Frequently Asked Questions

How often should patients be seen when getting started on the ketogenic diet?

Patients should only be started on the ketogenic diet as part of a programmatic support plan that includes the clinicians, nurses, nutritionists, etc. Consider hosting a one-day educational program for patients and families to meet the nutritionist and other families who have gone through the same program to discuss the ketogenic diet to see if this would be a realistic treatment option.

What are the best practices for the ketogenic diet?

Many patients begin the ketogenic diet with a 3-month commitment to see if it will be successful. Other best practices can be found here.

How do I improve communication with the pediatric neurologist in my system?

Speak up! Systems can be improved, for example, all patient communication are typically now sent electronically through the electronic health record. Some systems have a line specifically for doctor to doctor communication.

How does the neurologist communicate with the school?

Ask for information directly from teachers and, as appropriate, participate via telephone in meetings and conference calls to review a particularly difficult patient, will write a summary letter with recommendations, standard letter to help kids get support for special services.

Is there a reference that would summarize what the general pediatrician should know about the most commonly used AEDs?

American Epilepsy Society Summary of AEDs in the US: https://www.aesnet.org/clinical_resources/aedchart