

Epilepsy Support Plan



Your details

Name: _____

Address: _____

Telephone number: _____

Date of birth: / /

Emergency Contact Details

In case of emergency, contact:

Contact Name: _____

Contact Phone: _____

Their relationship to me:

What type of Epilepsy do you have?

Are you taking regular prescribed Epilepsy Medication? Y N

If yes, type? _____

Have you been prescribed PRN Epilepsy Medication? Y N

If yes, type? _____

Epilepsy Support Plan



<p>How should PRN Epilepsy Medication be administered?</p> <p>After _____ minutes (please record as appropriate)</p> <p>Other (please give details):</p> <p>Medical Professional comments/instructions:</p> <p>Medical Professional Name: _____</p> <p>Signature: _____</p> <p>Date: / / Review date: / /</p>	<p>Are there any known triggers for your Seizures:</p> <p>Should anything be avoided to prevent a Seizure:</p> <p>What happens when you experience a Seizure:</p> <p>How long do your Seizures normally last:</p> <p>How long does it normally take for you to recover from a Seizure:</p>
<p>I have provided Life Choice with my most up to date Seizure Management Support and I have had my plan endorsed by a Medical Professional.</p> <p>Participant/Guardian/Parent Name: _____ Signature: _____</p>	

FIRST AID FOR SEIZURES

TONIC CLONIC SEIZURE

Seizures where the body stiffens (tonic phase) followed by general muscle jerking (clonic phase).



DO

- ✓ Stay with the person
- ✓ Time seizure
- ✓ Keep them safe: protect from injury especially the head
- ✓ Roll onto side after jerking stops (immediately if food/fluid/vomit in mouth)
- ✓ Observe and monitor breathing
- ✓ Gently reassure until recovered

DO NOT

- ✗ Put anything in the person's mouth
- ✗ Restrain the person
- ✗ Move person unless in danger

FOCAL SEIZURE

Non-convulsive seizures with possible outward signs of confusion, inappropriate responses or behaviour.

- Stay with the person
- Time seizure
- Gently guide away from harm
- Reassure until recovered
- DO NOT restrain the person unless in danger

CALL 000 FOR AN AMBULANCE IF:

- You are in any doubt
- Injury has occurred
- There is food/fluid/vomit in mouth
- Seizure occurs in water
- Person has breathing difficulties after jerking stops
- Another seizure quickly follows
- Seizure lasts longer than 5 mins
- The person is non-responsive for more than 5 mins after the seizure ends



This is not medical advice nor an exhaustive list of responses to seizures. This is a guide to help you consider your response to seizures. If you are in any doubt about what to do, do not hesitate to call an ambulance.