

Epilepsy Management Plan Guide





Epilepsy Management Plan

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1. General information

Name of person experiencing seizures: _____

Date of birth: _____ Date to review *: _____

Epilepsy/seizure diagnosis (if known): _____

Emergency contact details: _____

2. Tell us about any other medical conditions that might assist someone helping you.
(Examples may include intellectual disability, ASD, cerebral palsy, hydrocephalus, hypoglycaemia, FND etc.)

3. Tell us about any other important information that might assist someone helping you.
(Examples may include location of medical records, non-verbal, uses wheelchair, exhibits behaviours that can be mistaken for seizures, VP shunt, stimming, instructions for VNS, seizure dog etc.)

4. Has emergency epilepsy medication been prescribed?

Yes No

If yes, please attach any emergency medication documentation to this plan. In the event of requiring an ambulance, please provide both of these documents to Emergency Responders.

If you have been specifically trained to administer the emergency medication, please refer to the Emergency Medication Management Plan.

Where is the emergency medication located? _____

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2. Other medical conditions that might assist someone helping you?

3. Other important information that might assist someone helping you?

4. Has emergency medication been prescribed?

- Emergency medication (eg. buccal/ intranasal midazolam or rectal valium) can be prescribed for prolonged seizures or clusters
- The Emergency Medication Management Plan describes when and how these medications are administered. It must be completed by the doctor and either be attached or its location noted in the EMP
- You can access these electronic templates via www.epinet.org.au
- Only people who are specifically trained to administer the emergency medication to the person can do so
- You can locate your local Epilepsy organization to arrange training by telephoning 1300 852 853

1. General Information

- If these records are attached to the Epilepsy Management Plan (EMP) then write “attached”
- If these records are not attached, then clearly state where they are located
- If the EMP is to be used by multiple organisations, leave blank so that each organization can write in where their organization will store the documents
- An epilepsy diagnosis is made by the doctor. For example Dravet Syndrome, Lennox Gastaut Syndrome. Write ‘not known’ if this is applicable

5. My seizures are triggered by: (if not known, write no known triggers)

6. Changes in my behaviour that may indicate a seizure could occur:
(For example pacing, sad, irritable, poor appetite, usually very mobile but now sitting quietly)

7. My seizure description and seizure support needs:
(Complete a separate row for each type of seizure – use brief, concise language to describe each seizure type.)

Description of seizure (Describe what happens immediately before and during the seizure, signs that the seizure is resolving and if seizures occur in a cluster)	Duration & Frequency	Is emergency medication prescribed for this type of seizure?	When to call an ambulance Consider seizure length, if occurs in water, if injury has been sustained, if breathing is affected etc. <i>If concerned at any time, call an ambulance.</i>
	Duration: seconds/minutes Frequency: per Day <input type="checkbox"/> week <input type="checkbox"/> month <input type="checkbox"/> Or Date of last seizure: Notable seizure pattern (if any):	Yes <input type="checkbox"/> No <input type="checkbox"/> If YES and you are trained in its administration, refer to the accompanying emergency medication plan. If not trained, when calling an ambulance state that it has been prescribed.	

8. How I want to be supported during a seizure:
Specify the support needed during each of the different seizure types.

(If you are ever in doubt about my health during or after the seizure, call an ambulance)

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7. Seizures

- Determine how many different types of seizures the person has
- Select the EMP that has the corresponding number of rows so that each seizure type can be contained in a separate row
- Go to www.epinet.org.au and download the appropriate EMP – there are between 1 and 5 rows to choose from
- In the description column describe what the seizure looks like before, during and afterwards
- Don't just name the seizure, for example 'absence' as this type of language is not necessarily understood by everyone who reads the EMP
- Always discuss with the support team and agree on common descriptions
- State the typical duration of the seizure in the next column
- The frequency should be expressed in terms of days, months or years. When the last seizure has occurred over 12 months ago, write the approximate date when the last seizure did occur
- If Emergency Medication is prescribed for a particular seizure type, click the box 'yes', otherwise click 'no'
- When the above box is ticked 'yes', people who are trained specifically to administer this medication for that seizure type should refer to the Emergency Medication Management Plan. For staff who are not trained to administer this medication, write clear concise instructions as to when an ambulance should be called
- When the above box is ticked 'no', write clear concise instructions for when an ambulance should be called. If no ambulance needs to be called for a certain type of seizure, for example absence seizures, then state 'Not applicable'

8. Support during a seizure

- Give clear, step-by-step instructions about any specific support requirements

5. My seizures are triggered by:

- A trigger is a situation or event that can make a seizure more likely to occur
- Not everyone will have known triggers
- Examples of common triggers include drinking too much alcohol, being hot or not well, lack of sleep
- Write 'not known' if this is applicable

6. Behaviours

- Some people get a 'sense' that they are leading up to seizure activity. For other people, their behaviour or mood may change. Many people have no such indication
- A change in behaviour may occur for hours, days or weeks prior to a seizure
- Examples of changed behaviour may include feeling sad, irritability or poor appetite
- Write 'not known' if this is applicable

