



**The Leeds
Teaching Hospitals**
NHS Trust

Epilepsy Nurse Specialists

Information for patients



Leeds Centre for
Neurosciences

Epilepsy is the second most common neurological condition in the UK. It can start at any age and affects approximately 1 in approximately 103 people.

With appropriate medical care, epilepsy can be well controlled. However some people will continue to experience seizures despite medical intervention.

The Epilepsy Nurse Specialists

The Epilepsy Nurses are trained nurses who specialise in caring for people with epilepsy. They work in conjunction with the hospital consultants.

The nurses attend clinics held by the Consultant Neurologists and Neurosurgeons as well as undertaking Nurse-led clinics.

The nurses can also offer advice over the telephone.

We can be contacted on **0113 392 8128** or email leedsth-tr.epilepsynurses@nhs.net

Role of the Epilepsy Nurse Specialist

The Epilepsy Nurse Specialists' role is to provide continuing advice, information and support to you and your family and carers from diagnosis onwards.

The nurses will provide support and advice on a number of issues related to epilepsy:

- Diagnosis of epilepsy and why it has developed
- Medication

- Managing your epilepsy
- Lifestyle
- Driving
- Employment
- First aid
- Pregnancy
- Leisure Activities
- Epilepsy Surgery
- Vagal Nerve Stimulators

Useful Information

Medication

If you have epilepsy and take anti-epileptic drugs, all prescribed medications are free. Please enquire at your GP surgery or local pharmacy about obtaining a medical exemption certificate.

Driving

If you have a diagnosis of epilepsy you must inform the DVLA. If you have epilepsy, in order to obtain a driving licence you must be free of all seizures whilst awake for one year. Even auras are seizures.

If you have had seizures only whilst asleep over a three year period you can apply for a driving licence.

You can apply for a Disabled Persons Railcard – contact your local railway station or National Rail.

You can also get concessionary bus travel. Please enquire at your bus station.

Pregnancy

If you are planning a pregnancy or discover that you are pregnant it is advisable to make an appointment with your specialist or the epilepsy nurse specialist. This is so that you can discuss your treatment and how such treatment may affect your baby.

Useful Contacts

Epilepsy Action 0808 800 5050
The Epilepsy Society 01494 601 400



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



© The Leeds Teaching Hospitals NHS Trust • 3rd edition (Ver 1)
Developed by: The Adult Epilepsy Nurses Specialists
Produced by: Medical Illustration Services • MID code: 20231213_007/JG

LN002864
Publication date
01/2024
Review date
01/2027