Seizure Response Policy and Procedure

Policy: Seizures are caused by brief bursts of electrical activity in the brain and can affect the body in different ways, resulting in different types of seizures ranging from brief staring spells to convulsive seizures. Seizures usually stop on their own and do not require medical attention. **It is the policy of the Epilepsy Foundation of San Diego County that any time there is a seizure at any of our events that the staff or lead volunteer take control of the situation, allow for the dignity of the individual to be maintained at all times, reassure everyone that this will pass and observe the following procedure:**

Procedure:

1. Note the time the seizure starts. Unless a seizure action plan for the individual states otherwise if the seizure goes on for more than five minutes, call 911.

2. If the episode happens at a Support Group Meeting, ask a volunteer or staff to find and review the seizure action form which is in the Program Book.

3. If the person falls to the floor, turn them onto their left side, put a blanket, pillow or roll up a jacket and place it under the head. Loosen any tight clothing or jewelry around the neck. Do not attempt to put anything in the mouth.

4. If it is a child or teen having a seizure, ask a bystander to alert the parents immediately and ask them to come to the location and assume responsibility.

5. Make sure the individual is made comfortable; remove any harmful objects which may injure the person.

6. If the individual is walking around, make sure there is nothing to injure them; do not attempt to control them; try to steer them away from anything harmful.

7. When possible, continue the ongoing program without drawing undue attention to the individual having the seizure.

8. Once the individual has come out of the seizure, help them to be comfortable and assess as needed. Do not physically restrain.

9. Fill out an Incident Report Form, collect witness names, and submit form to EFSDC staff or lead volunteer.

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