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Infantile Spasms (West Syndrome): Updated Information and Resources for Pediatricians and Healthcare Professionals to Share with Parents

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ABSTRACT

Infantile spasms (IS; West syndrome) is a severe form of encephalopathy that occurs in infancy and usually affects children under 2 years of age. which includes specific types of seizures consisting of spasms and an interictal EEG pattern known as hypsarrhythmia, together with psychomotor regression. This can be due to various reasons, but the decisive component is the maturation of the brain. Early detection and appropriate treatment are necessary, although not sufficient, to optimize outcome and avoid long-term disability.

Objective: To assist pediatric neurologists and pediatricians in diagnosing the disease, as well as counseling and guiding families who have a child with IS.

Research Methods: Treatment guidelines, consensus reports, and original studies are being revised to provide updated information on the diagnosis and treatment of infants with IS. The websites were searched for educational and supportive resources related to healthcare providers and families of patients with IS.

Findings: Early detection of IS and referring the pediatrician to a pediatric neurologist for further evaluation and initiation of treatment may improve prognosis. Family education and the creation of a multidisciplinary continuum of care are important components of care for most patients with IS. The prognosis depends on continued care and this varies depending on the diagnosis, initiation of treatment, and short and long term needs. Several online educational and support resources have been identified for families and caregivers of patients with AI.

Conclusion: Given the possibility of poor developmental outcomes in IS, including the emergence of other types of seizure disorders and cognitive and developmental problems in patients with IS. Early recognition, referral, and timely and appropriate treatment of IS are important to achieve optimal patient outcomes. Distribution and access to educational and supportive resources for families and caregivers throughout the life of a child with IP is an urgent need. Pediatric health services are well positioned to meet these needs.

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