

## About EpLink

Our mission is to reduce seizures and improve quality of life for people with epilepsy through research.

### Our Team



We have over 25 researchers working at 7 hospitals and universities across Ontario.

### Our Research



Our studies aim to improve drug, diet and genetic therapies, surgery, brain monitoring & modulation, and quality of life.

### Our Partners



We work with industry partners, people with epilepsy, caregivers, and epilepsy agencies to bring our research to the community.

# Strategies for Epilepsy and Memory (STREAM) Program

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# Strategies for Epilepsy and Memory (STREAM) Program



*Can an educational program improve memory function in people with epilepsy?*

## Information for Patients

V4  
Jan. 2022



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## **How can epilepsy affect my memory?**

Many people with epilepsy experience memory problems that affect their daily function. Memory problems may be due to the side effects of anti-seizure drugs, differences in brain structure, or seizures themselves.

## **Can participating in an educational program help me to manage my memory problems?**

Research has found that using memory strategies can help people to better manage their everyday memory problems. Since these problems are often unavoidable in epilepsy, this approach is centered around learning different techniques to help compensate for memory difficulties, rather than restoring memory function.

By using a distance-delivery model, this program can be accessed by anyone in Ontario without having to travel

The main goal of this study is to examine whether educational programs improve everyday memory function in adults with epilepsy.



## **What does this study involve?**

There are 2 parts to this research study:

### **1) Questionnaires**

*(30 to 60 minutes/session, 3 sessions)*

This part of the study involves completing questionnaires online. These questionnaires ask about your education, quality of life, epilepsy, and mental health. You will be asked to complete these questionnaires before, 2 weeks after and 3 months after participating in the educational program.

### **2) Educational Program**

*(60 minutes/session, 8 sessions)*

This study will involve a program delivered online or by telephone that has been designed to increase knowledge and build skills around managing memory problems in epilepsy.

You will be asked to join a one-hour teleconference once a week for eight weeks. Each session will provide information about memory function and present strategies to help compensate for memory difficulties.

Groups will be composed of 6-8 people and will be led by a Neuropsychologist and a co-facilitator, who is a person with epilepsy.



## **Who can join this study?**

You may be eligible to participate if you:

- Have been diagnosed with epilepsy
- Are over the age of 18 years
- Experience memory changes that affect your daily functioning

## **Why should I participate?**

Participating in the educational program may provide you with a better understanding about epilepsy and memory and help to you to apply specific strategies to help you manage your memory problems.

You will be compensated for your time.

Information from this study may be of benefit to people with epilepsy by helping us better understand memory problems related to epilepsy, which may lead to better treatment interventions in the future.

## **How can I get involved?**

Interested participants should contact the study coordinator:

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