



# Seizure Action Plan

Effective Date \_\_\_\_\_

This student is being treated for a seizure disorder. The information below should assist you if a seizure occurs during school hours.

Student's Name	Date of Birth	
Parent/Guardian	Phone	Cell
Other Emergency Contact	Phone	Cell
Treating Physician	Phone	
Significant Medical History		

### Seizure Information

Seizure Type	Length	Frequency	Description

Seizure triggers or warning signs: \_\_\_\_\_ Student's response after a seizure: \_\_\_\_\_

### Basic First Aid: Care & Comfort

Please describe basic first aid procedures:

Does student need to leave the classroom after a seizure?  Yes  No  
 If YES, describe process for returning student to classroom: \_\_\_\_\_

### Basic Seizure First Aid

- Stay calm & track time
  - Keep child safe
  - Do not restrain
  - Do not put anything in mouth
  - Stay with child until fully conscious
  - Record seizure in log
- For tonic-clonic seizure:**
- Protect head
  - Keep airway open/watch breathing
  - Turn child on side

### Emergency Response

A "seizure emergency" for this student is defined as:

#### Seizure Emergency Protocol (Check all that apply and clarify below)

- Contact school nurse at \_\_\_\_\_
- Call 911 for transport to \_\_\_\_\_
- Notify parent or emergency contact
- Administer emergency medications as indicated below
- Notify doctor
- Other \_\_\_\_\_

#### A seizure is generally considered an emergency when:

- Convulsive (tonic-clonic) seizure lasts longer than 5 minutes
- Student has repeated seizures without regaining consciousness
- Student is injured or has diabetes
- Student has a first-time seizure
- Student has breathing difficulties
- Student has a seizure in water

### Treatment Protocol During School Hours (include daily and emergency medications)

Emerg. Med. ✓	Medication	Dosage & Time of Day Given	Common Side Effects & Special Instructions

Does student have a Vagus Nerve Stimulator?  Yes  No If YES, describe magnet use: \_\_\_\_\_

### Special Considerations and Precautions (regarding school activities, sports, trips, etc.)

Describe any special considerations or precautions:

Physician Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# SCHOOL SEIZURE PLAN

This student is being treated for a seizure disorder. This information should assist staff in the event a seizure occurs during school hours. This form will be shared with appropriate staff school personnel.

STUDENT NAME \_\_\_\_\_ Birthdate \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_ Teacher \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact: Name & phone \_\_\_\_\_

Physician student sees for seizures \_\_\_\_\_ Phone \_\_\_\_\_

Hospital preference \_\_\_\_\_

Significant medical history \_\_\_\_\_

Type of seizures: \_\_\_\_\_

SEIZURE LOOKS LIKE \_\_\_\_\_

Usual time of day seizure occurs \_\_\_\_\_

Possible warning and/or behavior prior to seizure \_\_\_\_\_

Average length of seizure \_\_\_\_\_

Average frequency \_\_\_\_\_

Possible triggers that should be avoided \_\_\_\_\_

Medication(s) \_\_\_\_\_

Activity limitations or restrictions (Doctor consultation & note may be required) \_\_\_\_\_

Desired first aid treatment if student has a tonic-clonic seizure \_\_\_\_\_

<p><b>When a student has a tonic-clonic seizure, staff should:</b></p> <ul style="list-style-type: none"><li>✓ Stay calm and track time</li><li>✓ Do not restrain, do not put anything in mouth</li><li>✓ Protect head, remove harmful objects from the area</li><li>✓ Turn child on his/her side</li><li>✓ Keep airway open and watch breathing</li><li>✓ Provide privacy</li><li>✓ Note the type of motor activity (i.e. whether arms were extended, etc.)</li></ul>	<p><b>A seizure is generally considered an emergency when:</b></p> <ul style="list-style-type: none"><li>✓ A tonic-clonic seizure lasts longer than 5 minutes</li><li>✓ repeated seizures without regaining consciousness</li><li>✓ breathing difficulties, blue color</li><li>✓ any signs of injury</li><li>✓ student has diabetes or is pregnant</li><li>✓ seizure occurs in water</li><li>✓ first time seizure</li></ul>
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**IF SEIZURE LASTS MORE THAN \_\_\_\_\_ MINUTES OR IF BREATHING IS COMPROMISED CALL 911 IMMEDIATELY.**

Parent Signature & Date \_\_\_\_\_

Reviewed by Nurse & date \_\_\_\_\_

# 1<sup>st</sup> Aid for Tonic-Clonic (grand mal) Seizures

1. Keep the person lying down where he/she has fallen, unless hazardous
2. Do not try to hold down or restrain
3. Cushion head, remove glasses, loosen tight clothing.
4. When body relaxes, turn on side and keep airway clear.
5. DO NOT put anything in the mouth.
6. Note the time a seizure starts and the length of time it lasts.
7. When the seizure is over, allow the child to rest.
8. Notify parent of seizure.
7. Most seizures end naturally without emergency treatment after 1 or 2 minutes.
8. Call 911 for emergency assistance if:
  - the seizure lasts 5 minutes or longer
  - there is slow recovery or a second seizure occurs
  - breathing difficulty afterwards; blue color
  - repeated seizures on the same day
  - any signs of injury
  - pregnancy or other medical diagnosis (i.e. diabetic)

