

# **HOLISTIC CARE OF 26 YEARS OLD WOMAN WITH EPILEPSY AND MILD DEPRESSION**

**Larasati, TA, Fitriana AN**

**Medical Faculty of Lampung University**

## **Abstract**

**Background:** Epilepsy is a chronic neurological disorder characterized by spontaneous recurrent seizures caused by abnormal electrical discharges loss of nerve cells of the brain which are reversible with different etiologies. Epilepsy can come with several complications, such as depression. Depression, in epilepsy patients, is usually undiagnosed and most of them are untreated.

**Objective and methods:** This case study is based on the implementation of principles of family medicine in a patient with epilepsy. Diagnosis of epilepsy was defined through anamnesis, alloanamnesis and physical examination in Puskesmas. Psychosocial assessment, family functional and the environment have been done through home visit. Diagnosis of depression was defined by Beck Depression Inventory II.

**Result:** This epilepsy woman was 2nd degree in functional health status that comes with mild depression. Her internal risk factors were lack of knowledge and her perception about the disease, and external one comes from her dysfunctional family that has given inadequate support for her. Pharmacotherapy, family counselling and education about epilepsy had been done. During evaluation, we found no more seizures and depression behavior had been decreased because of the holistic care approach.

**Conclusion:** The complex clinical problems of a patient with epilepsy, especially depression, requires a continuing and coordinated care among health care workers and family. Holistic approach prevents seizures and disability and also improves the quality of life in a patient with epilepsy that affects the health of the patient and family.

**Keywords:** Depression, Epilepsy, Holistic care