



School Seizure Plan

Update 3/22/2024 by Erika Sixl RN, BSN, PHN, LSN

If a student or adult is having a seizure:

1. Help them stay safe (sit down or lie on their side, place something soft under head, remove glasses, etc.)
2. Provide privacy and stay with the individual while a second staff member calls 911 (or follow the individual's seizure action plan if available).
3. Time the seizure (if this individual is known to have seizures and has rescue medication available, follow their seizure action plan or individual health plan. Usually, medication is given for seizures greater than 3 minutes)
4. The seizure should cease within a few minutes after medication. Provide a calm/quiet place for the individual to recover after the seizure or await EMS response.
5. Complete a seizure record and share with EMS (see Appendix A).
6. File completed form in student attachments in PowerSchool or with HR for an adult.

STUDENTS WITH SEIZURES IN SCHOOL

- Students with a history of SEIZURES should be known to all staff as having an EMERGENCY health condition. There may be “triggers” or “auras” specific to the student. They will have a plan in place for management during school hours.
- A “Seizure Action Plan” will be requested from their clinic. This is a plan that clearly explains what to do to treat episodes. There are a variety of seizure types classified as focal, generalized, or unknown.
- A “Rescue Medication” will be encouraged to be stored at school. There are several different types that are prescribed for certain types of seizures (liquid in cheek, rectal gel, or nasal spray). It is common to use a rescue in response to a TONIC CLONIC or “GRAND MAL” seizure that doesn't stop, however, some plans indicate medication use for other types or “clusters” of small seizures within a specified time-frame.
- The plan and medication should always go with the student on field trips/off

campus activities. Unlike other rescue medications, this one should not be self carried/administered as it is typically a controlled substance.

- Many students also take oral medication (antiepileptic) at home to prevent seizures. As kids grow, the doses need to be modified by their neurologist so seizures may occur more frequently during puberty if their medication dose is based on a lower body weight.

Appendix A

SEIZURE RECORD

Student: _____ Grade: _____

Date	Time Started	Behavior Before Seizure/Aura	Seizure Descriptions (Include treatment, if any)	Time Ended	Recovery Time and Behaviors