

ABSTRACT

Introduction: Epilepsy has significant physical, economic and social consequences and it is a leading serious neurological condition world wide, A seizure free life for People with Epilepsy (PWE) is one where PWE don't experience seizures for at least two years having continued or withdrawn from AED therapy. Seizure relapse is not uncommon among PWE following a seizure free life.

Aim: The objective of this study was to assess the factors associated with relapse of seizures among epileptic patients at Butabika national referral hospital in Kampala District

Methods: A case-control study design was used in this study among epileptic patients attending Butabika national referral mental hospital for health care. Consecutive non probability sampling methods were used to select participants, data collection was done using a structured questionnaire. Data analysis was done using SPSS, and a 95% confidence interval was considered in this study. Ethical clearance was sought from the Research and Ethics Committee of Clarke International University.

Results: It was revealed that occupation (other forms of occupation) (OR=0.15, 95% CI=0.05-0.51; $p<0.01$), catholic (OR=3.17;95%CI=1.34-10.57; $p<0.05$), SDA (OR=2.67; 95% CI=1.02 – 6.97; $p<0.05$) & being Born-again (OR=6.39, 95% CI=1.65-24.81; $p<0.01$), sad mood (OR=16.26; 95%CI=7.15-37.01, $p<0.01$), having no chronic medical condition or deformity (OR=4.87, 95% CI=1.79-13.23, $p<0.01$), having no history of head injury/trauma(OR=0.18, 95% CI=1.81-0.41, $p<0.01$) , having no neighbors to rescue one when experiencing a seizure episode (OR=4.08, 95% CI=1.81-9.19, $p<0.01$), and no family members to remind one about appointment dates for review (OR=8.88, 95%CI=1.90-41.57, $p<0.01$), were significantly associated with seizure relapse.

Conclusion: Epileptic patients have a risk of seizure recurrence. The potential risk factors of relapse are multi-factorial.

Recommendation: Encouraging formation of epileptic patients associations would help to unite epileptic patients, sharing experience and encouraging each other how to achieve a seizure free life.