



SRP: 10 Seizure Rescue Plan Steps

- Step 1: Know your loved one's diagnosis and if possible when last EEG and MRI were done, if they have a genetic condition, if they have any allergic reactions, and medications they take now.
- Step 2: Know the frequency and types of seizures that occur daily, weekly, monthly in your loved one.
- Step 3: Know when your loved one is having seizure and when they stop. You may want to use the lack of difference as your signal for when to give a rescue medication (for example; ie Defining emergencies clearly)



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- Step 4: Know your baseline daily maintenance medications, their names, doses, time of day given, and most recent drug monitoring levels if available.
 - I recommend having written list stored on phone or online or on paper copy listing all medications and times and amount of doses.
- Step 5: Know if is there any medication your loved one is on that may affect rescue medication efficacy
- Step 6: mark any prior bad reactions to treatments and know any allergies (behavioral issues on chronic or high rescue type medication is different than allergic rash or airway closure)



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- Step 7: Know any contraindications: Examples if Dravet Syndrome do not typically do well with IV Phenytoin(Dilantin) or Lacosamide (Vimpat) IV or if on chronic benzodiazepine class of medications like clobazam or clonazepam then they may need higher doses of this type of rescue medication. Also if on Ketogenic Diet avoid IV glucose solutions if possible
- Step 8: If on Hard to Get Medication or experimental medications then have travel bag to take with on ambulance or to Emergency room in case prolonged stay or admission have a written medication sheet online or on phone or printed version as part of rescue kit



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- Step 9: **STAY CALM** and be courteous and make yourself part of rescue team by providing good information, being knowledgeable about your child and offering clear communication with others helping your child EMT or Triage nurses school nurses and physicians as may be the case
- Step 10: Try to be proactive in rescue as it is easier to treat earlier than later in most cases