



Living Beyond Epilepsy: A Resource for Educators

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Caritas Malta Epilepsy Association



Who are we?

Who are we?

- Caritas Malta Epilepsy Association (CMEA) is a 100% voluntary organisation.
 - set up in 1996, now almost 300 members.
 - May 2001, accepted as a Full Member of the International Bureau for Epilepsy (IBE).
- aims to
 - promote education and local awareness about epilepsy, especially because of the stigma suffered by people with this condition in society.
 - improve health care services, and treatment and social acceptance of epilepsy.
 - Increase public and professional awareness and dispel myths about epilepsy



We are all different



We are all different



**This is Jim.
He is six years old. He has black hair and
brown eyes. Jim likes to run, swim, play
and have fun.**

We are all different

- No one is perfect
- There is something in all of us which we don't like
- Some are too tall, some are too short
- Some are too fat, others too thin



We are all different

- Some of us need to wear glasses
- Others cannot hear very well
- Some need to use a wheelchair



We are all different

Some people have different medical conditions

- Asthma
- Allergies
- Diabetes
- Epilepsy



**What comes to your mind
when you hear the word
epilepsy?**

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when you hear the word
epilepsy?**

**It's a hidden condition and occurs only for parts of
the time**

Famous people with epilepsy

- Julius Caesar



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Famous people with epilepsy

- Leonardo da Vinci



Famous people with epilepsy

- **Napolean**





Epilepsy

'There is more to epilepsy than just seizures'

- Epilepsy can affect anyone, at any age, from any social or racial background, damage health and disrupt every aspect of life, imposing physical, psychological and social burdens on individuals and families.
- It is estimated that 40% of children with epilepsy have difficulty at school.



Epilepsy

'There is more to epilepsy than just seizures'

- Improving information about epilepsy and addressing stigma towards epilepsy by educators in educational settings is a key step in ensuring an improvement of the quality of life of young persons with epilepsy.
- The aim of this best practice was to use a **teacher's pack** to reduce the perceived stigma towards epilepsy by educators, in Malta and Gozo and improve their knowledge of epilepsy

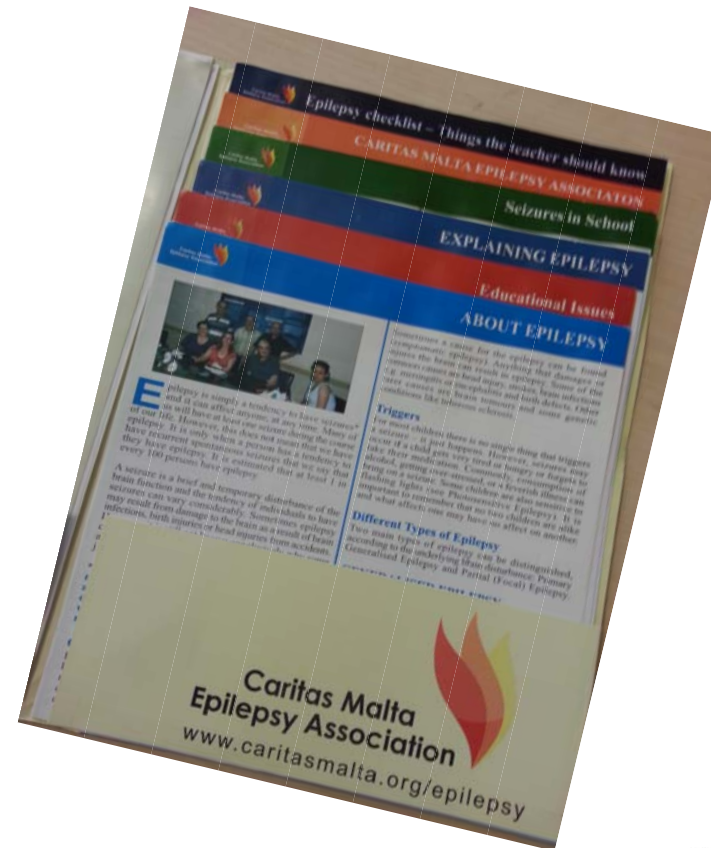


Epilepsy

'There is more to epilepsy than just seizures'

- An estimated 300,000 new cases of epilepsy are diagnosed each year in Europe, where more than six million people have this condition, affecting 20 million family members.
- **"Living Beyond Epilepsy – A Resource for Educators"** is an information pack on epilepsy which allows educators to how to learn more about epilepsy and understand better children with epilepsy and their families.



Living Beyond Epilepsy: A Resource for Educators



Living Beyond Epilepsy: A Resource for Educators

PROTECT
Protect your school

DID YOU KNOW? FACTS ABOUT EPILEPSY



Most people recover from a seizure after a few minutes without any special help or medical intervention

Most people can have their seizures controlled by medication

Every brain can have a seizure

Isaac Newton

REASSURE

PROTECT

Epilepsy is the most common neurological condition affecting 50 million people worldwide

Many famous people had/have epilepsy

In over 50% of cases the cause is unknown

EPILEPSY DISCUSSION

1. If you epilepsy how might you feel if you joining a new class or school?

2. Think of some words to show how best you could help/support someone in your class if they had epilepsy.

3. In every 100 people in Malta have some form of epilepsy





Epilepsy

'There is more to epilepsy than just seizures'

- The Teacher's Pack was launched by the former Minister for Education, Employment and the Family Mrs Dolores Cristina.
- It is directed at teaching staff as part of an awareness campaign on epilepsy.
- Knowledge on how to deal with such situations could be of great assistance to persons affected as well as to those around them.





Epilepsy

'There is more to epilepsy than just seizures'

- The pack contains information addressing issues such as
 - explaining epilepsy,
 - seizures in schools,
 - what to do in the case of a seizure,
 - a checklist on what teachers should know about this condition.

Outcomes and Evaluation

- The pack has been used as an integral part of a 3 day inservice course for educators.
- A social stigma of epilepsy instrument was used to assess which contained questions about the individual perception of epilepsy. The SSE scores ranged from 0 (no stigma) to 100 (maximum stigma) The overall mean scores of the SSE at the beginning of the course were 31.86 while following the course, it was reduced to 27.86.
- At the beginning of the course, the items which were perceived as beginning the most common difficulties people with epilepsy have in their daily lives are emotions and prejudice, while at the end of the course, these were school and work.

Developments

- **This analysis showed that this pack is a very useful tool for tailoring the education of educators working in this field of epilepsy**
- **In 2013, the new Minister of Education, Mr Evarist Bartolo, has reiterated his intention to continue supporting this best practise.**
- **Meetings have been held with the Director of Strategy at the Ministry of Education, Ms Elizabeth Pisani and as a result the teacher's pack has been redistributed to all schools again in January 2014, together with posters on first aid and what to do if someone has an epileptic seizure**

TRUST: seizure first aid

Epilepsy - How everyone can help



HOW TO HELP

- T**urn person on their side
- R**emove harmful objects
- U**se something soft under the head
- S**tay Calm
- T**ime the seizure

REMEMBER: NEVER put anything in a person's mouth during a seizure and **NEVER** hold the person down

WHEN TO CALL 112

- If the seizure lasts longer than 5 minutes
- If the person has two or more seizure in a row
- If it is the person's first seizure

To learn more about the Epilepsy contact:
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 Lifelong Learning Programme

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DESIRE
Development & Epilepsy



Strategies for Innovative Research to
Improve Diagnosis, Prevention and Treatment
In Children with Difficult to Treat Epilepsy

epilepsydesireproject.eu

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Jim is happier now.



Doctor Smith had answered the questions. Jim knows that if he takes his medicine he is just like the other children who like to run, swim, play and have fun.



Għal dawk li għandhom bzonn
On the side of the people in need



Affiliated to the International
Bureau of Epilepsy



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