



Non-Pharmacological
Intervention Society

Non Pharmacological Interventions Registry

Notice : HOBSCOTCH Program

Health Problem : Cognitive disorders



Psychosocial

Sheet Code

NPIS-0000000115

Designation

HOBSCOTCH Program

Abbreviation

HOBSCOTCH

Category

Psychosocial

Main Indication

To treat memory and concentration problems, and help the person manage their epilepsy on a daily basis.

How does it work?

The HOBSCOTCH program teaches participants how to organize themselves better, use memory “tricks,” plan their day, and make use of external tools (calendars, alarms, lists, etc.) to better manage their epilepsy. It also helps individuals get to know themselves better, identify how their memory and attention issues affect them in daily life, and minimize their impact on their everyday lives.

Other Benefits

- Reduce the impact of memory and concentration problems in everyday life, so that these difficulties interfere less with daily activities.
- Help the person manage their own life more effectively: use “tricks” to compensate (Post-it notes, alarms, calendars, routines, etc.), adhere better to their treatments, and adopt healthy habits.
- Have a positive effect on mood by reducing sadness and depressive symptoms.
- Improve overall quality of life, meaning comfort and well-being in daily life.
- Also provide benefits to the person providing support (family member, caregiver) and improve the functioning of the patient caregiver partnership in everyday life.

Direct Risks

- Few serious adverse effects.
- Cognitive fatigue after sessions and mild, transient frustration in some participants due to the difficulty of certain exercises or awareness of disorders.
- Temporary increase in anxiety in some patients during the learning of strategies.
- Stress induced when using the remote version due to technical problems, poor mastery of digital tools or limited access to equipment.
- Risk of not participating due to frustration or lack of perception of the benefits of the program until leading to abandonment.
- Charge for the caregiver involved in the program if applicable.

Risks of interaction

No direct interaction with antiepileptic drugs. Rare difficulties may occur during the program:

- Risk in some patients of modification of drug treatment without medical consultation caused by high self-confidence which may cause a recurrence of epileptic symptoms.
- Risk of increased cognitive complaints and depressive symptoms in some patients. In this case, the doctor may modify the basic treatment and/or add a treatment that could lead to a risk of interactions.
- Risk of interaction with ongoing psychotherapy when there is no coordination between caregivers.

Target Audience

- Epileptic adult with cognitive complaints (memory/attention).
- Epileptic adult with mild to moderate deficits.
- Adult with controlled or uncontrolled epilepsy, the program is designed to be applicable regardless of seizure control, the goal being self-management.
- Adult motivated to participate in all sessions of the program.
- Adult with a video conferencing system if he or she chooses this option.

Contraindications

- Epileptic adult with untreated severe psychiatric disorder.
- Epileptic adult with a very severe cognitive deficit or extended neurodegenerative.
- Epileptic adult with untreated severe depression.
- Epileptic adult not motivated in following the 8 sessions of the program.
- Epileptic adult without technological means of videoconference wanting to follow the supervised format remotely.

- Epileptic adult medically instable (frequent seizures, hospitalizations).

Duration

8 weeks

Sessions per week

1 session per week

Regulatory provisions

The HOBSCOTCH program is an intervention referred to as 'psycho-educational' and cognitive rehabilitation intended for adults living with epilepsy. This therapeutic education program is a structured behavioral, non-pharmacological, and non-invasive protocol, developed and disseminated by academic teams and a dedicated institute, the HOBSCOTCH Institute. This NPI has the necessary evidence.

This program must be delivered by coaches trained and certified by the HOBSCOTCH Institute. These facilitators are generally healthcare professionals (neurology, rehabilitation, psychology, trained nurses) with the necessary state diplomas in France.

The use of a teleconsultation or videoconferencing system must comply with the regulations in force in the country.

Main Initiator

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Link to the online listing: [click here](#).

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