

# The Role of Negative Effects of Seizures on the Quality of Life of Patients

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**Annotation:** Resume Epilepsy is accompanied with several equivalents, along with seizures, which negatively affect the patient's social adaptation and quality of life. One of the important aspects of treatment is the elimination of seizures using drugs with fewer side effects. The choice of such a drug has a positive effect on the patient's seizures, and also reduces negative changes and improves the quality of life of patients.

The term "quality of life" first appeared in Western philosophy, and later quickly penetrated into sociology and medicine. Interest in the quality of life of a sick person arose when doctors became increasingly aware that an objective reduction in pathological changes is not necessarily accompanied by an improvement in well-being patient and what the outcome of treatment should be satisfied patient. Judging by the frequency of use of this term in the literature, QoL in modern medicine becomes a central concept, being an integral indicator the entire complex of organizational, diagnostic and therapeutic measures. In recent years, QoL research has been used to test new drugs. means, comparison of various methods of therapy, as well as in epidemiological and clinical studies as one of the criteria for determining the quality of medical care.

**Keywords:** epilepsy, seizures, characteristics, negative symptoms, quality of life, treatment.

**Relevance** The problem of epilepsy is one of the urgent problems of modern psychiatry. Epilepsy has a significant negative impact on all areas of the patient's functioning, which is of fundamental importance for health and reduces the patient's quality of life. The disease itself and its pharmacotherapy are negative P204 ISSN 2181-712X. EISSN 2181-2187 "Traditional health problems" 2 (34/3) 2021 affect different aspects of the lives of patients [1, 11]. Seizure frequency is one of the main determinants of quality of life. The highest quality of life indicators were obtained in patients who did not have attacks, however, remission is not a sufficient condition for a good quality of life. Mood and emotional background have a significant impact on QoL [9, 10]. Anxiety and depression often accompany epilepsy. Depression not only worsens the quality of life, but also negatively affects the dynamics of neurological symptoms and the course of epilepsy [4, 7]. The most important goal of epilepsy treatment is the cessation of seizures with minimal side effects of antiepileptic therapy [8]. Continued attacks have a negative impact on cognitive function and quality of life. Stopping attacks can reduce disability and improve the quality of life of patients [2]. Despite the fact that with adequate treatment the prognosis of the disease is favorable in the majority of patients with epilepsy, almost 30% of patients fail to achieve remission, which worsens the health of patients in general and their quality of life [3, 5, 6]. Due to the expanding understanding of the complex negative impact of epilepsy on the patient's quality of life, QOL is now recognized as an important component of the treatment program for patients with epilepsy. Despite the variety of anticonvulsant drugs currently used, it is not always possible to achieve the desired treatment effect.

**Goal and tasks.** Improve the quality of life of patients suffering from epilepsy. Assess the effectiveness of convulex on the clinical picture of convulsive seizures.

**Material and methods** We examined 66 patients suffering from epilepsy, the observation period was 3 months. The primary examination included: medical history, clinical, neurological examination of the patient, scale assessment of quality of life using questionnaires and scales - SF-36, Hamilton Depression Rating Scale. During each subsequent visit, patients were repeatedly assessed: quality of

life assessment, analysis of the frequency of attacks and side effects. Patients with severe concomitant somatic pathology and uncontrolled epileptic seizures were excluded from the study. The main method of assessing QoL was a questionnaire. When conducting a questionnaire self-assessment, patients filled out questionnaires, after which its individual parts were analyzed using special scales or a generalizing index.

**Results and discussions** To process the SP-36 scales, a licensed author's package of statistical programs was used. Descriptive statistics methods were used to analyze the data. When analyzing QoL according to the SF-36 questionnaire, patients taking carbamazepine initially showed low scores on the OZ, ZH, EF, and PZ scales. When repeated after 1 month, the indicators did not change significantly; after 3 months, a significant improvement was revealed only on the O3 and F scales ( $p < 0.05$ ). Changes in quality of life indicators on various scales of the SF-36 questionnaire during Convulex therapy were significant when compared with carbamazepine treatment. Table 1 Assessment of the quality of life of patients with epilepsy before and after treatment

Quality of life Main group (n=36)	Convulex Control group (n=30)	Carbamazepine before treatment	Carbamazepine after treatment	Convulex before treatment	Convulex after treatment
General health	64.0±1.2	78.6±1.5*	63.8±1.6	73.9±0.9	83.1±0.7
Functioning, associated with physical	67.3±1.7	84.7±1.8*	66.4±2.6	81.1±1.8	83.1±0.7
Functioning associated with emotional state	67.6±1.3	84.1±1.6*	68.1±1.8	75.4±1.3	83.7±1.8*
Pain intensity	65.5±1.4	73.8±1.6*	65.1±1.8	70.2±1.3	83.7±1.8*
Vital activity	66.4±1.8	76.7±1.2*	65.9		

Frequency of inadequacy, ambivalence of judgment and callousness in the control group, even after treatment, remained quite high. Rudeness, tactlessness, making it difficult to communicate with others, lack of a common language, understanding on the part of others was observed in 75-80% of patients. During therapy with carbamazepine, the indicators improved.

**Conclusion.** Konvulex is a highly effective drug in the treatment of patients with epilepsy with a pronounced decrease in quality of life indicators. The drug is well tolerated, reducing tension, irritability and sleep disturbances, helping to concentrate on activities that require attention.

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