

Summary

- Address importance of how multiple parties can support child with epilepsy to be safe while in school setting; results in optimal learning environment.
- Parents = child's best advocate; usually why school seeking outside training from epilepsy experts.
- Empower parents to advocate for child by educating them on importance of having a Seizure Action Plan in place at school.
- Team approach between the family, school, child's medical team and possibly the child is optimal.
- Highlight existing resources that can be used to help speak up and advocate for children with epilepsy.



A Seizure is...

- Symptom of a disturbance in the brain
- Sudden surge of abnormal electrical discharges from complex chemical changes in brain cells
- Can be manifestation or symptom of many medical problems



Epilepsy is...

- A brain disease or disorder
- 2 or more unprovoked seizures > 24-hours apart
- 1 seizure with risk of recurrent seizures
- Tendency to unprovoked recurring seizures, not caused by any known medical condition
- Term "epilepsy" = "seizure disorder", but seizures are not always due to epilepsy

Epilepsy Is A Common Problem

- About 3.4 million Americans have active epilepsy, more than 50 million worldwide (Zack MM, Kobau R. National and State Estimates of the Numbers of Adults and Children with Active Epilepsy — United States, 2015. MMWR Morb Mortal Wkly Rep 2017;66:821–825)
- Over 470,000 youth < 18 yrs. old have active epilepsy, varying by state and age (Zack MM, Kobau R. National and State Estimates of the Numbers of Adults and Children with Active Epilepsy — United States, 2015. MMWR Morb Mortal Wkly Rep 2017;66:821–825)
- 1 in 26 people will develop epilepsy in their lifetime (Institute of Medicine (IOM), 2012.)

Seizure Action Planning

Assess student needs and gather information

Customize a **Seizure Action Plan**

Teach school personnel and tailor interventions as needed

- Requires input and planning by the health care provider(s), parent(s), student, and school nurse
- Provides basic information about student's seizures, seizure first aid, safety, and emergency response

- Should generally be signed and approved by treating health care provider, parent, and school nurse
- Distribute to relevant school personnel with parent(s) permission at beginning of school year, upon diagnosis or when a change in health status occurs

- Copy of **Seizure Action Plan** should be kept by family and prescribing health care professional and epilepsy team

CDC Programs

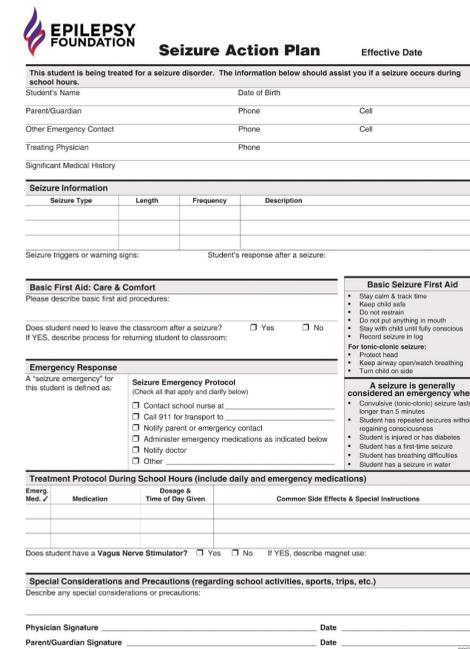
Managing Students with Seizures: The Importance of School Nurses is designed to provide the school nurse with information, strategies, and resources that will enable him/her to better manage the student with seizures by: (1) Supporting positive treatment outcomes, (2) Maximizing educational and developmental opportunities & (3) Ensuring a safe and supportive environment.

55,084 – the number of school nurses that have participated in this educational program.



Seizure Training for School Personnel is designed to provide school personnel with information on the following: (1) Common seizure types & impact seizures have on students, (2) Seizure first aid & when a seizure is a medical emergency, (3) Social support for students with seizures & (4) How to academically support students with seizures.

93,267 – the number of school personnel that have participated in this educational program



EPILEPSY FOUNDATION 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 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: _____

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 _____

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

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 _____