

Seizure Action Plan

This person is being treated for a seizure disorder. The information below should assist you if this person has a seizure.

Name		Date of Birth
First	Last	

Parent, guardian, conservator, or substitute decision-maker		Phone	Cell
First	Last		

Other Emergency Contact		Phone	Cell
First	Last		

Treating Physician		Phone	Fax
First	Last		

Significant Medical History

SEIZURE INFORMATION

Seizure Type	Length	Frequency	Description/What Happens

Seizure triggers or warning signs:

Response after a seizure:

DAILY MEDICATIONS TO PREVENT SEIZURES

Medication	Dosage and Time of Day Given	Comments

BASIC FIRST AID: CARE AND COMFORT

Basic first aid procedures adapted for this person

Does the person need time to recover after a seizure? No Yes

If YES, describe process for recovery and return to activity or program

EMERGENCY RESPONSE

A “seizure emergency” for this person is defined as

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

- Call 911 for transport to hospital
- Notify parent or emergency contact or substitute decision-maker
- Administer emergency medications as indicated below
- Notify doctor
- Other

EMERGENCY MEDICATIONS

Medication	Dosage and Special Instructions	Expected Outcomes/Side Effects

Special Considerations and Precautions (regarding activities, sports, outings, etc.)

Describe any special considerations or precautions:

Physician Signature		Date	
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Patient/Parent/Guardian/SDM Signature		Date	
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BASIC SEIZURE FIRST AID

- ▶ Stay calm and track time
- ▶ Keep them safe
- ▶ Do not restrain
- ▶ Do not put anything in mouth
- ▶ Stay with them until fully conscious
- ▶ Record seizure in log

FOR TONIC-CLONIC SEIZURE

- ▶ Protect head
- ▶ Loosen tight clothing around neck
- ▶ Make sure airway is open/watch breathing
- ▶ Turn them on their side once they relax

WHEN IS A SEIZURE AN EMERGENCY?

- ▶ Convulsion lasts longer than 5 minutes
- ▶ Repeated seizures without regaining consciousness, or second seizure within a few minutes
- ▶ Co-morbid diabetes
- ▶ First-time seizure
- ▶ Breathing difficulties
- ▶ Resultant injury, or seizure in water
- ▶ Persistent confusion or unconsciousness
- ▶ Significant change in seizure pattern

This document complements “Primary care of adults with intellectual and developmental disabilities: 2018 Canadian consensus guidelines”, published in Canadian Family Physician, Volume 64(4): April 2018, p254-279.

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