

## Patient information

# The children's epilepsy specialist nurse



## Information for patients, parents and carers

### Introduction

Epilepsy is a common neurological condition affecting around 600,000 people in the UK. Whilst epilepsy tends to present most commonly in childhood, it can occur at any age.

This leaflet explains the role of the children's epilepsy specialist nurse and how they can support you in caring for you/your child.

## **What does the children's epilepsy specialist nurse do?**

The nurse specialist's role is to help, advise and support children and young people who have epilepsy and their families.

If you have been told your child has epilepsy, there may be questions you wish to ask. These may include:

- What is epilepsy?
- Why has my child developed it?
- How will it affect their life and ours?
- Will they be taking medication forever?
- What tests will be done?

There may be many more questions and things you wish to discuss. The epilepsy specialist nurse will help and support you, both at the time of diagnosis and following diagnosis.

## **How can I find out more about epilepsy?**

The children's epilepsy specialist nurse can spend time with you and your child in clinic or at home to discuss any issues or questions you may have about epilepsy and how it may affect your child. The nurse can give you information on topics such as:

- Leisure/sports activities
- First aid-safety
- Medication/side-effects
- Healthy diet/lifestyle
- Rescue medication
- Support networks.

## **How do I contact the children's epilepsy specialist nurse?**

The children's epilepsy specialist nurse can be contacted at:

Rainbow Ward (Ward F1), West Suffolk Hospital, Hardwick Lane, Bury St Edmunds, IP33 2QZ

Tel: 01284 713748

Mob: 07929661895

These contact numbers are for non-urgent calls only.

## Other useful contacts

Rainbow Ward: 01284 713790 / 01284 713315

If your child is unwell and you require urgent/emergency assistance, please contact your GP, attend the Emergency Department or call 111/999.

## Useful sources of information

Epilepsy Action

Helpline: 0808 800 5050 (Freephone)

[www.epilepsy.org.uk](http://www.epilepsy.org.uk)

Young Epilepsy

Helpline: 01342 831342 (Monday to Friday, 9am – 1pm)

[www.youngepilepsy.org.uk](http://www.youngepilepsy.org.uk)

For information on antiepileptic medications:

[www.medicinesforchildren.org.uk](http://www.medicinesforchildren.org.uk)

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)*

<https://www.accessable.co.uk>

