CASE IN POINT: *EVIDENCE-BASED INSIGHTS FOR EPILEPSY MANAGEMENT*

Accreditation Statement

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Mount Sinai School of Medicine and MBL Communications, Inc. The Mount Sinai School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation

The Mount Sinai School of Medicine designates this educational activity for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Faculty Disclosure Policy Statement

It is the policy of the Mount Sinai School of Medicine to ensure objectivity, balance, independence, transparency, and scientific rigor in all CME-sponsored educational activities. All faculty participating in the planning or implementation of a sponsored activity are expected to disclose to the audience any relevant financial relationships and to assist in resolving any conflict of interest that may arise from the relationship. Presenters must also make a meaningful disclosure to the audience of their discussions of unlabeled or unapproved drugs or devices. This information will be available as part of the course material.

Statement of Need and Purpose

Epilepsy is one of the most common neurological disorders, affecting between 2.1 and 2.7 million people in the United States. Yet many adults with epilepsy do not receive sufficient treatment. These patients also reported experiencing significantly worse health-related quality of life, were more likely to experience limitations in socializing and other normal activities, and had a higher incidence of other health risks such as smoking and obesity. Neurologists who treat patients with epilepsy must be equipped with the latest information on pharmacological agents and with appropriate communication and educational strategies to establish an alliance with the patient to improve long-term patient outcomes. Approximately 65% of patients respond to treatment with a single antiepileptic drug (AED). The goal of pharmacotherapy with AEDs is to control seizures while minimizing adverse events. Nonadherence represents a major problem in the management of chronic illnesses, including epilepsy. Good physician–patient communication is essential to promoting treatment adherence. Physicians would benefit from specific direction regarding fostering effective communication regarding adherence and epilepsy management.

Learning Objectives

At the completion of this activity, participants should be better able to:

- Interpret the clinical evidence regarding the safety, efficacy, and tolerability of available and emerging antiepileptic drugs (AEDs)
- Assess the risks and benefits of AED therapy for individual patients based on drug profile and patient characteristics such as seizure type and health status
- Implement communication strategies to assess and promote adherence to AED treatment throughout the course of therapy

Target Audience

This activity is designed to meet the educational needs of neurologists.

Faculty Affiliations and Disclosures

Brien J. Smith, MD, FAAN, is medical director of the Comprehensive Epilepsy Program at Henry Ford Hospital, and associate professor of neurology in the Department of Neurology at Wayne State University, both in Detroit, Michigan. Dr. Smith is a consultant to Lundbeck, NeuroPace, Pfizer, and UCB Pharma; has received honoraria from Lundbeck, Pfizer, and UCB Pharma; and receives research support from NeuroPace and Pfizer. Dr. Smith discusses unapproved/experimental uses of brain stimulation, brivaracetam, carisbamate, clobazam, eslicarbazepine acetate, marijuana, a modified Atkins diet, and retigabine for the treatment of epilepsy.

Andrew J. Cole, MD, FRCPC, is director of the Massachusetts General Hospital Epilepsy Service and associate professor of neurology at Harvard Medical School, both in Boston. Dr. Cole is a consultant to and has received honoraria from GlaxoSmithKline and UCB Pharma.

CME Course Director **James C.-Y. Chou, MD**, is associate professor of psychiatry at Mount Sinai School of Medicine. Dr. Chou has received honoraria from AstraZeneca, Bristol-Myers Squibb, Eli Lilly, GlaxoSmithKline, Janssen, and Pfizer.

Isabelle M. Germano, MD, is professor of neurology, neurosurgery, and oncological sciences at Mount Sinai School of Medicine in New York City. Dr. Germano reports no affiliation with or financial interest in any organization that may pose a conflict of interest.

Activity Review Information

The activity content has been peer-reviewed and approved by Isabelle M. Germano, MD.

Review Date: January 6, 2010.

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To Receive Credit for this Activity

Read this Expert Review Supplement, reflect on the information presented, and complete the CME posttest and evaluation on pages 7 and 8. To obtain credit, you should score 70% or better. Early submission of this posttest is encouraged. Please submit this posttest by January 1, 2012 to be eligible for credit.

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