

# Talk Epilepsy



# Talk Together

We hope you found your Talk Epilepsy pack useful.

Instead of taking all the information in your Talk Epilepsy pack to discuss with your doctor you may find it helpful to summarise key diary entries, questions and goals on this form and take it with you to your next consultation. It will help you focus on what you most want to discuss with your doctor.

## My Questions (refer to Your Questions)

The two questions that I would most like to ask my doctor are:

*e.g. Can you recommend any places that I can get help with my epilepsy near my home, like patient groups or networks?*

1. ....

.....

2. ....

.....

## My Goals (refer to Your Goals)

The two goals [either personal or epilepsy care goals] that I would like to discuss with my doctor are:

*e.g. My goal is to go on holiday abroad this summer. What steps should I take to ensure that I live well with epilepsy while I am away?*

1. ....

.....

2. ....

.....

Turnover to complete

## My Epilepsy (refer to Your Diary)

Are there any changes in my seizures since my last visit that I would like to discuss with my doctor?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

Am I experiencing any side effects from my antiepileptic medication that I would like to discuss with my doctor?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

## My General Health

On a scale of 1-10, please rate the following. A score above 5 would be a good rating and a score below 5 would be a poor rating.

How am I managing day-to-day living with epilepsy?

Not very well Very well

1 2 3 4 5 6 7 8 9 10

