

SEIZURE DIARY

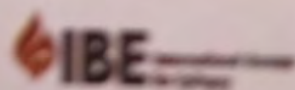
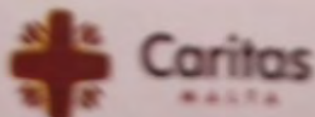
DJARJU TAL-ACCESSIONIJET



CARITAS
MALTA
EPILEPSY
ASSOCIATION

Caritas Community Centre
Triq Mountbatten
Hamrun HMR1577
Tel: +356 2219 9000
VO/1396
maltaepilepsy@gmail.com
caritasmalta.org/epilepsy

A better life for people with epilepsy



Name/Isem.....

Address/Indirizz.....

Tel/Mob No.

Emergency Contact/F'Emergenza

Address/Indirizz.....

Tel/Mob No.

GP/Tabib Personali

Tel/Mob No.

Consultant/Specjalista

Any known drug allergies/Medicini li ma jaqblux
mieghek.....

I HAVE EPILEPSY

If I have a seizure please do not be alarmed.
This is what happens to me during a seizure.

JIEN GHANDI L-EPILESSIJA

Jekk ikolli aċċessjoni tallarmax ruhek.
Waqt aċċessjoni jien jiġri hekk:

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?

Some people experience more than one type of seizure. If you are one of these people the first step is to classify the types of seizures you experience in a simple way. Use letters to represent each type ranging from **A** to **D**. Ideally your doctor or nurse will help you with this.

For example:

- A** Absence Seizure (staring).
- B** Focal Seizure with preserved awareness (Unable to speak).
- C** Focal Seizure with impaired awareness (lip smacking, becoming unaware of surroundings).
- D** Generalised Tonic Clonic (falling to the floor, losing consciousness, stiffening of muscles, jerking movements).

Write below your own personal classification. Remember you may only suffer from one type of seizure.

Types of seizure experienced

- A**.....
- B**.....
- C**.....
- D**.....

Għal x'hiex jintuża d-djarju?

Biex jgħinek iżżomm rekord tal-aċċessjonijiet li jkollok u l-forma li jieħdu billi tiddekrivi l-aċċessjoni. Il-paġni mimlija jkunu jistgħu jgħinu lit-tabib jippjana l-kura biex ikollok l-aħjar kontroll possibli għall-epilessija.

Kif tuża dan id-djarju?

Xi nies ikollom iżjed minn tip wieħed ta' aċċessjoni. Jekk inti wieħed jew waħda minnhom l-ewwel pass li trid tagħmel hu li tikklassifika t-tipi ta' aċċessjonijiet li jkollok b'mod sempliċi. Uża ittri mill-**A** sa **D** biex tiddekrivi l-aċċessjonijiet. It-tabib tiegħek jew l-infermiera ikunu jistgħu jgħinuk f'dan.

Per eżempju:

- A** Absence Seizure (tiċċassa).
- B** Focal Seizure tkun taf x'qed jigri (ma tkunx tista' titkellem).
- C** Focal Seizure ma tkunx taf eżatt x'qed jigri (tilgħab bix-xufftejn, ma tibqax konxju/a).
- D** Generalized Tonic Clonic (taqgħa mal-art, titlef is-sensi, ebusija tal-muskoli, movimenti bl-iskossi).

Ikteb hawn taħt il-klassifikazzjoni personali tiegħek. Ftakar li tista' tkun tbatu biss minn tip wieħed ta' aċċessjoni.

Tipi ta' aċċessjonijiet li tesperjenza

- 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.

- The columns **ABCD** refer to the different types of seizures as classified by you on Page 4.
- Write the number of seizures you experienced in the relevant column.
- You can also write any event that can effect your health and mood such as, having exams or any arguments with family and friends. Also record any instances when you miss doses of your medicine or when you consume alcohol.

The example below should make all this clearer.

Date Data	A	B	C	D
1				
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3				
4				
5	3			
6				

X'għandi bżonn nikteb fid-djarju tiegħi?

Aktar ma tinkludi informazzjoni fid-djarju tiegħek, iktar ikun utli għat-tabib tiegħek.

- Il-kolonna **ABCD** jirreferu għat-tipi differenti ta' aċċessjonijiet kif ikklassifikati minnek f'pagna 4.
- Ikteb in-numru ta' aċċessjonijiet li esperjenzajt fil-kolonna rilevanti.
- Tista' wkoll tikteb kwalunkwe ħaġa li tista' taffettwa s-saħħa u l-burdata tiegħek bħal meta jkollok xi eżamijiet jew xi argumenti mal-familja u l-ħbieb. Ikteb ukoll jekk tkun inqast li tieġu xi doża tal-medicini, kif ukoll jekk tkun ikkunsmajt xi alkoħol.

L-eżempju hawn taħt għandu jagħmel dan kollu aktar ċar.

Time Min	Notes/Noti
	Very tired, grumpy, period Għajjen, bin-nervi, period
	Took antibiotics Had antibiotic

January/Jannar:

Date Data	A	B	C	D	Time Min	Notes Noti
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February/Frar:

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March/Marzu:

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April/April:

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June/Gunju:

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July/Lulju:

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September/Settembru:

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October/Ottobru:

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November/Novembru:

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December/Dicembri:

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Questions I might want to ask my doctor or nurse.

Mistoqsijiet li nixtieq nagħmel lit-tabib jew lill-infermiera.

Important Information/ Informazzjoni importanti

Name/Isem _____

Address/Indirizz _____

ID Card No _____

Tel No _____

Mob _____

Doctor/Tabib _____

Neurologist/Specjalista _____

Hospital/Sptar _____

Clinic/Klinika _____

Medicines/Mediċini _____

CARITAS MALTA EPILEPSY ASSOCIATION

This group was set up in 1996 to make society more aware of the true condition. We work to improve the quality of lives of people with epilepsy and their families. Our association addresses issues related to education, employment and the rights of people with epilepsy.

The group meets bimonthly at Caritas Community Centre, Triq Mountbatten, Hamrun HMR1577 at 6.00 p.m. All those interested in obtaining information about the group, or those wishing to attend, can contact Caritas Malta on +356 2219 9000.

Full confidentiality is assured.

Internet address: <http://www.caritasmalta.org/epilepsy>
email: maltaepilepsy@gmail.com

CARITAS MALTA EPILEPSY ASSOCIATION

Dan il-grupp twaqqaf fl-1996 biex is-soċjetà tkun aktar konxja tal-kundizzjoni. Naħdmu biex intejbu l-kwalità tal-ħajja tan-nies bl-epilessija u l-familji tagħhom. L-assocjazzjoni tagħna tindirizza kwistjonijiet relatati mal-edukazzjoni, ix-xogħol u d-drittijiet tal-persuni bl-epilessija.

Il-grupp jiltaqa' kull xahrejn ġewwa Caritas Community Centre, Triq Mountbatten, Hamrun HMR1577 fis-6.00 p.m. Dawk kollha interessati li jiksbu informazzjoni dwar il-grupp, jew dawk li jixtiequ jattendu, jistgħu jikkuntattjaw lil Caritas Malta fuq +356 2219 9000.

Kull ma jingħad f'dawn il-laqghat jibqa' kunfidenzjali.

Indirizz tal-internet: <http://www.caritasmalta.org/epilepsy>
email: maltaepilepsy@gmail.com

Kindly supported by:

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Mr. Jovin Hall