

Seizure Action Plan for Teens

What Is a Seizure Action Plan?

A Seizure Action Plan is a form that tells other people how to help after you have a seizure. Your Seizure Action Plan will tell people what to do when you have a seizure, who to call, your doctor's name, your medications, when to call 911, and lots of other information.¹

Why Should I Use a Seizure Action Plan?

A Seizure Action Plan will allow your family, friends, and people at school to help you after you have a seizure by following steps you've created.¹



How Do I Use a Seizure Action Plan?



- Work with your parent or guardian to fill out as much information as you can in the Seizure Action Plan form¹
- Work with your healthcare provider who helps manage your epilepsy to fill out any information that you or your parent or guardian don't know. For example, you might need your healthcare provider's help with the following sections¹:
 - When Seizures Require Additional Help
 - As-needed Treatments
 - Special Instructions
- Your parent or guardian and your healthcare provider should both sign and date the Seizure Action Plan at the bottom of the form after the plan is completed
- Review your Seizure Action Plan with your healthcare team and family, friends, and school personnel at least once a year (or more often if your seizures or your treatment changes)¹



Exploring Epilepsy:



INFORMATION / KNOWLEDGE / EMPOWERMENT



- Make a list of people who need to know about your seizures, including family, friends, and school personnel¹
- Give each person a copy of your completed Seizure Action Plan¹
- Keep a copy in a central place in your home¹
- Keep a copy of your Seizure Action Plan with you (in your backpack, pocket, wallet, or purse)¹



Remember that seizure first aid classes are complimentary through the Epilepsy Foundation. Contact your local chapter. ²



Teen Seizure Action Plan^{3,4}

This person is being treated for a seizure disorder. The information below may be helpful if you are present when the person has a seizure, or as the person is recovering.

Name	Address	Date of birth
Parent/Guardian Emergency Contact Name		Phone
Other Emergency Contact Name		Phone
Important Medical History		

My Seizure Information

Seizure Type	Length	Frequency	Description
Seizure Triggers or Warning Signs		Usual Response After a Seizure	

Daily Seizure Medications

Medication Name (brand name and generic name)	Medication Dose (how many milligrams, or mg, in each pill)	How Many Pills Do You Take and How Many Times Per Day (instructions on the prescription bottle)



Other Seizure Treatments

Type of Device (such as a vagus nerve stimulator)	Model	Serial Number	Date Implanted

Nutritional Therapy
(type of dietary therapy and date started)

Any Other Type of Therapy or Special Instructions

Basic First Aid

- Keep calm, provide reassurance, remove bystanders
- Keep person safe, remove objects around them, do not restrain
- Time the seizure, observe what happens, write down what happens
- Stay with the person until they recover from the seizure
- Other care needed for this person:

Additional ways to help during a convulsive (tonic-clonic) seizure:

- Protect person's head
- Keep airway open, make sure nothing is in mouth, watch breathing
- Turn person on side, if possible



When Seizures Require Additional Help

Type of Emergency for This Person (for example, a long seizure, clusters of seizures, or repeated seizures)	Description	What to Do



Seizure Emergency Protocol at School

A seizure emergency for this student is defined as:

Seizure Emergency Protocol

(Check all that apply and add instructions as needed)

- Contact school nurse at:
- Call 911 for transport to:
- Notify parent/guardian or emergency contact
- Administer emergency medications as noted above
- Notify healthcare professional
- Other:

Special Instructions

For example, if the seizure occurs in school, does the person need to leave the classroom after a seizure?

- Yes
- No

If YES, describe process for returning to classroom:

List any special considerations and precautions for school activities, sports, trips, etc:

As-needed Treatments

Treatment Name (for example, vagus nerve stimulator [VNS] magnet, specific medication)	When to Give	Amount to Give	How to Give



Call 911 or Seek Emergency Help In Any of the Following Situations

- Generalized seizure that lasts longer than 5 minutes, unless otherwise noted on this form in the “When Seizures Require Additional Help” section above
- 2 or more seizures without recovering between seizures
- If “As-needed” treatments listed on this form don’t work
- Injury occurs or is suspected, or seizure occurs in water
- Breathing, heart rate, or behavior doesn’t return to normal
- Unexplained fever or pain that happens hours or a few days after seizure
- Other emergency care needed for this person:

Healthcare Contacts

Epilepsy Doctor	Phone
Primary Care or Other Healthcare Provider	Phone
Preferred Hospital	Phone
Pharmacy	Phone

Parent/Guardian Signature

Healthcare Provider Signature

Date

Date

1. Epilepsy Foundation. Seizure Response Plans 101. <http://www.epilepsy.com/get-help/managing-your-epilepsy/seizure-response-plans-101>. Published August 2013.
2. Epilepsy Foundation of Michigan. Community Education. <http://www.epilepsymichigan.org/page.php?id=334>. 2011.
3. Epilepsy Foundation. My Seizure Plan. <http://www.epilepsy.com/sites/core/files/atoms/files/myseizureplan.pdf>. 2007.
4. Epilepsy Foundation. Seizure Action Plan. http://epilepsy.prod.acquia-sites.com/sites/core/files/atoms/files/seizure-action-plan-pdf_0.pdf. 2008.