WebEase: An On-line Self-Management Program for People with Epilepsy
by

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• This Webinar is sponsored by CDC, the Epilepsy Foundation, and the Managing Epilepsy Well (MEW) Network.
• 3rd installment in the Epilepsy Self-Management Webinar Series.
• Overview of on-line program WebEase.
• MEW Network seeks 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 of research.

Speaker:
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What is epilepsy self-management?

• Self-management includes the different things that you do to better control an illness or disorder to improve our health and well-being
• Self-management is an active partnership between you and your health care team
• Identify what affects your seizure control and change your lifestyle to control unpredictable seizures and to prevent injury
• Take steps to follow your epilepsy treatment as prescribed
• Take steps to prevent or cope with the consequences of seizures on your health and your daily life

What is WebEase?

• WebEase is a free interactive on-line program to promote self-management skills in people with epilepsy
• Developed and tested at Emory University by a research team led by Dr. Colleen Diorio with support from the Centers for Disease Control and Prevention Epilepsy Program
• For people living with epilepsy needing or wanting to improve their self-management skills for medication, stress and sleep management

How to access WebEase

• Available at no cost at www.webease.org in partnership with the Epilepsy Foundation
• Accessible over a secure connection using any computer connected to the Internet with:
  • Internet Explorer (Microsoft)
  • Firefox (Microsoft and Apple)
  • Safari (Apple)
• Currently limited support for smart devices, but upgrades are upcoming
Benefits of WebEase

- It is delivered to you (in your home or other places)
- It is free
- It is confidential
- It is based on science and reviewed by epilepsy specialists
- It was developed with input from people with epilepsy
- It focuses on important self-management skills
- It allows you to monitor your epilepsy while providing you with tools to improve your self-management skills
- It gives information that is tailored to your needs or situation
- It can be repeated over time to maintain your skills, or to help you when it is harder for you to manage your epilepsy

WebEase Program

- Core features
  - "Modules"
    - Medication, stress, sleep
    - By working through, you will think about, learn about, and plan next steps for change
  - "MyLog"
    - To track medications, seizures, triggers, side effects, stress, and sleep
- Additional resources
  - Fact Sheets
  - Online resources
  - Video and audio testimonials

www.webease.org
Getting Started

Using WebEase
Using WebEase

- Login
- Update MyLog
- Module

Using WebEase

- Login
- Update MyLog
- Module

- Medication
- Sleep
- Stress

- Think about/look at
- Learn about
- Plan next steps

Think about

- Module

- Think about
- Learn about
- Plan next steps
Think about

Module

• Think about
• Learn about
• Plan next steps

Learn about

Module

• Think about
• Learn about
• Plan next steps

Learn about

Module

• Think about
• Learn about
• Plan next steps
Plan the next steps

- Think about
- Learn about
- Plan next steps

Returning to WebEase

At least 1 week to go back to a module after you completed a session

You can log on at any time to update your MyLog or start a new module
Returning to WebEase

- Login
- Update MyLog
- Module

Medication
1 week
Medication (next round)

Sleep
Sleep (next round)

Stress
Stress (next round)

Review goals:
- Learn about
- Think about
- Plan next steps

Additional Information

- https://www.webease.org
- In depth program information:
  www.sph.emory.edu/ManagingEpilepsyWell/WEBEASE
  www.cdc.gov/epilepsy
- Webinar recording and slides will be available at
  www.sph.emory.edu/ManagingEpilepsyWell/WEBINARS
- Epilepsy Foundation eCommunities (WebEase)
  http://epilepsyfoundation.ning.com/

Questions?
Your feedback is important, so please take a few minutes to complete a short survey about this presentation:

https://www.surveymonkey.com/s/WebEaseForPWE

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