

Epilepsy in Children: Beyond Seizure Control

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ABSTRACT

Background & Objectives: Seizure control is essential in paediatric epilepsy, yet comorbidities such as ADHD, learning disorders, anxiety, and sleep disturbances often have a greater impact on quality of life and long-term outcomes. Despite their prevalence, these conditions remain under-recognized, particularly where rehabilitation and psychological services lack consistent insurance coverage. This presentation aims to highlight common comorbidities, outline evidence-based screening strategies, and propose multidisciplinary pathways that extend beyond seizure management. **Methods & Results:** Drawing on recent meta-analyses, international guidelines, and clinical experience, we summarize the burden of neurodevelopmental, psychiatric, sleep, and physical health comorbidities in epilepsy. We introduce a structured "5-minute clinic checklist" to support routine screening and demonstrate, through a clinical vignette, how combined interventions—neurology, psychology, occupational and speech therapy, and school-based support—improve academic, behavioural, and psychosocial outcomes. **Conclusions & Implications:** Addressing comorbidities is integral to pediatric epilepsy care. Systematic screening and coordinated rehabilitation improve outcomes, while policy efforts must ensure equitable insurance coverage for psychological and rehabilitative services.