



Individual Healthcare Plan



Photo of Pupil

Epilepsy

Name Of Pupil

Date Of Birth

Name and Contact Details of Parent/Guardian

GP Name:

Surgery Address:

Surgery Phone No:

Specialist Nurse/Doctor

Name:

Hospital:

Phone No:

I have discussed this care plan with a health representative from the school and am satisfied that it reflects my/my child's health care needs in school.

Signature of Parent/Guardian

Date

Print Name

Health Care Plan Review Date:

Pupil's Name _____

DIAGNOSIS: Epilepsy

Seizure Triggers/Warnings/Auras

Type Of Seizure Usually Experienced

Care Needs During Seizure

- Protect the child from injury although don't restrain them.
- Call for help.
- Make a note of how long the seizure lasts.
- When seizure stops, put child into recovery position.
- Stay with them throughout, reassure them.

DO NOT restrain the child and **DO NOT** put anything in their mouth

NOTE: Call 999 for an ambulance if seizure persists or if child is injured during seizure.

Medication

Requires medication in school Yes No

Name of prescribed medication:

Location of medication:

Health Care Needs In School

Wears a medical alert bracelet

Carries a medical pass in school

(Other healthcare needs can be added)

Health Care Plan Completed By:

Designation:

Date:



Care For Someone Having A Seizure

REMEMBER: Never leave someone who is having a seizure.

DO

- Keep calm.
- Prevent physical injury by moving hazards out of the way.
- If they have a warning (aura), encourage them to sit or lie down to reduce injury risk.
- Maintain their dignity and privacy as much as possible.
- Put something soft under their head to protect it from banging on a hard surface.
- Keep a record of the seizure (how long it started and finished).
- Loosen tight clothes around the neck.
- Stay with them until the seizure stops.
- Let the seizure run its course.
- When the jerking has stopped, roll them onto their side.
- Write a brief description of the seizure.
- Contact parent/guardian

EMERGENCY:

Call an ambulance if:

- it is their first seizure
- there are any injuries or breathing difficulties
- if the seizure lasts more than 5 minutes
- if it's 2 minutes longer than their usual seizure length

Don't

- DO NOT move the person unless absolutely necessary.
- DO NOT restrain their movements.
- DO NOT put anything in their mouth.