

What is a Seizure Action Plan?

A seizure action plan is a guide created by/with a person who experiences Non-epileptic Seizures (NES) to help those around them respond appropriately during an NES event.

Who needs a Seizure Action Plan?

A Seizure Action Plan can be helpful to anyone with NES to communicate to friends, family, colleagues, or anyone who might be around during an event, what to look out for and what is most helpful during an NES event.

NES Clinic University of Colorado Seizure Action Plan

This Seizure Action Plan is created for:

Important information to remember:

-Non-epileptic seizures are not medical in nature and DO NOT require treatment in the Emergency Department unless emergent injury occurs.

-These episodes are not purposeful or intentional.

-NES episodes result from the inability to recognize and cope with stress, anxiety, frustration or other strong emotions.

-The mind is causing the body to respond physically to these emotions.

-An NES event can be distressing for anyone observing. Staying calm can help the event resolve faster.

Description of NES event (what it looks like and any warning signs):

During an NES event, the following words are comforting (or if silence is preferred):

The safest position to be in during an NES event is:

The following support is helpful during an NES event (ex. being held, being spoken to, cold compress):

The following support is NOT helpful during an NES event (ex. being held, being spoken to, cold compress):