WebEase for Epilepsy Service Providers
by
Colleen Dilorio, RN, PhD, FAAN
(Emory University)
Sandra Helmers, MD, MPH
(Emory University)

What is WebEase?

- WebEase is a free interactive web-based program to promote self-management skills in people with epilepsy
- Developed and tested at Emory University 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

Moderator:
Rosemarie Kobau, MPH, MAPP
CDC Epilepsy Program

Speakers:
Colleen Dilorio, RN, PhD, FAAN
Emory University
Sandra Helmers, MD, MPH
Emory University
How to access WebEase

- Available at no cost at www.webease.org through a licensing agreement with the Epilepsy Foundation
- Accessible over a secure connection using any computer connected to the Internet with Internet Explorer (Microsoft), Firefox (Microsoft and Apple) or Safari (Apple)
- Currently limited support for smart devices, but upgrades are upcoming

Benefits of WebEase

- Benefits for patients:
  - Distance delivery
  - No cost
  - Confidential
  - Stage appropriate self-management information
  - Targets important self-management skills
  - May be repeated over time for skill maintenance
- Benefits for providers:
  - Evidence-based program
  - Theory-based program
  - Improves patients’ self-efficacy
  - Access to authoritative epilepsy information

Epilepsy self-management domains (Buelow 2001)

<table>
<thead>
<tr>
<th>Domains</th>
<th>Examples</th>
</tr>
</thead>
</table>
| Medication management | - Adherence
                        | - Managing Refills
                        | - Getting AED levels routinely tested           |
| Seizure management   | - Avoid seizure triggers—for those who can      |
                        | - Manage seizure consequences                   |
                        | - Disclosure & stigma                           |
| Lifestyle management | - Stress reduction                              |
                        | - Manage limitations with driving, traveling, employment, shopping, recreation, pregnancy |
                        | - Healthy behaviors                             |
Theoretical Basis

• Building patients’ confidence to change (Social Cognitive Theory)
• Help patients change with stage-appropriate information (Transtheoretical Model)
• Focus change around patient’s own values and provide personalized feedback (Motivational Interviewing)

WebEase Components

• Primary
  – Modules
    • Medication, stress, sleep
      By working through, participants learn about, think about, and plan next steps for behavioral change
    – MyLog
      • Tracking medications, seizures, triggers, side effects, stress, and sleep
  – Secondary
    – Fact Sheets
    – Resources
    – Video and audio testimonials

WebEase Program Flow

• Assess behavior
• Provide feedback
• Set the agenda

- Learn about
- Think about
- Plan next steps

The recycle icon designates components that can be taken multiple times.
Stages of Change

- Elicit responses to a series of items to assess motivation to change
- Participants then are directed to the section of the program corresponding to their stage of change
- Sections differ by types of activities

Example: stage-tailed information

<table>
<thead>
<tr>
<th>Stage of Change</th>
<th>Contemplation (never/ rarely takes meds)</th>
<th>Preparation (sometimes takes meds)</th>
<th>Action (usually takes meds)</th>
<th>Maintenance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Provide info why important</td>
<td>Person lists pros &amp; cons of taking meds daily</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Provide behavioral strategies to assist</td>
<td>Person lists facilitators; program gives feedback strategies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Praise/validate</td>
<td>Feedback on strategies to reduce relapse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Provide behavioral strategies to assist</td>
<td>Provide support</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Provide praise for action</td>
<td>Strategies to reduce/ overcome relapse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Motivational interviewing/ reflection</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Randomized Controlled Study

- Web-based recruitment (n=148)
- Randomized to treatment (T) or wait-list control (WLC)
- Completed in October 2010
- Higher reported medication adherence for T
- Higher level of self-efficacy for Modules completers
- Results published in *Epilepsy & Behavior* (November 2011)
Randomized Controlled Study

![Graph showing Medication Adherence Score changes over time.](image)
P = 0.049

Randomized Controlled Study

![Graph showing Self-Efficacy Score changes over time.](image)
P = 0.013

Additional Information

- [https://www.webease.org](https://www.webease.org)
- In depth program information:
  - [www.sph.emory.edu/ManagingEpilepsyWell/WEBEASE](http://www.sph.emory.edu/ManagingEpilepsyWell/WEBEASE)
  - [www.cdc.gov/epilepsy](http://www.cdc.gov/epilepsy)
- Webinar recording and slides will be available at
  - [www.sph.emory.edu/ManagingEpilepsyWell/WEBINARS](http://www.sph.emory.edu/ManagingEpilepsyWell/WEBINARS)
- Upcoming Webinar WebEase for People with Epilepsy or their support person(s) (November 2012)

WebEase Pad

A WebEase “prescription” pad is available from the Epilepsy Foundation on-line store at:
Questions?

Please email your questions to Sandra Helmers (shelmers@emory.edu) or to Colleen Dilorio (cdiiori@emory.edu)

Your feedback is important, so please take a few minutes to complete a short survey about this presentation:
https://www.surveymonkey.com/s/WebEaseForProvidersOnLine

WebEase for Epilepsy Service Providers Webinar © 2012 Managing Epilepsy Well Network, Dr. Colleen Dilorio and Dr. Sandra Helmers. All rights reserved.

WebEase is licensed to the Epilepsy Foundation.

WebEase © 2012 Emory University. All rights reserved.

This webinar was made possible by the Managing Epilepsy Well Network, the Centers for Disease Control and Prevention Epilepsy Program and the Epilepsy Foundation.

Special thanks to the American Epilepsy Society for their help in publicizing this event.