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**SELF-MANAGEMENT EDUCATION FOR EPILEPSY:
AN RCT PROTOCOL**

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Introduction Teaching adults with epilepsy to manage seizure triggers, implement strategies to take antiepileptic drugs, minimize risks during seizures, and tell others what to do during seizures may lead to better self-management. No teaching programme has been tested in the UK.

Methods This is a multicentre, pragmatic, parallel group RCT to evaluate the cost-effectiveness of a two-day Self-Management education for epILEpsy (SMILE UK), which was developed in Germany (MOSES). 428 adult patients who attended specialist epilepsy outpatient clinics at 15 centres in the previous 12 months and who fulfil eligibility criteria will be randomised to receive the intervention or usual care. The primary outcome is patient reported quality of life. Secondary outcomes are seizure frequency and psychological distress, perceived impact of epilepsy, adherence to medication, management of adverse effects from medication, and improved self-efficacy in management of epilepsy. Within the trial there will also be a nested qualitative study to explore users' views of the intervention, including barriers to participation and the perceived benefits. The cost-effectiveness of the intervention will also be assessed.

Results Teachers have been recruited, the intervention piloted, and recruitment and courses provided at the first site.

Conclusions Trial design and progress will be described.