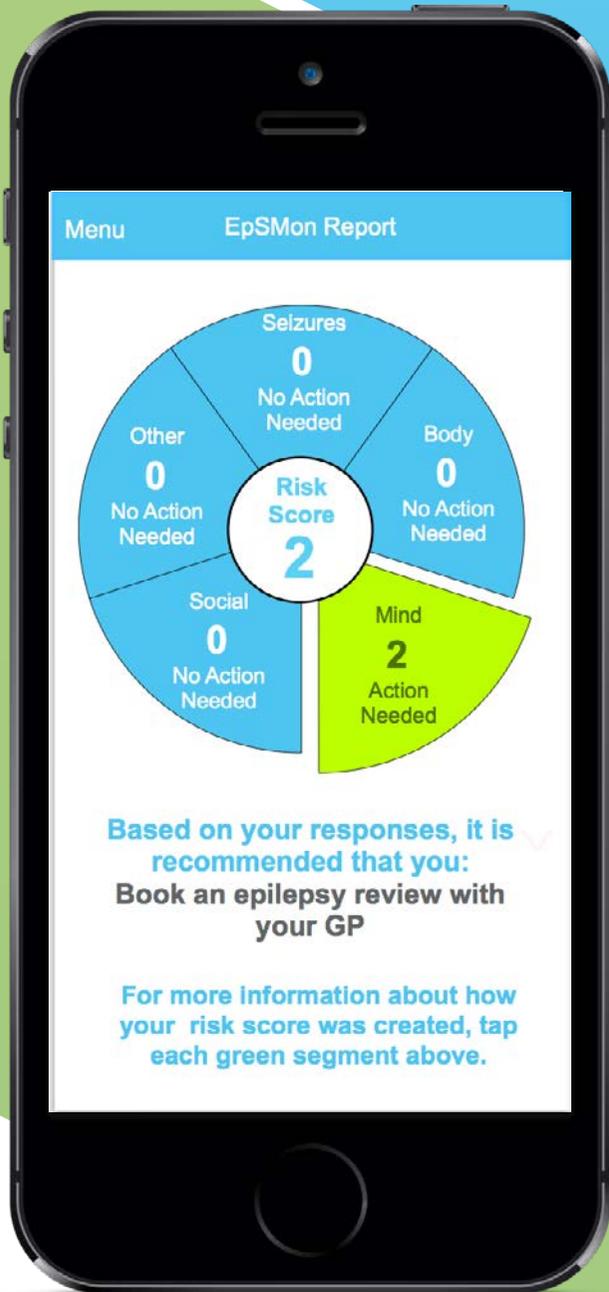




# Epilepsy Safety Awareness in your Pocket

Whilst EpSMon is designed to support you, the most important relationship in monitoring your epilepsy is between you and your doctor.



Available now



To learn more about EpSMon, contact [info@sudep.org](mailto:info@sudep.org) or visit [www.sudep.org/epilepsy-self-monitor](http://www.sudep.org/epilepsy-self-monitor)



### SUDEP Action

SUDEP Action, registered charity  
1164250 (England & Wales), SC047223 (Scotland)  
Epilepsy Bereaved (founded 1995)  
is part of SUDEP Action

EpSMon is a collaboration between Plymouth University; Cornwall Partnership NHS Foundation Trust, Cornwall Royal Hospital and SUDEP Action.

The project is also part sponsored by Kt's Fund established following the sudden death of a young nurse.



## About

EpSMon is a self-monitoring App designed for adults who experience seizures. It helps you provide important information to your doctor.

As someone with epilepsy, you may well be aware that having epilepsy and seizures brings a number of risks. They can affect your awareness or judgement, for instance, or lead to a fall. The seizures themselves can be risky too.

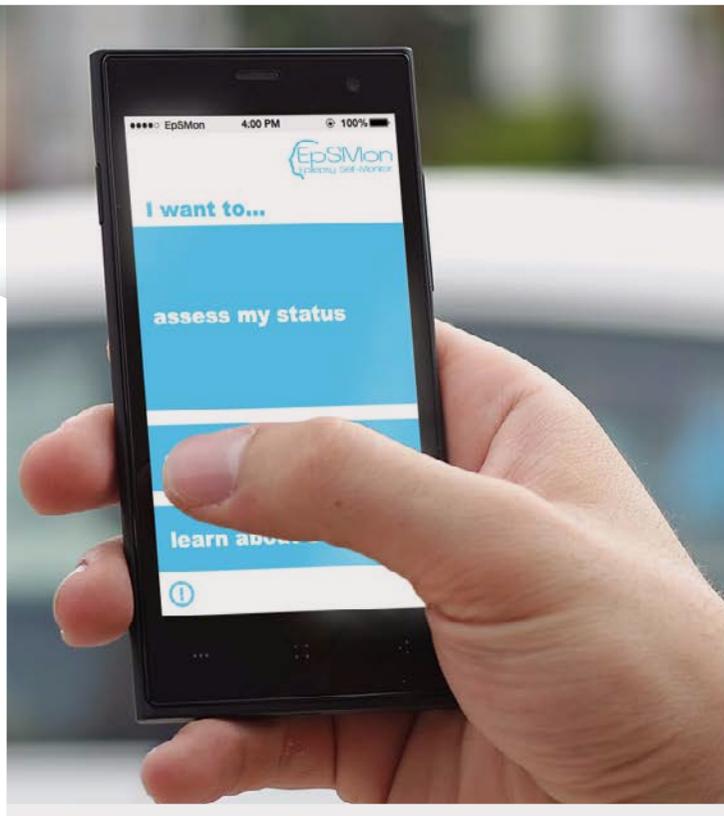
EpSMon uses evidence on risk factors for Sudden Unexpected Death in Epilepsy (SUDEP), and includes the major risk factors known to be associated with fatality in epilepsy. The risk is low, but may be less or greater for some people, which is why it's important to talk to your medical team about your own condition.

EpSMon supports you to assess yourself every three months. It informs you if you report a risk, even a very low risk, and to seek help to review whether action may be needed. It highlights when you report a risk factor or a worsening of a risk factor that may be life-threatening, but is something that could be changed.

PLYMOUTH  
UNIVERSITY  
PENINSULA  
SCHOOLS OF MEDICINE & DENTISTRY

Royal Cornwall Hospitals  
NHS Trust

Cornwall Partnership  
NHS Foundation Trust



## Who is EpSMon for?

Life can get busy. Keeping track of your epilepsy or general well-being may not be easy. Regular reviews with your GP are recommended, but this may only happen once in a year. So, how do you check your risk the rest of the time?

EpSMon can help you self-monitor in between your visits to doctors. Fatalities including Sudden Unexpected Death in Epilepsy (SUDEP) do happen in some people with epilepsy. The good news is that the best protection is action to improve known risk factors.

## How it works

Once downloaded EpSMon will guide you through a simple registration process. You then complete a series of questions which will assess your risk factors.

### EpSMon is designed to...

- Help you understand why the risk factors are important
- Encourage you to show your GP or specialist the results
- Encourage you to agree a care plan if you do not have one; agree a regular review or check your existing care plan
- Help you be better informed about your seizures and able to agree a plan with your doctor that works well for you
- Offer some simple suggestions to help reduce risk

### Remember...

- EpSMon is a support tool. It will only help you if you capture all the information about your epilepsy carefully and share it with your doctor
- The responsibility for managing your epilepsy is between you and your doctor
- Risk varies hugely from one person to another