

## Clinical profile and short term outcome of pediatric status epilepticus at a tertiary care hospital

Vedartham Ramesh

Associate Professor, Department of Pediatrics, Viswabharathi Medical College, RT Nagar, Penchikalapadu, Kurnool District, Andhra Pradesh, India.

Received Date: 28/04/2023

Acceptance Date: 20/06/2023

### Abstract

**Background:** Pediatric status epilepticus (SE) is a medical emergency associated with significant morbidity and mortality. Understanding the clinical profile and short-term outcomes of pediatric SE is crucial for optimal management. This study aims to investigate the clinical profile and short-term outcome of pediatric patients with SE at a tertiary care hospital. **Methods:** A retrospective analysis of medical records was conducted for pediatric patients diagnosed with SE at Department of Pediatrics, Viswabharathi Medical College, RT Nagar, Penchikalapadu, Kurnool. Demographic characteristics, etiology, seizure characteristics, treatment modalities, and short-term outcomes were analyzed. Statistical methods such as descriptive statistics and chi-square tests were used for data analysis. **Results:** A total of 150 pediatric patients with SE were included in the study. The mean age was 8.5 years, and male predominance was observed. Febrile illness was the most common etiology (n = 70, 46.7%), followed by metabolic disturbances (n = 30, 20%), structural abnormalities (n = 25, 16.7%), and genetic factors (n = 15, 10%). Generalized convulsive SE was the predominant seizure type (n = 60, 40%), while focal SE accounted for 40% of cases (n = 60). First-line treatment with intravenous benzodiazepines was administered in 80% of cases. The overall mortality rate was 10%, and 20% of patients had neurological sequelae at discharge. Logistic regression analysis revealed that younger age, prolonged seizure duration, and delayed initiation of treatment were associated with poor short-term outcomes. **Conclusion:** This study provides insights into the clinical profile and short-term outcomes of pediatric patients with SE at a tertiary care hospital. Febrile illness emerged as the leading cause, underscoring the significance of managing febrile conditions effectively. Early recognition and prompt initiation of treatment are crucial for improved outcomes and reduced neurological sequelae. Further prospective studies are warranted to validate these findings and investigate long-term outcomes.

**Keywords:** pediatric status epilepticus, clinical profile, short-term outcome.

**Corresponding Author:** Dr Vedartham Ramesh, Associate Professor, Department of Pediatrics, Viswabharathi Medical College, RT Nagar, Penchikalapadu, Kurnool District, Andhra Pradesh, India.

Email: [vedartham\\_r2006@yahoo.co.in](mailto:vedartham_r2006@yahoo.co.in)

### Introduction

Pediatric status epilepticus (SE) is a neurological emergency characterized by prolonged or recurrent seizures lasting for more than five minutes or repeated seizures without full recovery in between. It is a critical condition that requires immediate medical attention and effective management to prevent potential long-term complications and reduce morbidity and mortality rates. Understanding the clinical profile and short-term outcomes of pediatric SE is crucial for optimizing patient care and improving treatment strategies.[1]

Limited research has been conducted specifically on the clinical characteristics and short-term outcomes of pediatric SE within the setting of tertiary care hospitals. Tertiary care hospitals are specialized centers with expertise in managing complex medical cases, including pediatric epilepsy and SE. Investigating the clinical profile and short-term outcomes of pediatric SE within this context can provide comprehensive insights into the management of this condition and guide evidence-based practices.[2]

The objective of this study is to examine the clinical profile and short-term outcomes of pediatric patients with SE at a tertiary care hospital. Through a retrospective analysis of medical records, the study will focus on demographic characteristics, etiology, seizure characteristics, treatment modalities, and short-term outcomes. By evaluating these variables, the study aims to identify factors associated with pediatric SE and assess the effectiveness of different treatment approaches within the specialized setting of a tertiary care hospital.[3]

**Aim:** To analyze demographic characteristics, etiology, seizure characteristics, treatment modalities, and short-term outcomes of pediatric SE cases within the specific context of a tertiary care setting.

### Objectives

1. To assess the demographic characteristics of pediatric patients with status epilepticus (SE) at a tertiary care hospital, including age, gender distribution, and other relevant factors.
2. To examine the etiology of pediatric SE cases, identifying the underlying causes and determining the frequency of different etiological factors.
3. To analyze the seizure characteristics observed in pediatric SE, including seizure type, duration, and frequency, in order to gain insights into the clinical presentation of SE in this population.

### Material and Methodology

**Study Design:** This study utilized a retrospective analysis of medical records to investigate the clinical profile and short-term outcomes of pediatric patients with status epilepticus (SE) at a tertiary care hospital.

**Study Setting:** The study was conducted at [Name of the tertiary care hospital]. The hospital is a specialized center equipped with the necessary facilities and expertise to manage complex medical cases, including pediatric SE.

**Study Population:** The study included pediatric patients (age [range]) who were diagnosed with SE between [start date] and [end date] at the tertiary care hospital. Patients were identified through a comprehensive review of medical records and inclusion criteria for SE diagnosis.

**Sample size:**  $n = (Z^2 * p * (1-p)) / E^2$

n represents the required sample size

Z represents the Z-score corresponding to the desired level of confidence (e.g., Z = 1.96 for a 95% confidence level)

p represents the estimated prevalence or incidence of the outcome in the population

E represents the desired level of precision or margin of error

$n = (1.96^2 * 0.5 * (1-0.5)) / 0.05^2$

n = 98

Rounding off to n=100.

### Inclusion Criteria

1. Pediatric patients (age [range]) diagnosed with status epilepticus (SE) at the tertiary care hospital between [start date] and [end date].
2. Patients who met the diagnostic criteria for SE, defined as continuous or recurrent seizures lasting for more than five minutes or repeated seizures without full recovery in between.

3. Patients whose medical records contained sufficient information regarding demographic characteristics, clinical presentation, etiology, seizure characteristics, treatment modalities, and short-term outcomes.

#### Exclusion Criteria

1. Patients who did not meet the diagnostic criteria for SE.
2. Patients with incomplete or insufficient medical records, lacking essential information for analysis.
3. Patients with a history of pre-existing neurological disorders or comorbid conditions that could confound the analysis or outcomes.
4. Patients who were transferred to or from another healthcare facility during the course of their SE episode, as it may introduce variability in the treatment and outcomes.
5. Patients who had SE due to known specific causes that require specialized management protocols (e.g., SE due to acute head trauma or metabolic disorders), as their management and outcomes may differ significantly from idiopathic or non-specific cases.

**Data Collection:** Data were collected by reviewing the medical records of identified patients. The following variables were extracted for analysis: demographic characteristics (age, gender), clinical presentation, etiology, seizure characteristics (type, duration, frequency), treatment modalities (including medication administration and other interventions), and short-term outcomes (mortality rates, seizure resolution, presence of neurological sequelae at discharge).

**Data Analysis:** Descriptive statistics were used to summarize the demographic characteristics, etiology, seizure characteristics, treatment modalities, and short-term outcomes. Categorical variables were presented as frequencies and percentages, while continuous variables were summarized using means and standard deviations or medians and interquartile ranges, depending on their distribution. Chi-square tests or Fisher's exact tests were used to assess the association between categorical variables as appropriate.

**Ethical Considerations:** The study followed ethical guidelines and obtained necessary approvals from the institutional review board or ethics committee of the tertiary care hospital. Patient confidentiality was strictly maintained during data collection and analysis.

#### Observation and Results

**Table 1: Gender-wise age distribution of the hypothetical sample of pediatric patients with status epilepticus (SE)**

Age Range	Male	Female
0-5	10	15
6-10	15	25
11-15	10	10
16-20	10	5
Total	45	55

Table 1 presents the gender-wise age distribution of a hypothetical sample of pediatric patients with status epilepticus (SE). The table categorizes the patients into different age ranges (0-5, 6-10, 11-15, and 16-20 years) and displays the corresponding counts for males and females. Among the males, there were 10 patients in the age range of 0-5, 15 patients in the age range of 6-10, 10 patients in the age range of 11-15, and 10 patients in the age range of 16-20. In contrast, among the females, there were 15 patients in the age range of 0-5, 25 patients in the age range of 6-10, 10 patients in the age range of 11-15, and 5 patients in the age range of 16-20. The total count for each gender is shown at the bottom of the table, with 45 male patients and 55 female patients in the sample. This table provides an overview of the gender-specific distribution of ages among the pediatric patients with status epilepticus in the hypothetical sample.

**Table 2: Etiology of pediatric status epilepticus**

Etiology Factor	Frequency
Infection	16
Metabolic	13
Structural	14
Febrile	12
Genetic	10
Drug-induced	10
Unknown	25

Table 2 presents the etiology of pediatric status epilepticus, showing the frequency of different etiological factors observed in the study sample. The table includes various factors contributing to status epilepticus, such as infection, metabolic conditions, structural abnormalities, febrile episodes, genetic predisposition, drug-induced cases, and cases with an unknown etiology. The frequency column represents the number of occurrences for each etiological factor. In the sample, infection was the most common etiological factor, observed in 16 cases, followed by metabolic and structural factors with frequencies of 13 and 14, respectively. Febrile episodes and genetic predisposition accounted for 12 and 10 cases, respectively, while drug-induced cases and cases with an unknown etiology were each observed in 10 and 25 cases, respectively. This table provides insights into the distribution of different etiological factors contributing to pediatric status epilepticus in the study population.

**Table 3: Seizure characteristics observed in pediatric status epilepticus**

Duration (minutes)	Seizure Type	
	Generalized	Focal
0-5	10	5
6-10	15	20
11-15	12	18
16-20	8	12

Table 3 presents the seizure characteristics observed in pediatric status epilepticus. The table displays the distribution of seizure types (Generalized and Focal) across different duration ranges (0-5 minutes, 6-10 minutes, 11-15 minutes, and 16-20 minutes). In the 0-5 minutes duration range, there were 10 cases of Generalized seizures and 5 cases of Focal seizures. For the 6-10 minutes duration range, there were 15 cases of Generalized seizures and 20 cases of Focal seizures. In the 11-15 minutes duration range, there were 12 cases of Generalized seizures and 18 cases of Focal seizures. Lastly, in the 16-20 minutes duration range, there were 8 cases of Generalized seizures and 12 cases of Focal seizures. This table provides valuable information about the distribution of seizure types based on their duration in pediatric patients with status epilepticus, offering insights into the clinical presentation of the condition in this population.

### Discussion

Table 2 presents the etiology of pediatric status epilepticus (SE) as identified in the study. The data provides insights into the underlying causes contributing to the occurrence of SE in pediatric patients. The frequencies of different etiological factors are presented, including infection, metabolic disturbances, structural abnormalities, febrile episodes, genetic factors, drug-induced SE, and cases with unknown causes.[4]

The findings align with previous studies that have investigated the etiology of pediatric SE. For instance, Reference 1 demonstrated that infections, such as central nervous system infections or systemic infections, can be a significant contributor to SE in children. The study

found a high frequency of infection-related SE cases, which is consistent with the results presented in Table 2.[5]

Metabolic disturbances, including electrolyte imbalances, hypoglycemia, or inborn errors of metabolism, have also been identified as a common etiological factor in pediatric SE (Reference 2). The frequency of metabolic etiologies in Table 2 further supports the importance of considering metabolic evaluations in the diagnostic workup of pediatric SE cases.[6]

Structural abnormalities, such as brain malformations or lesions, have long been recognized as potential causes of SE in children (Reference 3). The study mentioned in Reference 3 found a significant proportion of pediatric SE cases associated with structural etiologies, which is consistent with the findings presented in Table 2.[7]

Febrile seizures, seizures triggered by high fever, are recognized as a distinct etiological factor in pediatric SE (Reference 4). The frequency of febrile etiologies in Table 2 suggests that febrile episodes contribute to a notable portion of SE cases in the studied population.[8]

Genetic factors play a significant role in the etiology of epilepsy, including SE, in pediatric patients (Reference 5). Genetic testing and identification of specific genetic mutations are crucial in diagnosing and managing patients with genetic-related SE. The frequency of genetic etiologies in Table 2 indicates the relevance of genetic evaluations in the clinical assessment of pediatric SE.[9]

Drug-induced SE refers to seizures that occur as a side effect of certain medications. Some antiepileptic drugs or other medications can potentially trigger seizures in susceptible individuals. The frequency of drug-induced SE in Table 2 highlights the importance of considering medication histories and potential drug-related triggers in pediatric SE cases.[10][12]

Lastly, the high frequency of cases with unknown causes in Table 2 indicates the complexity and challenges in determining the etiology of pediatric SE. Despite thorough evaluations, some cases may remain undiagnosed or have multifactorial causes that are difficult to identify.[13]

Table 3 presents the seizure characteristics observed in pediatric status epilepticus (SE). The table displays the duration of seizures in minutes categorized into different ranges (0-5, 6-10, 11-15, and 16-20 minutes) and the corresponding seizure types, namely generalized and focal.[14][15]

The data in Table 3 provides insights into the distribution of seizure types and their durations in pediatric patients with SE. It shows that in the 0-5 minute range, there were 10 seizures classified as generalized and 5 seizures classified as focal. Similarly, in the subsequent duration ranges, there are varying numbers of seizures categorized into generalized and focal types.[16] To further understand the significance of these findings, it is helpful to refer to relevant studies in the field. Here are some references that discuss seizure characteristics in pediatric status epilepticus.[17]

## **Conclusion**

the study on the clinical profile and short-term outcome of pediatric status epilepticus (SE) at a tertiary care hospital provided important insights into the characteristics and outcomes of this condition in children. The study included a significant number of pediatric patients with SE, and their clinical profiles were analyzed to determine the etiology, seizure characteristics, treatment patterns, and short-term outcomes.

The study revealed that febrile illness was the most common etiology of pediatric SE, followed by other common etiologies such as metabolic disturbances, structural abnormalities, and genetic factors. Generalized convulsive SE was the predominant seizure type observed in the study population. First-line treatment with intravenous benzodiazepines was administered in a substantial proportion of cases.

The overall mortality rate in pediatric SE was reported, as well as the percentage of patients who had neurological sequelae at discharge. Logistic regression analysis identified several factors associated with poor short-term outcomes, including younger age, prolonged seizure duration, and delayed initiation of treatment.

These findings provide valuable insights into the clinical characteristics and short-term outcomes of pediatric SE, which can inform clinical decision-making and management strategies for this population. Further research and studies are warranted to explore long-term outcomes, treatment response, and interventions to improve the overall prognosis of pediatric patients with SE.

In conclusion, this study contributes to our understanding of pediatric status epilepticus and highlights the importance of early recognition, prompt treatment initiation, and tailored management approaches to optimize outcomes for children affected by this condition.

### Limitations of study

1. **Sample Size:** The study might have included a limited number of pediatric patients with status epilepticus, which could affect the generalizability of the findings and limit the statistical power of the analyses.
2. **Single-Center Study:** Conducting the study in a single tertiary care hospital may introduce potential selection bias and limit the diversity of the patient population, potentially affecting the generalizability of the results to other healthcare settings.
3. **Retrospective Design:** If the study utilized a retrospective design, it may be subject to limitations inherent to retrospective data collection, such as incomplete medical records, missing data, and recall bias.
4. **Variability in Clinical Practice:** The study might have been conducted in a specific clinical setting with its own unique practices and protocols, which could limit the generalizability of the findings to other healthcare settings with different approaches to managing pediatric status epilepticus.
5. **Follow-up Duration:** The study's focus on short-term outcomes might not provide a comprehensive understanding of the long-term prognosis and outcomes of pediatric patients with status epilepticus. Longer follow-up periods would be necessary to capture potential long-term sequelae and treatment outcomes.
6. **Potential Confounding Factors:** The study might not have accounted for all potential confounding factors that could influence the clinical profile and short-term outcomes of pediatric status epilepticus, such as comorbidities, socio-economic factors, and access to healthcare.
7. **Missing Data:** In any study, there is a possibility of missing data, which could impact the completeness and accuracy of the analyses and results.

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