



Telehealth Toolkit: Women's Health in Epilepsy

Background: Women with Epilepsy face unique challenges in contraception, pregnancy and medication safety:

- Limited access to coordinated neurology + OB/GYN
- Telehealth offers a scalable solution to improve outcomes

Objective: Telehealth-based toolkit to support reproductive and neurological care in women with epilepsy

Pre-Visit Screening

- Seizure frequency
- Medications and adherence
- Pregnancy intention

Medication Safety

- Avoid high-risk ASMs
- Use safer options + folic acid

Virtual Visit Structure

- Neurology: seizure control
- Women's health: contraception + pregnancy planning

Red Flags

- Status epilepticus
- Severe side effects
- High-risk pregnancy complications

Key Clinical Considerations

Area	Key Point
Pregnancy	High-risk OB + neurology coordination
Contraception	IUDs preferred (no drug interaction)
Postpartum	Sleep deprivation → seizure trigger

Impact

- Improves access to specialty
- Supports safe pregnancy planning
- Reduces ER visits and complications
- Addresses health disparities in underserved populations

Future Directions

- Implement as a telehealth pilot program
- Evaluate outcomes (seizure control, maternal health)
- Expand to other chronic neurological conditions