

# Training nurses in a competency framework to support adults with epilepsy and intellectual disability: the EpAID cluster RCT

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## Plain English summary

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## Plain English summary

Adults with an intellectual disability (ID) have an intelligence quotient (IQ) of < 70 and serious limitations in communication and the abilities required for many or all of the demands of everyday life. They also have an increased risk of epilepsy compared with the rest of the population. The epilepsy experienced by those with an ID tends to be more severe and more difficult to treat than epilepsy in those without an ID.

The aim of the Epilepsy And Intellectual Disability (EpAID) trial was to see whether or not making use of the recently developed Learning Disability Epilepsy Specialist Nurse Competency Framework could improve outcomes for adults with an ID and epilepsy compared with treatment as usual. A key aspect of this framework is that it was designed to be used by all ID nurses, not just the small number of epilepsy nurse specialists, and, therefore, if it is shown to be effective, it could be readily used across the NHS.

The trial took place in 17 community ID clinical teams across England, Scotland and Wales and involved 312 adults with an ID and epilepsy. Overall, the results of the trial indicated that, in terms of clinical outcomes, the competency framework was no better than treatment as usual. For those with a mild or moderate ID the results suggested that use of the framework may have been associated with a slight reduction in the severity of their seizures, as noticed by somebody providing care for them.

The EpAID clinical trial is the first controlled trial to test the possible benefits of a nurse-led intervention for epilepsy in adults with an ID. The economic analysis suggested that, in general, the competency framework intervention resulted in a small reduction in quality of life but saved money.



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