

SEIZURE ACTION PLAN

What is a Seizure Action Plan?

A Seizure Action Plan (SAP) is a document that provides detailed health and medical information about a student and his/her epilepsy or seizure disorder*. Usually, the SAP provides guidelines as to how to respond when a student is experiencing a seizure. This document will include input from the student's guardian, physician and/or neurology specialist.

Who uses it?

Every individual who interacts with a student who has a seizure disorder will benefit from this information. Specifically, school teachers, school nurses, coaches, and other individuals with supervisory roles, should receive and review the SAP.

Where is it kept?

Typically, school nurses serve as the "gatekeeper" of the SAP. It is advisable for a school nurse to have the SAP in the student's file; and, the classroom teacher(s) should have a copy. Parents and physicians usually keep a copy as well.

Why is it necessary?

If a student has been diagnosed with epilepsy the child and his/her family will likely not consider a seizure an emergency. Unfortunately, most of the time seizures are treated as an emergency. Often, 911 is dialed. This creates unnecessary medical expenses and is embarrassing for the student. The SAP provides student specific information that will enable the most appropriate response for the student. It also provides information to explain when a seizure is an emergency and when 911 should be dialed.

Who will benefit?

Everyone benefits from an SAP. Students are more likely to receive an appropriate response, school teachers and school nurses have the necessary information to respond and provide first aid, and parents are more at ease knowing that a written plan is in place.

Is there a cost involved?

No, a SAP is free provided that the student has access to, and visits, a physician treating their seizure disorder. The only cost involved is related to the time it takes to write and read the document.

How often is the SAP updated?

It will depend on the needs of each student and changes in his/her medical condition. Most students will have the SAP for the entire school year and maybe as long as they attend a given school. Students with more complex conditions may have their plan updated more frequently by their physician or medical specialist.

*The terms "epilepsy" and "seizure disorder" are synonymous and can be used interchangeably.



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