

Advances in the use of health education modules in epilepsy care

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Epilepsy is a chronic brain disease caused by abnormal discharges of neurons in the brain, and epileptic seizures are often accompanied by a series of psychological disorders such as social, family, and emotional disorders. With the rapid progress of the Internet, big data and artificial intelligence technologies, health education, as a core part of comprehensive epilepsy management, is rapidly evolving towards personalisation, intelligence and interactivity. In this study, we explored the application of traditional and modern health education models, including graphic health education, knowledge, information, and action model, individualized health education, interactive health education, and new media platform-based health education, in epilepsy management and their effectiveness through a literature review. It was found that these health education models have significant effects on reducing the frequency of seizures and improving the quality of life of patients by improving their knowledge of the disease, promoting changes in health behaviours, enhancing medication adherence, and improving psychological status. In the future, health education will further leverage big data and AI technologies to achieve more accurate analysis of patients' educational needs and provision of personalised educational content, as well as strengthen mutual assistance and support among patients using online communities and support networks. The integration and application of these technologies will not only provide epilepsy patients with more scientific, efficient and convenient health management solutions, but also promote the development of health education in a more personalised, intelligent and comprehensive direction, bringing new hopes and possibilities to epilepsy patients.

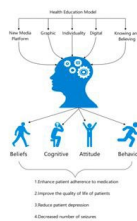
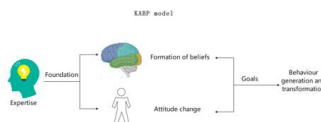


Fig.1: Effects of different health education modes on patients.



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Biography

Junhong Zeng, a Chinese postgraduate student specialising in the field of nursing, has a keen interest in and pursuit of improving the quality of life and well-being of patients. A literature study of epilepsy disease management and health education models found that effective health education is crucial for epilepsy management, especially in today's world where the content and form of education are evolving, and that caregivers should continue to learn, practice in depth, and understand the needs of their patients in order to facilitate the effective delivery of health education.

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