WebEase
Epilepsy Awareness, Support and Education

Managing Epilepsy
Well Network

WebEase for Epilepsy Service Providers
by
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WebEase
Epilepsy Awareness, Support and Education

Moderator:

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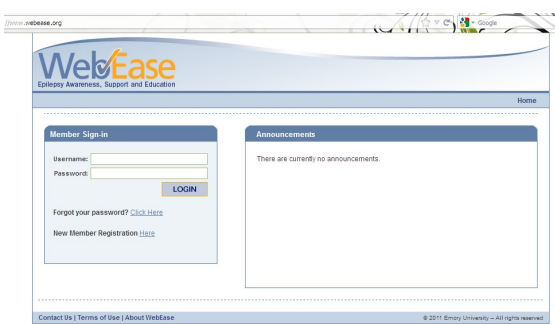Emory University

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WebEase
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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

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WebEase

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

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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

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Epilepsy self-management domains (Buelow 2001)

Domains	Examples
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

Slide 1

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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)

Slide 2

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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

Slide 3

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Close

Monday, September 17, 2012

Home

Stress Module

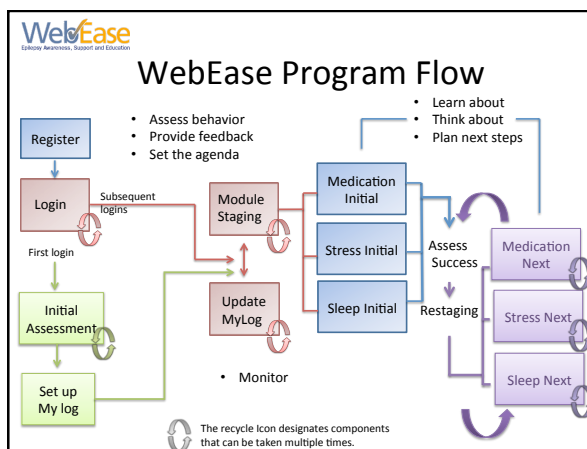**Thought Processing Symptoms**

These are some thought processing symptoms that your body can experience because of stress. Check all of the thought processing symptoms that you experience when you are stressed.

- ☑ trouble thinking clearly
- ☐ hard to think or focus
- ☐ inability to make decisions
- ☐ expecting too much from others
- ☐ constant worry
- ☐ I don't experience any of these symptoms

- ☐ lack of creativity
- ☐ loss of humor
- ☐ being self-critical
- ☐ being negative
- ☐ forgetfulness

S T R E S S

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Slide 4

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WebEase Program Flow

- Assess behavior
- Provide feedback
- Set the agenda

- Learn about
- Think about
- Plan next steps

Register

Login — Subsequent logins → Module Staging → Medication Initial / Stress Initial / Sleep Initial

First login

Initial Assessment

Update MyLog

Set up My log

Assess Success

Restaging

Medication Next / Stress Next / Sleep Next

- Monitor

The recycle Icon designates components that can be taken multiple times.

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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

WebEase — Example: stage-tailored information

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Contemplation (never/rarely takes meds)	Provide info why important	Person lists pros & cons of taking meds daily
Preparation (Sometimes takes meds	Provide behavioral strategies to assist	Person lists facilitators; program gives feedback strategies
Action (usually takes meds)	Praise/validate Provide behavioral strategies to assist	Feedback on strategies to reduce relapse / Provide support
Maintenance Always takes meds	Provide praise for action	Strategies to reduce/overcome relapse

Do you take your meds every day?

Motivational interviewing/reflection

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Statement The WebEase program:	Strongly agree/ Agree	Neither agree/ disagree	Disagree/ Strongly disagree
Encouraged me to come up with my own ways to improve my sleep quality.	26 (92.9%)	1 (3.6%)	1 (3.6%)
Gave me new ideas about taking my medications.	26 (89.7%)	1 (3.4%)	2 (6.9%)
Helped me take an active role in my care.	19 (65.5%)	8 (27.6%)	2 (6.9%)
Gave me new ideas about managing stress.	18 (62.1%)	6 (20.7%)	5 (17.2%)
Helped me to improve my sleep quality.	17 (58.6%)	9 (31.0%)	3 (10.3%)
Encouraged me to come up with my own ways to manage stress.	16 (55.2%)	10 (34.5%)	3 (10.3%)
Encouraged me to come up with my own ways to take my medications.	14 (48.3%)	11 (37.9%)	4 (13.8%)

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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)

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Randomized Controlled Study

P = 0.049

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Randomized Controlled Study

P = 0.013
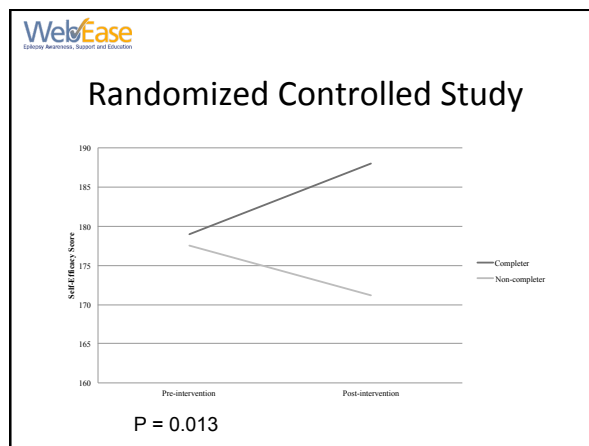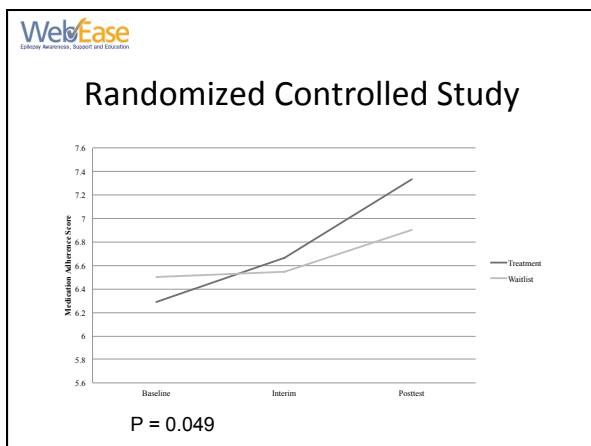
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Additional Information

•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
•Upcoming Webinar WebEase for People with Epilepsy or
their support person(s) (November 2012)

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WebEase Pad

A WebEase "prescription" pad is available from the Epilepsy
Foundation on-line store at:
http://shop.epilepsyfoundation.org/

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Questions?

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

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

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