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Use of early childhood epilepsy severity scale (E-Chess) in classification and prognostication of children with west syndrome: A study from tertiary care pediatric neurology centre

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Background: West syndrome is a type of pediatric epilepsy syndrome often associated with a grave prognosis. The aim of this study was to evaluate clinico-radiologically cases of west syndrome, to use E-chess scoring and classify and use it for prognostication.

Materials & Methods: Prospective observational clinical study for 1 year in the pediatric neurology out patients department of S.C.B Medical College, Cuttack, Odisha. Patients were included as a case of west syndrome when they met all 3 criteria i) developmental plateau or regression, ii) epileptic spasm iii) hypsarrhythmia on electroencephalography (EEG) who came to our centre for first time (with/without previous treatments) after informed consent. They were classified into 3 groups by E-Chess scoring according to severity of disease.

Types E-Chess score

I	6-9
II	10-12
III	13-15

Results: Total number of children included in the study was 13. Mean age of presentation was 9.4 months. Maximum patients were males. Mean duration of the disease was 3 months. Most of the patients were having Hypoxic ischemic sequel in MRI. 23% patients were categorized into Type-III, 31% into Type-II, 46% into Type-I. Types II, III were drug resistant epilepsy with poor response.

Conclusion: West syndrome is one of the infantile epilepsy syndromes with grave prognosis. E-chess scoring is a good and useful scoring system for classification and prognostication. This can be used in OPD basis for categorization of west syndrome. The Type-II,III are drug resistant varieties with poor response to drugs. They should be planned for surgical therapy.