Quality of life in children with epilepsy
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INTRODUCTION
Epilepsy is the fourth most common neurological disorder and affects people of all ages. Children are the first to be affected by this disease, although the majority of epilepsies are benign in pediatrics, seizures can affect infants and adolescents and can have a considerable effect on daily life in its different aspects. Evaluating quality of life in children with epilepsy consists in assessing its four domains; cognitive, physical, emotional and social.

PATIENT AND METHODS
It is a cross sectional study targeted 104 epileptic children attending consultations and checkups for one year. parents’ caregivers were handed the questionnaire QOLCE-16 the statistical analysis was done by SPSS 22.0

AIMS OF STUDY
An assessment of the quality of life in children with epilepsy. Analyzing the overall quality of life of children with epilepsy in order to identify the contributing factors amenable to change.

RESULTS
The full score is 100. The higher the score, the better the QOL of the children.
When it comes to Quality of life the overall QOL mean score was 83.70. The physical section was found to be affected the most with the lowest mean score which was 78.84. Its lowest mean Item was about parental supervision with a 44.95 score.
On the other hand, the Factors affecting the aspects of Quality of life were various.
The cognitive aspect was affected by seizure duration and therapy duration.
While the emotional aspect was affected by age and seizure frequency.
We also established a significant relationship between parent’s marital status, seizure frequency and the number of anti-epileptic drugs taken by children and the social aspect. However, the physical aspect was only affected by the seizure frequency.

DISCUSSION
In our study, demographic factors such as age, area of residence, the mother’s level of education, the child’s educational status, socio economic status, were not significantly associated with overall Quality of life, as opposed to many studies in literature. This can be explained by the fact that a few of these factors impact one aspect without the other, which may not necessarily affect the overall Quality of life score.
Consistent with previous studies, the significant disease characteristics affecting overall quality of life in our study were seizure frequency and polytherapy.
In our finding, seizure frequency had an impact on three aspects of quality of life, which explains its significant impact on overall QOL.
Furthermore, our finding of a significant correlation between longer duration of epilepsy and a longer treatment duration with the cognitive aspect of QOL is consistent with literature. Previous studies actually state that longer duration of epilepsy was associated with lower scores in the memory and concentration domain, with a higher risk of academic and other school related problems. Additionally, anti-epileptic drugs can adversely affect cognitive function by suppressing neuronal excitability or enhancing inhibitory neurotransmission.
When it comes to The emotional domain, it was affected more in older children (>12 years old), it also was affected by seizure frequency similar to previous studies. this may be due to the fact that older children are more likely to perceive a greater negative impact on life and general health and have more negative attitude toward epilepsy.
Moving to the social aspect we found that Seizure frequency and polytherapy were the two factors having an impact on this domain.
The physical aspect, in our study, was not found to be affected by the demographic factors. It certainly was affected by seizure frequency the same as literature. This was explained by the fact that children with high seizure frequency experienced limitations in their activities which was the main concern of their caregivers.

CONCLUSION
Our study is the first of its kind concerning QOL in children with epilepsy in Morocco. We can even name it the first in the Maghreb region.
We had an idea on the overall quality of life score and its indicators.
We identified multiple significant factors affecting the overall quality of life and knowing these factors clinicians can better their treatment management of childhood epilepsy in our context.

Bibliography