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# Impact of counseling program for adolescent and adult epileptic patients and their families in Assiut University Hospital

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## Abstract:

Epilepsy is a manifestation of brain neural hyper excitability. It is a symptom complex CNS disorder of a variety underlying etiologic causes. Seizures occurring across the spectrum of age, gender, race, and economic background. The aim of the study was conducted to investigate the impact of counseling program for adolescent and adult epileptic patients and their family also implement and evaluate the out come of a counseling program for the families and epileptic adolescent and adult. The study was carried out in epileptic out patient clinic of Assiut University Hospital. The design is descriptive design (pre, post, and follow up after six months). The total of epileptic adolescent and adult 100 and 50 families of epileptic patients. Two tools were used to collect data 1- Questionnaire sheet to assess family and epileptic adolescent and adult knowledge and care for epileptic. 2- Structured observations check list to assess family performance during seizures. 46% of male and female epileptic adolescent and 43% ranged from 18-40 years of male and female epileptic adult. Overall 20% ranged from 40-50 years. The occupation and education were associated significantly with epileptic adolescent and adult knowledge. This difference was statistical significant. On the other hand, there was significant decrease in the trend of total prevalence of epilepsy due to environmental, hereditary and trauma. The study recommended: Establish a counseling health team to guide the family of the epileptic adolescent and adult health education to effect significant on patients knowledge, performance related to care of epilepsy and recommended to conduct an applied training program on care of epileptic adolescent and adult to the nurses to educate them for every epileptic patients.

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