

## EMERGENCY ACTION PLAN for CONVULSIVE SEIZURES

School: \_\_\_\_\_ SY: \_\_\_\_\_ - \_\_\_\_\_ Grade/Rm: \_\_\_\_\_ Date: \_\_\_\_\_

Student's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Medication: \_\_\_\_\_

Allergies: \_\_\_\_\_

### Emergency Contacts:

|                                |               |            |      |
|--------------------------------|---------------|------------|------|
| Mother/Legal Guardian          | (W) Day Phone | Cell/Pager | Home |
| Father/Legal Guardian          | (W) Day Phone | Cell/Pager | Home |
| Alternate                      | (W) Day Phone | Cell/Pager | Home |
| Physician/Health Care Provider | Phone         | Fax        |      |

### Significant Information, including triggers:

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#### If you see this:

##### Generalized Tonic-Clonic Seizure:

##### **TONIC PHASE (Stiffening phase):**

- Sudden cry or groan.
- Loss of consciousness and falling to the floor.
- Stiffening of arms, legs and body.
- Shallow or no breathing.
- Bluish lips, fingernails, face.
- Biting tongue or inside of their cheek (will see bloody saliva).

##### **CLONIC PHASE (Jerking phase):**

- Arms and legs jerking rapidly and rhythmically, bending and relaxing at the elbows, hips, and knees.
- Loss of bladder and bowel control.
- Breathing may be irregular.



#### Actions:

1. Keep calm. Time seizure.
2. **Maintain an open airway.**
3. Do not restrain.
4. Lay student on his/her side.  
(Note: If student is in wheelchair, keep student safely buckled).
5. Keep away from harmful objects.
6. Loosen clothing around neck, remove eyeglasses, and put something soft under head.
7. Do not put anything in mouth.
8. Stay with student until seizure is over.
9. **Call 911** if seizure lasts 5 minutes or if the student goes from one seizure to another without recovering consciousness.
10. Notify parent(s)/legal guardian(s).
11. Document event on seizure log.

After a seizure, student may be sleepy or confused



1. Allow student to rest.
2. Student should be alert and oriented before resuming class activities.