

SAMPLE CARE PLAN

School Health Care Plan

For a Student that suffers from:

Reflex Anoxic Seizures

Photo of
Student

Name of Student: Alex Smith Date of Birth: _____ School
Year: 2008/09

School: Gill Elementary Homeroom Teacher: Mr. Jones
Grade: 3

Medical Diagnosis:

Reflex Anoxic Seizures (RAS) occur when unexpected stimuli such as sudden pain, shock or an extreme change in temperature, causes Alex to black out and collapse, is heart and breathing to stop, his eyes to roll up into the head, his complexion to become deathly pale, often blue around the mouth and under the eyes, his jaw to clench and body stiffen. Sometimes his legs and arms jerk, after 30 seconds or so, the body relaxes, the heart and breathing resume and the individual is unconscious. One or two minutes later Alex should regain consciousness.

Upon recovery, Alex may be very emotional and extremely tired; he may need to sleep following an episode. The episodes appear to occur in batches.

Triggers and Warning Signs: (need to individualize)

Alex's Reflex Anoxic Seizures are triggered by bad health (a terrible cold or flu), unexpected pain, perhaps following a fall. He does not experience any warning signs.

Management Strategy: (Individualize)

1. Place Alex into the recovery position, check his airways are clear and remove any hazardous objects from the surrounding area.

2. During an episode, remain calm and talk to Alex reassuringly throughout.
3. Provide reassurance and comfort Alex upon recovery. Only allow him to sit or stand when he is ready.
4. Immediately phone Alex's mother or father to pick him up unless it is deemed unnecessary for him to go home.
5. Keep a record of the episode.

Important Information: Special Considerations and Precautions (individualize)

Alex is in every other respect, a typical healthy child and should not be excluded from any activity. If it is necessary, pre-warn him of any possible shock or pain that may occur during an activity, i.e. bump after falling off the end of a slide. If an episode occurs, do not blame yourself. In many instances, it is impossible to avoid. If the management procedure is understood, he should come to no harm.

Emergency Treatment: (Individualize)

If for any reason, Alex continues to have a seizure lasting more than 3 minutes, call an ambulance and take advice from the 911 emergency staff. This is unlikely to occur.

Emergency Contacts:

Name _____ Relationship _____ Phone Number _____

Name _____ Relationship _____ Phone Number _____

Name _____ Relationship _____ Phone Number _____

Physician Name: _____ Phone Number _____

Health Care Provider _____ Policy # _____ Name _____

Activity/PE Restrictions: (Individualized)

Parent/Guardian Signature:

Principle/Nurse Signature: _____ Title: _____

Alex Smith Signature: _____

Date: _____