

SEIZURE ACTION PLAN (SAP)

A Seizure Action Plan (SAP) is a communication tool between the patient, care giver and diagnosing physician. This plan should be in place so that in the event of a seizure, the care giver can intervene in a timely manner; thus, minimizing the risk of SUDEP (Sudden Unexpected Death in Epilepsy).

COMMUNICATE

Have a conversation with your diagnosing physician and your care giver. Know what type of seizures you have. Ask what type of Seizure Alert Device(s) would be beneficial for your unique situation. Find out if a rescue medication is warranted. In the case of nocturnal seizures, an anti-suffocation pillow may be recommended.

CHOOSE A DEVICE

There are many Seizure Alert Devices (SAD) available. Decide which device(s) would be best for your situation. Some examples of SAD are the Embrace Watch, SAMi Monitor or Apps for the iPhone or Apple Watch

**The Butterfly Effect does not warrant or endorse these products, instead we offer introductory information about the potential of these devices. We recommend that you speak to your doctor or specialist about whether a device is something that you might choose to use.*

RESCUE MEDICATION

If a rescue medication is warranted, talk to your physician about getting one. Then communicate where the medication will be kept. i.e. backpack, purse, medicine cabinet, etc.

MEDICAL EDUCATION

Get educated on seizure first aid, how to administer the rescue medication and what to do in cases of heart arrhythmia.

NOTES:

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