



EPILEPSY AFRICA NEWS

Issue 6

A newsletter of the African Regional Committee of the International Bureau for Epilepsy (IBE)

February 2018

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Image (right): Mr Anthony Zimba making a presentation during international Epilepsy Day 2018 in Zambia. Below: Pupils at Malasha Basic School, Zambia, making a presentation on epilepsy.



Join us today

WhatsApp group for people with epilepsy and significant others: +260977789042, group for professionals interested in epilepsy: +260977789042. **Epilepsy Africa Facebook** group: <https://www.facebook.com/Epilepsy-Africa-IBE-516237431779015/?fref=ts>
Twitter: @EpilepsyAfrica. **Email list:** We have three email lists – for social issues, for professionals and for associations. Coming soon, an email list for advocates/ambassadors! To join your list, send an email to ibeafrika@gmail.com.

About this newsletter

Editorial team: Jacob Mugumbate; Youssouf Noormamode; Betty Barbara Nsachilwa; Radcliffe Durodami Lisk. **Frequency:** Monthly
Distribution: Email and other social media. **Email contributions to:** ibeafrika@gmail.com. Enjoy your reading!

Spotlight (#5): International Epilepsy Day in Zambia 2018

Report on 2018 International Epilepsy Day Activity at Kankatapa combed by Chabadwa Successor Phiri

I live in Chongwe District, Kankatapa Area and am a teacher of a Grade Five Class at Evergreen Basic School. I am also a longstanding member of the Epilepsy Association of Zambia. On 12th February, 2018, I organized a health talk on Epilepsy and two classes were combined to listen to this talk. The pupils had a lot of questions about epilepsy and I helped them to understand what epilepsy is and its causes. After the talks, we had a football match where the two classes played against each other.

I feel happy to be part of this year's celebration and this was just the beginning. I hope to do better next time and to take photos of the events.



Photo below: A workshop in Zambia.



A full report will appear in the next issue of the newsletter.

New chapters

Last year we welcomed Global Epilepsy Connection, an association in Rwanda.

Last month we welcomed Epilepsy Lesotho into our family.

We would like to hear from Rwanda and Lesotho on their plans and any ideas they might have for our region.

If readers know of any individuals interested in forming chapters in their country, please let us know.



Young people with epilepsy: call to join AREC

In December we made a call to young people with epilepsy to join the AREC. We extended the call by one month. We received a total of three application and we are working as a committee to select the most suitable candidate. Results will be announced very soon.

On a related matter, we have not been able to get another member from our chapters to join the AREC. If you are interested, or you know someone interested, let us know. Countries that qualify to submit candidates include those ticked below:

List of Africa chapters of the IBE

Country	Eligible to nominate a member to join the African regional committee
<i>Cameroon</i>	✓
<i>Congo, DR</i>	
<i>Ethiopia</i>	✓
<i>Gambia</i>	✓
<i>Ghana</i>	✓
<i>Kenya</i>	✓
<i>Malawi</i>	
<i>Mauritius</i>	
<i>Namibia</i>	
<i>Niger</i>	✓
<i>Nigeria</i>	✓
<i>Rwanda</i>	✓
<i>Senegal</i>	✓
<i>Sierra Leone</i>	
<i>South Africa</i>	
<i>Swaziland</i>	
<i>Tanzania</i>	✓
<i>Togo</i>	✓
<i>Uganda</i>	✓
<i>Zambia</i>	
<i>Zimbabwe</i>	
<i>Lesotho</i>	

Call for reports for 2017

Make your chapter the first one to submit a small report detailing your activities for 2018. The report should just be ½ a page long with at least one picture. None of our countries submitted a report as shown in table below. We will update this table as reports come in.

Country	Eligible to nominate a member to join the African regional committee
<i>Cameroon</i>	X
<i>Congo, DR</i>	X
<i>Ethiopia</i>	X
<i>Gambia</i>	X
<i>Ghana</i>	X
<i>Kenya</i>	X
<i>Malawi</i>	X
<i>Mauritius</i>	X
<i>Namibia</i>	X
<i>Niger</i>	X
<i>Nigeria</i>	X
<i>Rwanda</i>	X
<i>Senegal</i>	X
<i>Sierra Leone</i>	X
<i>South Africa</i>	X
<i>Swaziland</i>	X
<i>Tanzania</i>	X
<i>Togo</i>	X
<i>Uganda</i>	X
<i>Zambia</i>	X
<i>Zimbabwe</i>	X
<i>Lesotho</i>	X

Also remember to submit Epilepsy day reports.

Please contribute to the newsletter

We are calling for chapters, their groups and members to contribute to the newsletter. You could share this with us:

1. Your local newsletter
2. Your 2017 report and plans for 2018
3. Questions
4. Photographs

We are on social media, join us today

You are encouraged to join these social media groups, and participate, follow, like posts, and comment regularly:

- WhatsApp Group for people with epilepsy and significant others: +260977789042
- WhatsApp Group for professionals interested in epilepsy: +260977789042
- Epilepsy Africa Facebook group: <https://www.facebook.com/Epilepsy-Africa-IBE-516237431779015/?fref=ts>
- Email list: We have three email lists – for social issues, for professionals and for associations. Coming soon, an email list for advocates/ambassadors! To join your list, send an email to ibeafrika@gmail.com.
- Our Twitter account is here tweet to us: [@EpilepsyAfrica](https://twitter.com/EpilepsyAfrica)

Life is Beautiful – Photography Competition to celebrate International Epilepsy Day 2018

Winners were announced. Please check the IBE website for more information. Congratulations to the winners.

Summary of publications on the continent

Publication one

Title: Psychiatric comorbidity in African patients with epilepsy – Experience from Sierra Leone

Published in International Journal of Epilepsy, Volume 4, Issue 1, January–June 2017, Pages 26-30. Authors: Tenema M'bayoa, Michal Tomek, Clifford Kamara, Durodami Radcliffe Lisk
DOI <https://doi.org/10.1016/j.ijep.2016.12.002>

Conclusion reached

“Symptoms of anxiety and depression are common in epilepsy patients in Sierra Leone. Given the significant negative impacts of such comorbidity on those affected, primary healthcare workers in sub-Saharan countries should be trained to inquire about anxiety and depression symptoms in epilepsy patients, and implementation of screening programs should be considered”, page 1.

Durodami Radcliffe Lisk is a member of AREC. Well done on your publications.

Publication two

Title: Epilepsy in Africa: Past, present, and future

Published in Epilepsy & Behavior Journal, Volume 79, February 2018, Pages 239-241. Authors:

Jacob Mugumbate and Anthony M. Zimba

DOI <https://doi.org/10.1016/j.yebeh.2017.10.009>

Conclusion reached

“Our article showed that while much has happened, much more needs to be done. As a way forward, we suggest the formation of an African alliance to facilitate advocacy for government recognition of the rights of people with epilepsy, to facilitate resource mobilization within the African continent, and to run regional initiatives”, page 1.

Jacob and Anthony are members of the AREC. Well done.

We want to hear from readers about other researchers doing on.

Youth Projects Funding is back again this year!

While we await funding for youth projects, we would like to hear from young people who were funded previously. Please tell us about the work that you are doing or that you did. The funded projects were as follows:

1. Cameroon received US\$ 246.00 for “Awesome Project” (Rabbit breeding project).
2. South Africa received US\$ 250.00 for “Epilepsy Awareness in Extreme Sport”.
3. Swaziland received US\$ 250.00 for “Out of the Shadow: Youth Enterprise”.



Did you enjoy reading our newsletters? Please give us some feedback: email ibeafrica@gmail.com

What is Epilepsy?

From IBE website.

Epilepsy is one of the most common serious diseases affecting more than 50 million people globally. There are many difference causes for epilepsy including genetic disposition, head trauma or brain tumour.

Epilepsy affects almost every aspect in the life of the person diagnosed with the disease. For many people with epilepsy, the stigma attached to the disease is more difficult to deal with than the disease itself.

People with epilepsy have a 3-6 times greater risk of premature death. Many of the deaths from epilepsy could be prevented with appropriate medication and treatment.

SELF EVALUATION

Are you an active association – a self-assessment tool?

We have developed this tool to help associations rate their level of activity. This follows reports from the previous committee and the IBE that some chapters are not active. Use the table below to answer. Just try to be as truthful as possible. We would be very happy if you email a completed evaluation form to us. We are also ready to answer questions about how you could be active.

Name of Chapter:	Rating					
Activity	0	1	2	3	4	5
1. We submitted all reports and information required by the IBE?						
2. We had activities for International Epilepsy Day?						
3. We completed the survey run by the Africa Regional Executive Committee.						
4. We applied for Promising Strategies?						
5. We submitted an article to the IBE Newsletter?						
6. We participated in the IBE photo competition?						
7. We applied for Solidarity Funding?						
8. We have a plan for implementing the WHO Resolution						
9. We are active on social media						
10. At least one of our members applied for conference funding from IBE/ILAE last year and this year.						
11. We collaborate with our local League						
12. (Choose an activity of your choice and rate it).....						
MARKS OBTAINED						
TOTAL MARKS						

Key to grades

45-60 marks means your chapter is **Very Active**, well done, keep it up, ****

30-44 means your chapter is **Active**, but aim higher, ***

15-29 means your chapter is **Somehow Active**, please do more, **

0-14 means your chapter is **Not Active**, please start doing something, *

Do you have any other topics to suggest, please email us at
ibeafrica@gmail.com