

Levetiracetam (Keppra) and Its Connection with Epilepsy: Effects on Quality of Life

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Abstract:

Epilepsy is a neurological disorder that is often misunderstood, which can complicate effective treatment and patient care. Anti-epileptic drugs (AED) such as Levetiracetam (Keppra) are widely prescribed to control seizures due to their efficacy and generally favorable clinical profile. However, research indicates that Keppra may produce adverse effects that can affect a person's daily functioning and overall quality of life (QoL). This review synthesizes findings from clinical studies, observational trials, case reports, and qualitative research to examine why Keppra is often used as first line treatment for epilepsy and investigates its cognitive, behavioral, and motor side effects. Evidence shows that while Keppra effectively reduces seizure frequency, it can also lead to memory and attention impairments, mood changes, irritability, and difficulties with coordination and motor skills. These effects vary among patients and will influence daily functioning and long term management or need close monitoring. Cognitive and motor assessments in clinical trials demonstrate measurable impacts on coordination performance, illustrating that side effects can extend beyond subjective experiences to affect functional abilities. Effective epilepsy treatment management with Keppra requires regular evaluation of cognitive, behavioral, and motor outcomes, combined with individualized treatment approaches designed to each patient's needs. This approach helps clinicians manage seizures effectively while reducing the impact of treatment on a patient's daily functioning. Overall, this review underscores that optimizing epilepsy treatment extends beyond seizure reduction to include careful attention to side effects and patient's QoL.