

Mayo Clinic Minute: Why kids with epilepsy need a seizure action plan

VIDEO	AUDIO
Anthony Fine, M.D Pediatric Neurology Mayo Clinic	"Seizures are scary ... there's always a momentary panic, what do I do? And so having a plan laid out, this is what to do when this child is having a seizure, it kind of prepares everyone."
	Dr. Anthony Fine is talking about a seizure action plan.
	"It's either a handwritten or typed out form that describes what this child's seizure types are, their contact information for their families, their doctor's contact information and then what to do during a seizure."
	Not all seizures look the same, so it's important that school staff are prepared and know what to do to prevent an emergency.
	"Not every school has a school nurse, but having a responsible adult who knows what to do during a seizure, who's comfortable administering rescue medication, is really important."
	The seizure action plan is a step-by-step guide that is tailored for that child.
	"What did their seizures look like? And, so, what should I look out for? Because, again, seizures look very different from person to person."
	Action plan forms are available online and through the Epilepsy Foundation, or you can ask your health care team to help you create one.
	For the Mayo Clinic News Network, I'm Jason Howland.