

SUBJECT: SEIZURE ASSESSMENT AND MANAGEMENT

EFFECTIVE

DATE: 03-22-11 (replaces 08-17-09)

APPROVED BY:

Executive Director

Reviewed (no changes): \_\_\_\_\_  
\_\_\_\_\_

Medical Director

---

POLICY

It is the policy of McIntosh Trail CSB to ensure that all staff, volunteers, trainees, and contracted providers with direct consumer contact are trained in basic seizure assessment and management. This applies to programs serving consumers with seizure disorders.

PROCEDURE

- A. Within three months of the start of employment or prior to face-to-face contact with a consumer with a seizure disorder, whichever occurs first, all staff will be trained in the following way:
1. Review training packet on seizure assessment and complete the post test. This will be documented in the supervisor's file and appropriate documentation forwarded to the area personnel office.
- B. In the event a consumer experiences a seizure while in an agency service site, the following steps will be taken:
1. Procedures as outlined in "First Aid for Epileptic Seizures" (see Attachment No. 1) will be followed.
  2. Documentation in the consumer's clinical record shall be made of:
    - a. Type of seizure activity;
    - b. Duration;
    - c. Any injury the consumer incurred through hitting self or an object during the seizure;
    - d. Aspiration, if it occurs, during the seizure.
    - e. Staff response.
  3. If a consumer experiences more than one seizure the same day while on site, or if a seizure lasts longer than 6-8 minutes, or if a consumer experiences an injury related to the seizure, referral to an Emergency Department is indicated. Seizures shall be reported to family or Private physician as indicated.
  4. Seizure record (Attachment 2) shall be used for consumers in residential services with known seizure disorders, (exception: Pine Woods, which has a policy for documentation of seizures).

Attachments: 1. First Aid for Epileptic Seizures  
2. Seizure Record

FIRST AID FOR EPILEPTIC SEIZURES

A major epileptic seizure is often dramatic and frightening but usually lasts only a few minutes. Expert care is not required. It is seldom necessary to transport the person to a hospital emergency room. These simple procedures should be followed:

1. Keep calm. You cannot stop a seizure once it has started. The seizure will run its course. Remember, the individual is not in pain.
  2. If you can, ease the person to the floor and loosen the collar.
  3. Try to prevent the consumer from striking his/her head or body against any hard, sharp, or hot objects, but do not interfere with his/her movements. Remember, you do not need to physically restrain him/her.
  4. When the consumer becomes quiet, turn him/her on his/her side, face pointed downward so that saliva or vomitus can drain out and is less likely to be inhaled.
  5. Do not insert anything between the person's teeth. There may be violent teeth clenching as part of the seizure. Teeth may be broken or gums injured in attempting to introduce objects into the mouth.
  6. Do not be frightened if the person having a seizure seems to stop breathing momentarily. Breathing will be resumed spontaneously. Resuscitation efforts are unnecessary and may be harmful.
  7. After the movements stop and the person is relaxed, he/she should be allowed to sleep or rest if he/she wishes. The consumer usually returns to normal activities as soon as he/she feels capable of doing so.
  8. If the jerking of the body does not stop within 6-8 minutes or keeps reoccurring, medical assistance should be obtained.
  9. If the consumer is a child, the parents or guardians should be notified that a seizure has occurred.
  10. After a seizure, many people can carry on as before. If after resting the person seems groggy, confused or weak, it might be good to accompany him/her home.
- B. A minor seizure with or without motor activity may be a puzzling experience for the observer.
1. During such seizures, confusion or non-responsiveness may occur and may be accompanied by the person's display of some simple non-purposeful movements. For example, lip smacking, fingering clothing, chewing, and/or rhythmic movements of the eyes may occur.
  2. Do not try to restrain or forcibly move the person having the seizure.