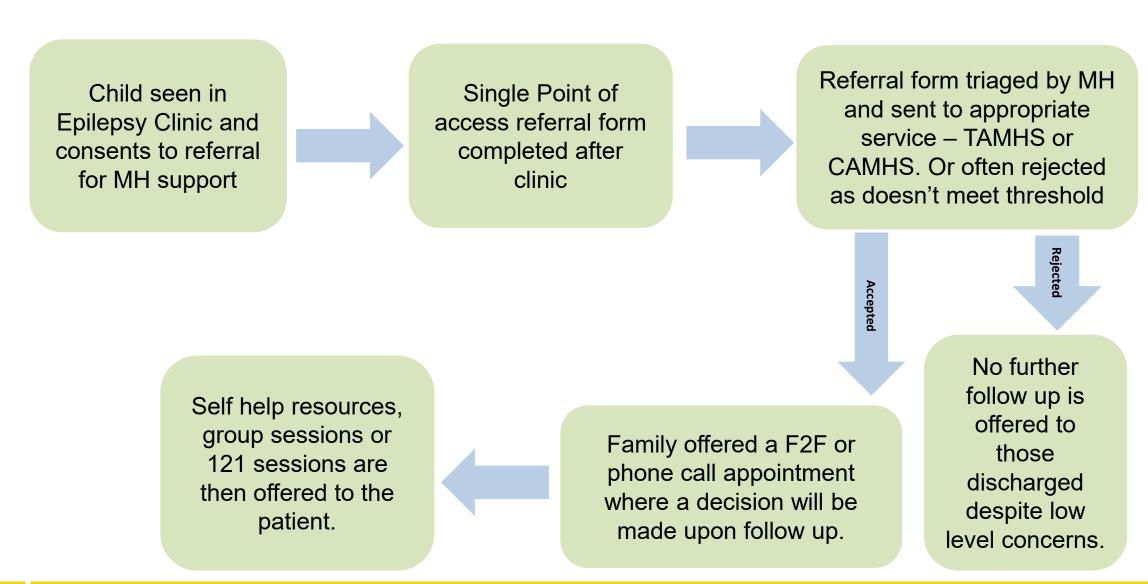
What is the problem:

We are aware that the mental health support in our area is significantly lacking and often involves significant wait times. That coupled with the high likelihood of mental health comorbidities in our epilepsy patients leaves a significant gap in our service.

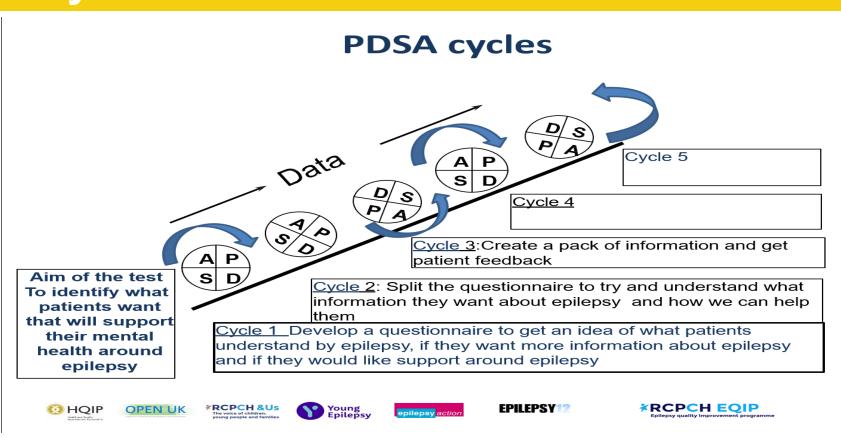
Driver Diagram



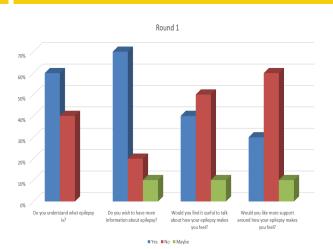
Process Map for Current Mental Health Referral Pathway



PDSA cycles



What our tests revealed



Round 1

Round 2

- · A significant number of the children we asked did not understand what epilepsy was - despite being diagnosed with it
- 70% of the children wished to have more information around epilepsy.
- We assumed that children would want to talk about their epilepsy and how this makes them feel but this wasn't the case. Discussed that this would be hard to answer if you didn't know what epilepsy was.

- Still a high number of children didn't understand what epilepsy is we felt this was important to address.
- 50% of patients felt concerned or worried about their epilepsy.
- Children felt that they would like more information about epilepsy as well as mental health support

Data/Results/Patient engagement feedback



Team personal learning/Team highlights

- We were surprised to learn that the majority of our patients weren't aware of what their epilepsy diagnosis meant or wanted more information. We felt that addressing this may also positively impact upon their mental health.
- Good interprofessional working with both CAMHS, TAMHS and School Nursing Team.
- There is limited to no immediate support for children who present with mental health concerns unless in crisis. Research suggests that early intervention may prevent crisis later on.
- Majority of adolescents asked, did not want face to face support for their mental health.
- Our initial round of questions weren't necessarily age appropriate for all the children we asked - defined age group and created age appropriate questions.
- **DON'T ASSUME WE KNOW WHAT CHILDREN WANT!!**

Successes/Challenges

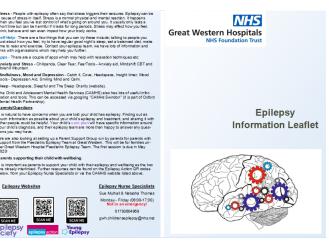
Successes

- Able to create a booklet on epilepsy with information around MH and links to supportive services. Gained an understanding of what
- adolescents would find useful. Good integrated working with other
- epilepsy teams and school nurses. First parent support group has been booked.

Challenges

- Unable to change the pathway as this is primarily managed by MH teams.
- Had initial engagement from Oxford CAMHS but this petered out over time.
- Having age/diagnosis appropriate patients in clinic to involve in this project, this was primarily out of our control depending on follow up time restrictions and bookings made by our Booking's Team.
 - Time!

Next steps



- We have created a Epilepsy Information Leaflet which includes information on epilepsy and mental health support. We hope to implement this in practice imminently. This will act as a first line support for children who present with mental health co-morbidities in clinic with links to apps and websites.
- We have set up a parent support group for parents of children with epilepsy in order to provide peer support. We'd like to expand this in the future to children with epilepsy.
- Continue to receive feedback on our booklet and make appropriate improvements when required.