

A Tool for Clinicians:



WHY IS THIS CHECKLIST IMPORTANT?

Sudden unexpected death in epilepsy (SUDEP) occurs when a person with epilepsy dies and no cause of death can be found.

The rate of SUDEP is estimated at **1 death in 1,000 adults and children each year.**

Discussing risk factors associated with SUDEP could **save lives.**

RISK FACTORS ASSOCIATED WITH SUDEP:

- Generalized tonic-clonic seizures
- Nocturnal seizures
- Frequent, uncontrolled, or drug-resistant seizures
- Poor adherence to epilepsy medication and/or other treatments

WHAT IS THE CHECKLIST?

- Award-winning tool that helps clinicians and people living with epilepsy discuss epilepsy-related risk.

GOALS OF CHECKLIST

- Support clinicians and empower people living with epilepsy and their caregivers
- Reduce the incidence of SUDEP and other forms of epilepsy mortality



Use of this free evidence-based checklist has been shown to **reduce epilepsy mortality** in those found to be previously at risk*

REGISTER [sudep.org/checklist](https://www.sudep.org/checklist)
for the checklist here:

*Findings from the 2019 Epilepsy & Behaviour article, Bridging the gap of risk communication and management using the SUDEP and Seizure Safety Checklist, hyperlink to: [https://www.epilepsybehavior.com/article/S1525-5050\(19\)30600-6/fulltext](https://www.epilepsybehavior.com/article/S1525-5050(19)30600-6/fulltext)

SUDEP Action 
Making every epilepsy death count

NHS
Cornwall Partnership
NHS Foundation Trust


EPLINK
THE EPILEPSY RESEARCH PROGRAM
OF THE ONTARIO BRAIN INSTITUTE

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