



**Caritas Malta
Epilepsy
Association**

Diary



Caritas
MALTA

**On the side of people in need
Mal-Bniedem f' diffikultà**

Name / Isem

Address / Indirizz

.....

Tel No.

Emergency Contact / F' Emergenza

Address / Indirizz

.....

Tel No.

GP / Tabib Personali

.....

.....

Tel No.

Consultant / Konsulent

.....

Any known drug allergies

.....

Drugs li ma jaqblux mieghek

.....

I HAVE EPILEPSY

If I have a seizure please do not be ashamed.

This is what actually happens to me:-

JIEN GHANDI L-EPILEPSIJA

Jekk ikolli aċċessjoni t'allarmax ruħek.

Is-soltu dan jiġri li :-

.....

.....

.....

.....

.....

.....

What is this diary for?

To help you record when your epilepsy seizures occur and what form they take.

The completed diary pages will then help your doctor plan your treatment to achieve the best possible control of your epilepsy.

How do I use this diary?

The first step is to classify as simply as possible the types of seizures that your experience. Use letters to represent each type ranging from A as the least severe to D as the most severe.

Ideally your doctor or nurse will help you with this.

For example:

- A. Strange taste in mouth;
- B. become vague, mumble, search around floor;
- C. A+B followed by collapse and convulsion;
- D. Absence or muscle jerks seizures involving the whole body (tonic - clonic).

Write below your own personal classification.
Remember you may only suffer from one type of seizure.
This will help keep your diary record consistent.

Types of seizure experienced

Write in your own personal classification.
Remember A is the least severe, D is the most severe seizure.

A

B.....

C.....

D.....

GHALFEJN DAN ID-DJARJU?

Dan iġhinek iżżomm rekord ta' meta jkollok aċċessjoni u t-tip. Dan iġhien lit-tabib itih l-aħjar kura biex tikkontrolla l-aċċessjonijiet.

KIF TUŻA D-DJARJU

L-ewwel identifika b'moħ sempliċi it-tip ta' aċċessjonijiet li jtuk. Uża ittri minn A (għal dawħ ħfief) sa D (għal dawħ aktar qawwija)

It-tabib jew ners jistgħu jgħinuk f'dan:- eżempju

- A. Tgħoma stramba f'ħalqek;
- B. Thossok imħawwad, tgemgem jew tfittex xi haġa;
- C. A + B u wara taqa' u tikkonvalza;
- D. Tintilef jew iċċaqlaq il-muskoli mal-gisem kollu (tonic - clonic).

Ikteb ħawn isfel il-klassifikazzjoni personali tiegħek. Ftakar li forsi tesperjenza tip wieħed biss. Dan iġhinek iżżomm ir-rekords konsistenti.

Tipi ta' Accessjonijiet li t'esperjenza

Niżżel il-klassifikazzjoni personali tiegħek.
Ftakar li A huwa l-aktar ħafif u D l-aktar qawwi.

A

B.....

C.....

D.....

What do I need to record in my diary?

The more information you include in your diary, the more useful it will be for your doctor.

- Fill in the month at the top of the page Record in the strong and mild columns any seizures that you experience using your letters A, B, C or D, and the number you experience.
- Note the time the seizure has occurred.
- Write in the Notes column any "trigger factors" that you feel you may have experienced before the seizure.

For example 'missed medication', I was feeling very low', 'had a stressful day' or 'period'.

- Write also any treatment that you are taking and the dosage.
- Record any medicine that you are taking, whether prescription or something you have purchased yourself, including the dose, frequency and how long you have taken it.
- Write in any other things that may affect your health or mood.

For example if you are feeling run-down or stressed, if you have exams to take, or if a friend or relative has died, feeling in a good mood or bad mood.

All of these can have a significant effect on the frequency or severity of your seizures.

The example below should make this all clearer.

Date	Qawwi Strong	Hafif Mild	Bil-lejl Bed time	Hin Time	Notes/Noti
1					
2	2A				Ghajjen, bin-nervi, period Very tired, grumpy period
3					
4					
5	2B				Madt il-parastamo/8x520mg x 3 Tock paracetamol 2x500mg x 3
6					

X'IRRID INIŻŻEL FID-DJARJU?

Aktar ma tinkludi informazzjoni aktar ikun ta' użu għat-tabib tiegħek.

- Ikteb ix-xahar fuq nett tal-paġna.
- Niżżel fil-kaxxi 'Qawwi' jew 'Hafif', kull aċċessjoni billi tuża ABCD u kemm il-darba.
- Niżżel il-hin tal-aċċessjoni
- Niżżel xi 'trigger factors' li setgħu wasslu biex kellek aċċessjoni fil-paġna tan-noti.

eż. Ma hadtx il-medicina jew kont għajjen jew inkwetat eċċ.

- Niżżel ukoli il-medicini li qed tieħu u d-dozi sew jekk preskritti jew xtrajthom int.
- Niżżel xi medicini oħra li qed tuża.
- Niżżel xi affarijiet oħra li setgħu affettwaw saħħtek jew il-burdada

eż. thossok beżgħan għax għandek eżami.
Miet xi hadd għażiż għalik.

Dawn kollha jistgħu jkollhom effett fuqek.

Ara l-eżempju fil-kaxxa:-

Month

Date	Qawwi Strong	Hafif Mild	Bil-lejl Bedtime	Hin Time	Noti Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					
Total					

*Questions I may want to ask my
doctor or nurse.*

*Mistogsijet li nixtieq insaqsi lit-
tabil jew ners.*

Important Data

Name _____

Address _____

I.D. No. _____

Tel: No. _____

Mob: _____

Doctor _____

Neurologist _____

Hospital _____

Clinic _____

Medication: _____



CARITAS MALTA EPILEPSY ASSOCIATION

This group was set up to make the Maltese society more aware of the true condition, signs and symptoms of epilepsy and of the rights and duties of people with epilepsy. This Association also addresses issues such as development, education, employment questions, as well as legal matters.

The group meets in the premises of Caritas Malta, (5, Lion's Street, Floriana) bimonthly at 6.00 p.m. All those interested in obtaining information about the group; or those wishing to attend, can contact Caritas Malta on 25906600 or University of Malta on 23402845 and ask for the Epilepsy Association contact person.

Full confidentiality is assured

Internet address: <http://www.caritasmalta.org>

E-mail: janet.mifsud@um.edu.mt

This information was prepared by the Caritas Malta Epilepsy Association.

Dan il-grupp tnieda sabiex is-soċjetà Maltija ssir taf aktar dwar il-kundizzjoni u s-sintomi ta' l-epilessija, kif ukoll dwar il-jeddijiet u d-dmirijiet ta' dawk li jbatu minnha.

Dan il-Grupp jinvolti ruħu fl-aspetti kollha marbuta ma' din il-kundizzjoni, ngħidu aħna, l-iżvilupp u l-edukazzjoni tal-persuna, id-dinja tax-xogħol, kif ukoll il-qasam legali.

Il-grupp jiltaqa' fis-sede tal-Caritas Malta - 5, Triq l-Iljun, Furjana - kull xahrejn fis-6.00 p.m. Kull min jixtieq jikseb aktar informazzjoni jew jattendi għal dawn il-laqqgħat inhegġuh iċempel il-Caritas Malta 25906600 jew l-Università ta' Malta fuq 23402845 u jsaqsi għall-persuna li tirrappreżenta l-Caritas Malta Epilepsy Association.

Kull kuntatt jibqa' kunfidenzjali

Indirizz fuq l-Internet: <http://www.caritasmalta.org>

E-mail: janet.mifsud@um.edu.mt

Din l-informazzjoni tlestiet mill-Caritas Malta Epilepsy Association .

Kindly supported by

