

At-a-Glance 2016

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

U. of Washington U. of Minnesota Dartmouth U. of Illinois at Chigago Reserve U.of Arizona Morehouse School of Medicine

EVIDENCE-BASED PROGRAMS:

• HOBSCOTCH (Home Based Self-management and Cognitive Training Changes Lives): Dissemination of a promising community-based self-management program for people with epilepsy and cognitive dysfunction (Caller et al., Epilepsy Behav, 2015, in press)



• PACES (Program for Active Consumer Engagement in Epilepsy Self-Management): Adaptation of the PACES program for phone-delivery to veterans and adults with epilepsy (Fraser et al. Epilepsia, 2015, 56 (8), 1264-



• PEARLS (Program to Encourage Active Rewarding Lives): A home-based, collaborative-care depression treatment intervention for people with epilepsy (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: An Internet and telephone intervention using cognitive behavioral therapy and mindfulness to treat and to prevent depression in people with epilepsy (Thompson et al., Epilepsy Behav, 2010, 19(3):247-254; Thompson et al, J Consult Clin Psych, 2015, 83(2), 304-313.)



• WebEase (Web Epilepsy Awareness Support and Education): An Internet self-management program to improve medication adherence, stress and sleep management (Dilorio et al., Health Ed Res, 2009, 24(2), 185-197; Dilorio et al., Epilepsy Behav, 2011, 22(3): 469-474). Available at www.webease.org



PROGRAMS UNDER EVALUATION:

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MINDSET (Management Information & Decision Support Epilepsy Tool): Evaluation of a decision-support software for the clinical management of epilepsy among Hispanic-American Adults (Shegog et al. Epilepsy Behav, 2013, 29(3), 527-36; Begley et al. Epilepsy Behav, 2015 44, 143-50)



- SELF-MANAGEMENT TOOLS FOR AFRICAN-AMERICANS: Community-based adaptation, evaluation, and dissemination of self-management tools among African-American adults living with epilepsy in Georgia.
- PAUSE to Learn Your Epilepsy (Personalized Internet Assisted Underserved Self-Management of Epilepsy): Development and evaluation of an on-line and video-conference self-management program for adults with epilepsy



- SMART: An on-line program to improve self-management and quality of life for adults with epilepsy and recent negative health events
- TIME: A person-centered, holistic program for people with epilepsy and with severe and persistent mental illness



- Project UPLIFT (Using Practice and Learning to Increase Favorable Thoughts): Adaptation and evaluation of UPLIFT for Hispanic-Americans with Epilepsy
- Youth, Epilepsy and Successful Self-Management: Development of an on-line program for youth with epilepsy





On-line: managingepilepsywell.org

SELECT STUDIES AND PUBLICATION LIST:

- Dilorio et al. (2010). "The Prevention Research Centers' Managing Epilepsy Well Network". Epilepsy Behav, 19(3): 218-224.
- Preventing Depression in People with Epilepsy: An Extension of Project UPLIFT (Funded through the National Center for Minority Health and Health Disparities, NIH Challenge Grant Award) (Thompson et al, J Consult Clin Psych, 2015, 83(2), 304-313.)
- Contributing to Managing Epilepsy Well: A comprehensive review of the experiences and effects of self-management interventions for epilepsy (Clark, et al., Epilepsy Behav, 2010, 19(3), 255-63)
- Developing Community-Based Self-Management Programs for Adults with Epilepsy (Fraser R et al., Epilepsy Behav, 20(2), 291-98)
 - Up-to-date list of 40+ peer-reviewed publications and 7 book chapters for MEW research studies available at: http://goo.gl/X0P5Zd

TOOLS AND TRAINING:

- University of Michigan's Center for Managing Chronic Disease Key Informants' Perspectives on Managing Epilepsy Report: http://goo.gl/ysd1rC
- PEARLS Training: Seattle WA (offered yearly since 2009): www.pearlsprogram.org/
- Adult Epilepsy Self-Management Measurement Instrument (AESMMI) (Escoffery et al., Epilepsy Behav, 2015, 50, 172–83 and 184–89)
- UPLIFT Training for Mental Health Professionals (available after January 2013): Contact Nancy Thompson (nthomps@emory.edu) for additional information
- Webinar Series on Epilepsy Self-Management: http://goo.gl/T8VM9i

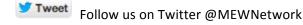
COMMUNITY OF PRACTICE WORKGROUPS:

- Managing Epilepsy Well Article (2015-present): Provide an updated overview of MEW Network activities since 2010
- Self-Management in Pediatric Epilepsy (2013-present): Identify the domains of epilepsy management in pediatric epilepsy
- Self-Management Measurement Tool Workgroup (2010-2015): Develop a common measure of epilepsy self-management for research and clinical use (Escoffery et al., Epilepsy Behav, 2015, 50, 172–83 and 184–89)
- Ontology-driven MEW Data Portal (2013-2014): identify and implement the preliminary steps towards an integrated database for the MEW Network
- *Dissemination and Sustainability* (2011-2014): Coordinate and enhance the dissemination, implementation and sustainability of MEW research and programs
- *eTools and Technology* (2011-2012): Examine the use and the impact of eTools and technology on epilepsy self-management (Shegog et al., Epilepsy Behav, 2013, 29(1):133–140)

On-line http://managingepilepsywell.org/

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