

# Garden City Public Schools

## SEIZURE CARE PLAN

PLACE  
STUDENT  
PHOTO

NAME \_\_\_\_\_ DOB \_\_\_\_\_  
PARENT/GUARDIAN \_\_\_\_\_ PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
EMERGENCY CONTACT/RELATIONSHIP \_\_\_\_\_ PHONE \_\_\_\_\_  
CLASS ROOM TEACHER \_\_\_\_\_ ROOM # \_\_\_\_\_  
DOCTOR'S NAME \_\_\_\_\_ DOCTOR'S # \_\_\_\_\_

### SEIZURE TYPE AND INSTRUCTIONS

☐ **Tonic-Clonic Seizure:** Symptoms may include an aura, muscle rigidity, followed by violent muscle contractions, loss of alertness (consciousness), biting the cheek or tongue, clenched teeth or jaw, loss of bladder or bowel control, difficulty breathing, blue skin color.

☐ **Simple Focal Seizure:** The person will remain conscious but experience unusual feelings or sensations that can take many forms, may experience sudden and unexplainable feelings of joy, anger, sadness, or nausea. He/she also may hear, smell, taste, see, or feel things that are not real.

☐ **Complex Focal Seizure:** The person has a change in or loss of consciousness. His or her consciousness may be altered, producing a dreamlike experience. People having a complex focal seizure may display strange, repetitious behaviors such as blinks, twitches, mouth movements, or even walking in a circle. These repetitious movements are called *automatisms*. More complicated actions, which may seem purposeful, can also occur involuntarily. Patients may also continue activities they started before the seizure began, such as washing dishes in a repetitive, unproductive fashion. These seizures usually last just a few seconds.

☐ **Absence:** Symptoms may be brief lasting only a few seconds and occur several times a day. During the seizure the person may: stop walking and start again a few seconds later, stop talking in mid-sentence and start again a few seconds later. Specific symptoms of typical petit mal seizures may include: changes in muscle activity (hand fumbling, fluttering eyelids, lip smacking, chewing), change in alertness (staring and lack of awareness)

### FIRST AID FOR SEIZURES

1. Remain calm. Begin **TIMING SEIZURE**
2. Keep student **SAFE:** remove harmful objects, do not restrain, protect head
3. Remember your **ABC's:** Turn student on side if not awake, keep airway clear, nothing in mouth
4. **MEDICATION/ROUTE:** Give \_\_\_\_\_ for a seizure lasting longer than \_\_\_\_\_ minutes.
5. **SPECIAL INSTRUCTIONS:** \_\_\_\_\_
6. **CALL 911** NO \_\_\_\_\_ IF YES, WHEN \_\_\_\_\_ Stay with student until recovered. Know when to call 911 (if directed by MD orders, loss of consciousness >5 minutes, difficulty breathing)

Healthcare Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_