



Clinic To Community

Coordinated Care for People with Epilepsy

SEIZURE LOG

Sponsored By



ONTARIO
BRAIN
INSTITUTE

Ontario
Trillium
Foundation



Fondation
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+ SEIZURE FIRST AID +

1

STAY CALM

Most often, a seizure will run its course and end naturally within a few minutes.

2

PROTECT FROM INJURY

Move sharp objects out of the way. If the person falls to the ground, roll them onto their side and place something soft under their head. If the person wanders about, stay by their side and gently steer them away from danger. When the seizure ends, provide reassurance and stay with the person if they are confused.

3

Do not restrain the person

4

Do not put anything in the person's mouth

5

TIME IT

If the seizure lasts more than 5 minutes or repeats without full recovery between seizures, call 911. Call 911 if the person is pregnant, has diabetes, is injured from the seizure or if the seizure occurs in water. Call 911 if you are not sure the person has epilepsy or a seizure disorder.

YOUR SEIZURE LOG



Clinic To Community

info@clinctocommunity.ca

clinctocommunity.ca

Your seizure log is a tool for you and your care team to keep track of important information including: seizure description, seizure frequency, seizure triggers, medications, and their side effects. It also helps you to document the impact of your seizures - days off work and school, and track your health care resources.

Use this section of your seizure log to track everything you wish to discuss with your 'Clinic to Community' Educator or your health care team - questions, concerns, and observations.

COMMUNITY CONTACT

NAME _____

EMAIL _____

PHONE _____

CLINCTOCOMMUNITY.CA USER DETAILS

USERNAME _____

PASSWORD _____

NOTES

Health Care Provider

Clinic to Community Educator

RECORD OF SEIZURES

Date						
Time						

BEFORE THE SEIZURE

Activities just before						
Setting						
Triggering factors						
Mood changes						
Date/Time of last dose of seizure medication						
Symptoms - many hours or days before						

SEIZURE

Aura						
Change in awareness						
Confused						
Unable to talk						
Follows commands						
Twitching						
Chewing motions						
Eyes staring						
Eyes blinking						
Eyes rolling						
Went limp						
Became stiff						
Jerking						
Fell						
Skin color flushed						
Skin color pale						
Skin color bluish						
Laboured breathing						
Frothing at the mouth						
Loss of bladder control						
Loss of bowel control						

AFTER THE SEIZURE

Alert						
Confused						
Sleepy						
Agitated						
Headache						
Limb weakness - left or right?						
Injured - where?						

DURATION OF SEIZURE

ADDITIONAL COMMENTS (sleep deprived, stress, diet, medication, virus, hormonal)						
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