077 EXTERNAL TRIGEMINAL NERVE STIMULATION (ETNS) FOR EPILEPSY

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10.1136/jnnp-2014-309236.77

We offer patients with drug resistant epilepsy (aged 9+) eTNS and audit outcome. A self-adhesive electrode is placed on the forehead stimulating both trigeminal nerves (120 Hz, 30 seconds on/off). Patients set the current (noticeable/comfortable, <10mA, aiming >8 hours overnight).

Results mean±SD, comparisons: paired ttest.

Seven children started eTNS but two discontinued early (headache). Another developed transient hypopigmentation from the adhesive. Outcome for other 5 awaited.

Sixteen adult started eTNS before October 2013. Two discontinued early (disliked sensation/unhappy with seizure pattern) and one after 15 weeks (efficacy). The remaining tolerated eTNS, completing 18 weeks; 8 chose to continue (116–277 days to date). One had transient forehead reddening when hot. eTNS was worn for 6½–12 hours/night with currents 2.6–7.6 mA. Efficacy could not be assessed in four.

Of the remaining 10, seizure rate reduced from baseline 2.9 ± 1.9 to 2.2 ± 1.5 at 18 weeks ($p=0.07$): 5 had a greater than 30% reduction (one 50%). QOLIE-10w improved from 37 ± 26 ($n=12$) to 18 ± 17 ($n=10$), $p=0.02$, and BDI from 12 ± 8 ($n=12$) to 6 ± 5 ($n=10$), $p=0.01$. There was significant improvement in Pittsburgh and Epworth scales ($p=0.04$).

These data support the safety, efficacy and tolerability of eTNS.