

# Easterseals Crossroads | Respite Services

## Seizure Management Plan



taking on disability together

The term seizure refers to a sudden uncontrolled episode of abnormal behavior related to abnormal electrical discharges in the brain. A seizure is a symptom of the disorder just as a fever is a symptom of infection. Seizure disorders are not contagious or a sign of mental illness.

Only in rare cases do seizures require emergency intervention. Most seizures are over in a few minutes and don't need medical follow up. Tonic-Clonic seizures or grand mal seizures are characterized by loss of consciousness followed by stiffening for a few seconds (tonic phase) then followed by a period of jerking (clonic phase). As a rule, these seizures last from less than a minute to twenty minutes. After the seizure, a period of deep sleep occurs (postictal state) lasting from minutes to hours.

Absence seizures or petit mal seizures, the person may appear to be staring into space with or without jerking or twitching movements of the eye muscles. These periods last for seconds, or even tens of seconds. Those experiencing absence seizures sometimes move from one location to another without any purpose.

In the event you're loved one has a seizure while at Easterseals Crossroads. The following seizure management protocol will be followed, unless a client specific seizure management protocol is supplied to the Manager of Respite Services.

1. Attempt to prevent injury during seizure by easing to floor if you can see a seizure is starting. Keep hard, sharp or hot objects out of the way.
2. Turn client to the side to allow saliva to drain and to prevent choking.
3. Do not restrain. You may place a thin, soft towel or item under the head if the floor is hard.
4. Do not force anything between teeth or place any object in mouth.
5. Do not give fluids or food during or immediately after seizure.
6. Loosen restrictive clothing
7. Observe for injury, length of seizure (by a clock), color of lips, face and skin, breathing.
8. Check the clock at the beginning of the seizure and at the end and note the length of the seizure.
9. If the seizure lasts longer than 5 minutes or if client is not breathing, call emergency services (911) immediately.
10. When seizure is finished, client may be sleepy which is normal. Provide a comfortable, private place for rest where they can be observed. Reassure client by telling them where they are and what happened.
11. Notify parent or guardian.
12. Document all seizure activity. Include when it occurred, how long the seizure lasted, what you did, how you notified the parent or guardian and any injury or unusual occurrence.

Clients Name \_\_\_\_\_

Client Signature \_\_\_\_\_

Family or Caregiver Signature \_\_\_\_\_

Date \_\_\_\_\_