



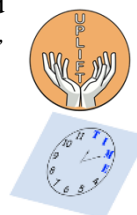
## At-a-Glance 2018

The Centers for Disease Control and Prevention (CDC) supports the Managing Epilepsy Well (MEW) Network, whose mission is to advance epilepsy self-management by facilitating and implementing research, conducting research in collaboration with network and community stakeholders, and broadly disseminating the findings.



### EVIDENCE-BASED EPILEPSY SELF-MANAGEMENT PROGRAMS:

- **HOBSCOTCH** (Home Based Self-management and Cognitive Training Changes Lives): a behavioral program designed to address memory and attention problems in adults. (Caller, T. A., et al. (2016). "A cognitive behavioral intervention (HOBSCOTCH) improves quality of life and attention in epilepsy." *Epilepsy Behav* 57(Pt A): 111-117).
- **PACES** (Program for Active Consumer Engagement in Epilepsy Self-Management): an in-person and phone-based program developed to improve self-management and related health outcomes in adults (Fraser et al. *Epilepsia*, 2015, 56 (8), 1264-74)
- **PEARLS** (Program to Encourage Active Rewarding Lives): a home-based, collaborative-care depression treatment intervention for adults (Ciechanowski, et al., *Epilepsy Behav*, 2010 19(3):225-231; Chaytor et al., *Epilepsy Behav*, 2011, 20(3):545-549)
- **Project UPLIFT** (Using Practice and Learning to Increase Favorable Thoughts) **for Epilepsy**: a phone- and web-based program designed to prevent or reduce depression in adults. (Thompson et al., *Epilepsy Behav*, 2010, 19(3):247-254; Thompson et al, *J Consult Clin Psych*, 2015, 83(2), 304-313.)
- **TIME** (Targeted Self-Management for Epilepsy and Mental Illness): a person-centered, holistic program for adults with severe and persistent mental illness (Sajatovic M, et al. *Targeted Self-Management of Epilepsy and Mental Illness for individuals with epilepsy and psychiatric comorbidity*. *Epilepsy Behav*. 2016 Nov;64(Pt A):152-159.



### PROMISING PROGRAMS:

- **MINDSET** (Management Information & Decision Support Epilepsy Tool): a tablet-based clinical aid for both the patient and health-care provider to improve communication about self-management (Shegog et al. *Epilepsy Behav*, 2013, 29(3), 527-36; Begley et al. *Epilepsy Behav*, 2015 44, 143-50)
- **SMART**: an on-line program to improve self-management and quality of life for adults with recent negative health events (Sajatovic et al. *A 6-month prospective randomized controlled trial of remotely delivered group-format epilepsy self-management vs. waitlist control for high-risk people with epilepsy*. *Epilepsia*, 2018, in press)



### PROGRAMS UNDER EVALUATION:

- **PAUSE to Learn Your Epilepsy** (Personalized Internet Assisted Underserved Self-Management of Epilepsy): an on-line and video-conference self-management program using epilepsy.com education modules for adults
- **Project UPLIFT** (Using Practice and Learning to Increase Favorable Thoughts): Adaptation and evaluation of UPLIFT for African-American and Hispanic adults.
- **Youth, Epilepsy and Successful Self-Management**: An on-line program for youth accounting for youth development needs



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## LEGACY PROGRAMS

- **WEBEASE:** An Internet self-management program to improve medication, stress, and sleep. (DiIorio, et al (2011). *Epilepsy Behav*,22(3): 469-474.

## SELECT STUDIES AND PUBLICATION LIST:

- Sajatovic et al. The Managing Epilepsy Well Network: Advancing Epilepsy Self-Management. *Am J Prev Med*. 2017 Mar;52(3S3):S241-S245.
- Helmers et al. Self-management in epilepsy: Why and how you should incorporate self-management in your practice. *Epilepsy & Behavior: E&B*, February 12, 2017. doi:10.1016/j.yebeh.2016.11.015.
- Wagner et al. Self-management interventions in pediatric epilepsy: What is the level of evidence? *Epilepsia*. 2017 May;58(5):743-754. doi: 10.1111/epi.13711. Epub 2017 Feb 24. Review.
- DiIorio et al. The Prevention Research Centers' Managing Epilepsy Well Network. *Epilepsy Behav*, 19(3): 218-224.
- CDC. The Managing Epilepsy Well Network and Selected Self-Management Programs Putting Collective Wisdom to Work for People with Epilepsy. <https://www.cdc.gov/epilepsy/pdfs/MEW-Final-Booklet-2016-508-final.pdf>
- 40+ peer-reviewed publications and 7 book chapters for MEW research studies available at: <http://managingepilepsywell.org/research/publications.html>

## TOOLS AND TRAINING:

- University of Michigan's Center for Managing Chronic Disease Key Informants' Perspectives on Managing Epilepsy Report:

[https://managingepilepsywell.org/documents/reports/Key\\_Informants\\_Perspectives\\_on\\_Managing\\_Epilepsy\\_v5.pdf](https://managingepilepsywell.org/documents/reports/Key_Informants_Perspectives_on_Managing_Epilepsy_v5.pdf)

- PEARLS Training: Seattle WA (offered yearly since 2009): [www.pearlsprogram.org/](http://www.pearlsprogram.org/)
- Adult Epilepsy Self-Management Measurement Instrument (AESMMI) <http://managingepilepsywell.org/research/instruments.html>
- UPLIFT Training for Mental Health Professionals: Contact [uplift@emory.edu](mailto:uplift@emory.edu) .
- Webinars and Podcast Series: <http://managingepilepsywell.org/resources/webinars.html>

## COMMUNITY OF PRACTICE WORKGROUPS:

- Self-management in pediatric epilepsy
- Integrated database for the MEW Network
- Program dissemination and sustainability

[www.ManagingEpilepsyWell.org](http://www.ManagingEpilepsyWell.org)

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