

# Epilepsy

## Open Review Pathway

**This leaflet will explain how our Epilepsy Open Review Pathway works, and what you can expect from it. If you have any further questions or concerns, please do not hesitate to contact one of the nursing team.**

### What is the Open Review Pathway?

You are seizure-free or your symptoms are now considered to be stable. You will be placed on our Open Review Pathway for two years, rather than offering you a specific appointment in the future that you may not require. Your GP will be contacted to let them know that no future appointments have been made to see you in hospital. Please continue to follow your agreed care plan and monitor any changes during this time. Please contact us if you have lost it or need another copy.

### What if I need to see my epilepsy specialist?

If for any reason your circumstances should change (within two years of being placed on the Open Review Pathway) and you require an appointment, you can contact the epilepsy nurse team (details at the end of this leaflet), detailing your concerns. Your concern will be reviewed by a member of the epilepsy nurse team and you will receive a telephone call or a return of email offering further advice. This email inbox and telephone voicemail is only monitored Monday to Friday, 9am to 5pm. We aim to respond in two working days. If you need urgent care please attend your nearest Emergency Department (A&E) or dial 999.

### When you might need to contact us

- You experience an increase in your seizures without any triggers.
- You experience a change in symptoms.
- You experience any side effects from taking your epilepsy medication.
- You are planning a pregnancy or are pregnant.
- You are considering contraceptive choices.
- You wish to have a review of your medication or treatment.

### What happens next?

If you do not require the service of the epilepsy team after two years of being placed on the Open Review Pathway, you will be discharged from our services to be managed by your GP. If in the future you need to be seen by an epilepsy specialist, your GP can refer you back to us.

### Useful sources of information

Epilepsy Action **t:** Free phone 0808 800 5050 **w:** [www.epilepsy.org.uk](http://www.epilepsy.org.uk)  
Epilepsy Society **t:** 01494 601400 **w:** [www.epilepsynse.org.uk](http://www.epilepsynse.org.uk)

## Contact us

Epilepsy nurse team **t:** 020 7188 7188, ext 51514 **e:** [gst-tr.epilepsynurse@nhs.net](mailto:gst-tr.epilepsynurse@nhs.net), Monday to Friday, 9am to 5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets).

## Driving advice

If you do experience a seizure and you currently hold a driving license, you are advised to stop driving prior to your clinical review and you must inform the DVLA, **t:** 0300 790 6806

[www.direct.gov.uk/en/Motoring/DriverLicensing/MedicalRulesForDrivers](http://www.direct.gov.uk/en/Motoring/DriverLicensing/MedicalRulesForDrivers)

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

## Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

**t:** 0800 731 0319 **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

**Leaflet number: 4528/VER1**

Date published: December 2017

Review date: December 2020

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A list of sources is available on request