

## Individualized Health Care Plan for Epilepsy

Student Name \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Diagnosis \_\_\_\_\_  
How could this affect learning?

**Explain the kind of seizure and what the seizure looks like.**

### **Care and Medication**

Care needed to prevent seizure?

What medication is given at school and any instructions?

Observations of the teachers and staff that indicate there is a problem:

Unusual fatigue or clumsiness, lethargy, severe nausea, should be reported to the parents.

Fill out the following if there are special accommodations for each.  
Exercise

Diet

Field trips and after school activities

Other

### **Emergency Care**

Implement the "Emergency Management of Seizures"

Specific emergency care needed for this child:

### **Student's responsibility (Explain)**

Name of school nurse or designated health care contact \_\_\_\_\_

\_\_\_\_ The staff received education.

Parent \_\_\_\_\_ Student (if appropriate) \_\_\_\_\_

Principal \_\_\_\_\_ Nurse or Health Care contact \_\_\_\_\_

Teacher \_\_\_\_\_

Coach \_\_\_\_\_

Before/After Program Coordinator \_\_\_\_\_ Date \_\_\_\_\_

**Physician** \_\_\_\_\_ **Date** \_\_\_\_\_

*Ref: "Texas Guide to School Health Programs", Texas Department of Health, School Health*

## Emergency Management of a Seizure

A seizure is not considered an emergency requiring EMS.

(Note: the child who has a seizure and there is no history of a seizure or epilepsy, this is a 911 call.)

The following are steps to take to keep a child safe who is having a seizure:

- Keep calm. Have other children move away from the child.
- Note the time the seizure starts and stops.
- Ease the child to the floor and clear an area around the child so nothing can hurt the child.
- Put something flat and soft under the child's head so the head will not bang against the floor.
- Turn the child gently on the child's side. This will keep the airway clear.
- DO NOT force open mouth, hold child's tongue, put anything in the mouth, and restrain movements.
- Parents need to know that 911 will be called for the reasons listed below:
  - If consciousness does not return after the seizure ends.
  - A second seizure begins shortly after the first one without consciousness between seizures.
  - The seizure does not stop after 5 minutes.
  - If the head hits with force before or during the seizure and shows signs of a concussion.
  - Other \_\_\_\_\_

Additional instructions from the parents:

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