

# CLINICAL PROFILE, TREATMENT, AND OUTCOME OF EPILEPTIC SPASMS AT KOMFO ANOKYE TEACHING HOSPITAL - A 3-YEAR RETROSPECTIVE REVIEW

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## INTRODUCTION

Epileptic spasms (ES) are brief tonic jerks of proximal or truncal muscles typically seen in infants and young children. In resource-limited countries like Ghana, ES presents a challenge due to the high incidence of birth asphyxia(an aetiological factor), delay in diagnosis, and high cost of some treatment options.

## OBJECTIVES

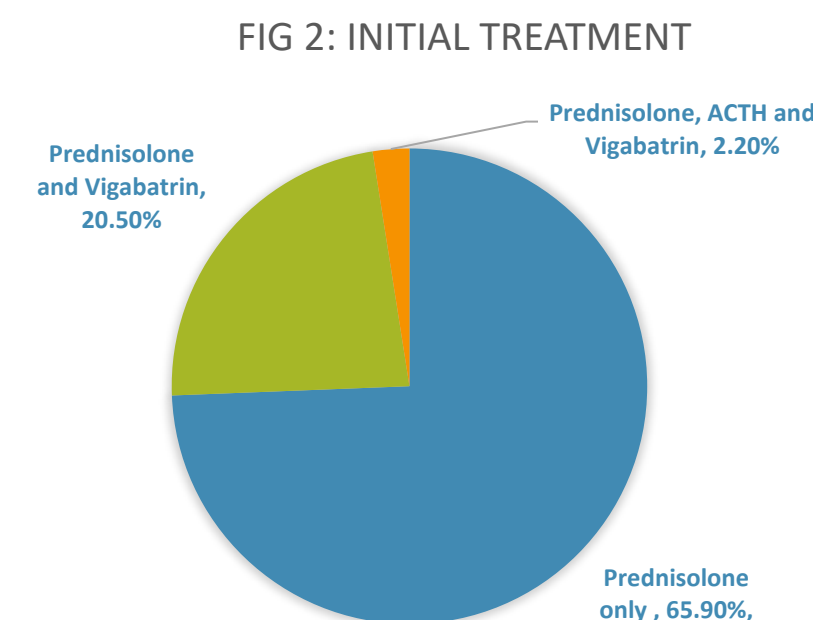
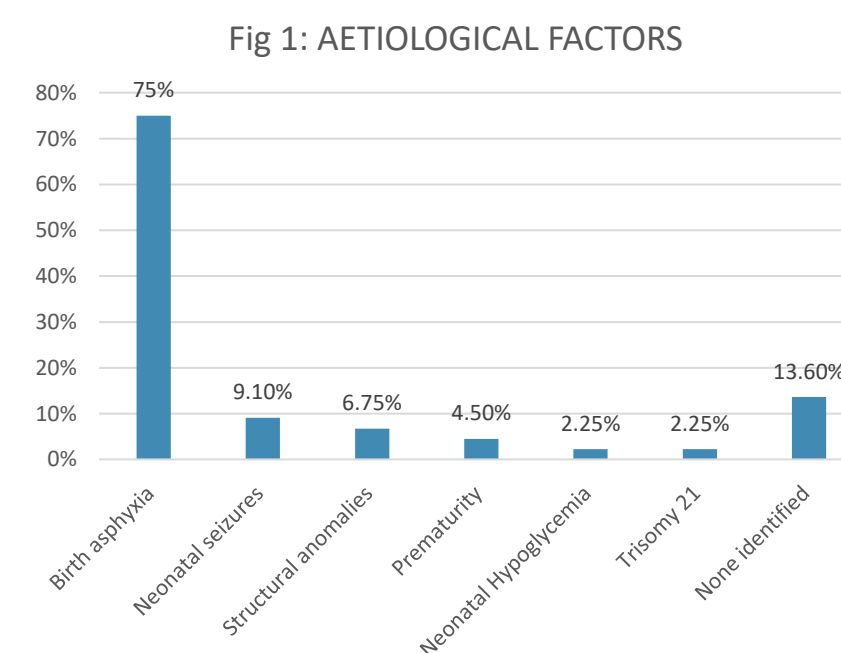
This study describes the clinical profile, treatment, and neurological outcomes of cases seen at Komfo Anokye Teaching Hospital (KATH) over 3 years.

## MATERIALS & METHODS

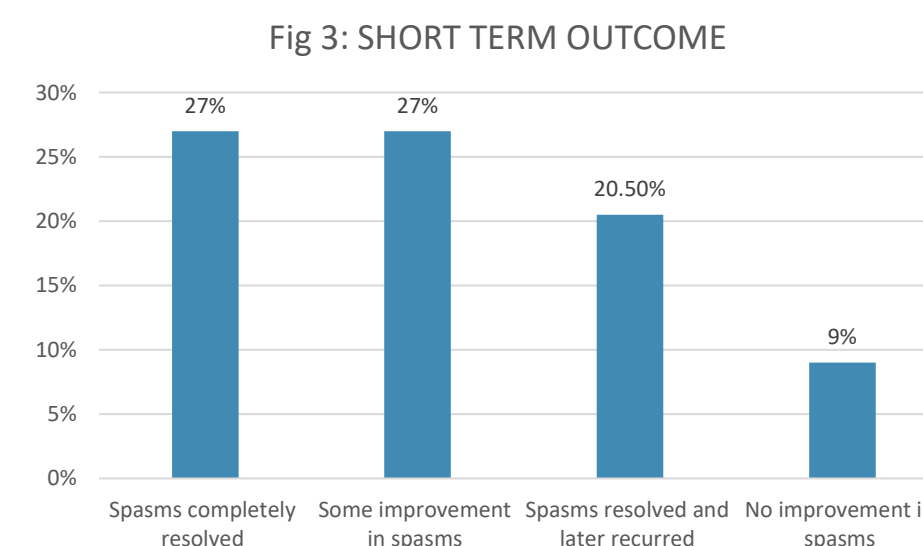
We reviewed the electronic records of children (in-patient and out-patient) with clinical diagnosis of infantile/epileptic spasms seen at KATH between January 2020 and August 2023. Data retrieved included demography, developmental profile, EEG findings, underlying causes, treatment, and outcomes. The data was exported to Microsoft Excel version 16.19 and analysed.

## RESULTS

- 44 cases were enrolled in the study.
- Median age at presentation was 9 months (IQR 6-12 months).
- M:F = 1.59:1.
- Developmental delay or regression was present in 88.6%



- EEG data was available for 28 patients, with 64.3% showing the classic hypsarrhythmia or suppression-burst pattern.



- In the long-term, 48% had developed cerebral palsy with 16% evolving into other seizure types. Almost half of the cases were lost to follow-up.

## CONCLUSION

Birth asphyxia is the most common underlying cause of epileptic spasms in children presenting at KATH. Steroids are the mainstay of treatment with mixed neurological outcomes. Early referral and prompt treatment are recommended for improved outcomes.

## REFERENCES

- Hancock EC, Osborne JP, Edwards SW. Treatment of infantile spasms. Cochrane Database of Systematic Reviews. 2013 Jun 5;
- Mytinger JR. Definitions and Diagnostic Criteria for Infantile Spasms and West Syndrome – Historical Perspectives and Practical Considerations. Seminars in Pediatric Neurology. 2021 Jul;38:100893.

## ACKNOWLEDGEMENT

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