EPILEPSY NEW ZEALAND
Kia titiro ki te tangata | See the person

Seizure Management Plans

Epilepsy New Zealand recommends the use of Seizure Management Plans (SMPs). SMPs can help others best understand and respond to your needs. If the plan is for your child or another person, it's a great idea to take a person-centred approach. This often means involving the person in the development of their plan as much as possible. You can share the plan with schools, employers, service providers, and sporting or social clubs you are connected to.

SEIZURE MANAGEMENT PLAN

A Seizure Management Plan (SMP) is a document that you can develop with others involved in your life and care. It describes:

- Your seizure types
- Seizure triggers
- How you would like to be supported during seizures
- Emergency procedures that should be followed in the event of a seizure

An SMP is a great way of ensuring that all the people in your life understand your epilepsy and how you want to be supported. The plan must be endorsed by your doctor. It's important to update your plan at least once a year, or earlier if anything related to your epilepsy and treatment changes.

PLEASE NOTE

- *We strongly advise that blank template plans are only to be used if you have not been given a plan by your medical practitioner.*
- ***We recommend all plans are completed using medical information and in collaboration with either the individual or their whanau.***
- *We recommend that all plans are signed off by a medical practitioner.*
- ***We recommend all plans are regularly reviewed and updated when necessary.***

Supporting downloads

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Developing a seizure management plan

Seizure Management Plan Template

Blank seizure record/diary

Our Epilepsy Educators are available to assist you to understand and complete an SMP . Contact us weekdays on 0800 37 45 37 for assistance.

EMERGENCY MEDICATION PLAN

Some people with seizures that are difficult to control are prescribed emergency medication. If you have been prescribed emergency medication, it is highly recommended that you work with your doctor to complete an Emergency Medication Plan (EMP) ..

An EMP describes:

- The medication
- Method of administration
- Dose
- Instructions for administering the dose
- Emergency procedures

Your EMP should be updated annually, or earlier if anything related to your epilepsy and emergency medication changes. Your EMP should be attached to your SMP so that all the information related to your epilepsy is kept in one place.

PLEASE NOTE

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- ***We recommend all plans are completed using medical information and in collaboration with either the individual or their whanau.***
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Click on the link below to download support materials

Guide to use of Midazolam

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Our Epilepsy Educators are available to assist you to understand and complete a EMP. Contact us on 0800 37 45 37 for assistance.

There are also SMP Guidelines and EMP Guidelines available to assist you in preparing these plans. If the person you care for has difficulty with reading or communication then our Easy English Guide document may be useful.