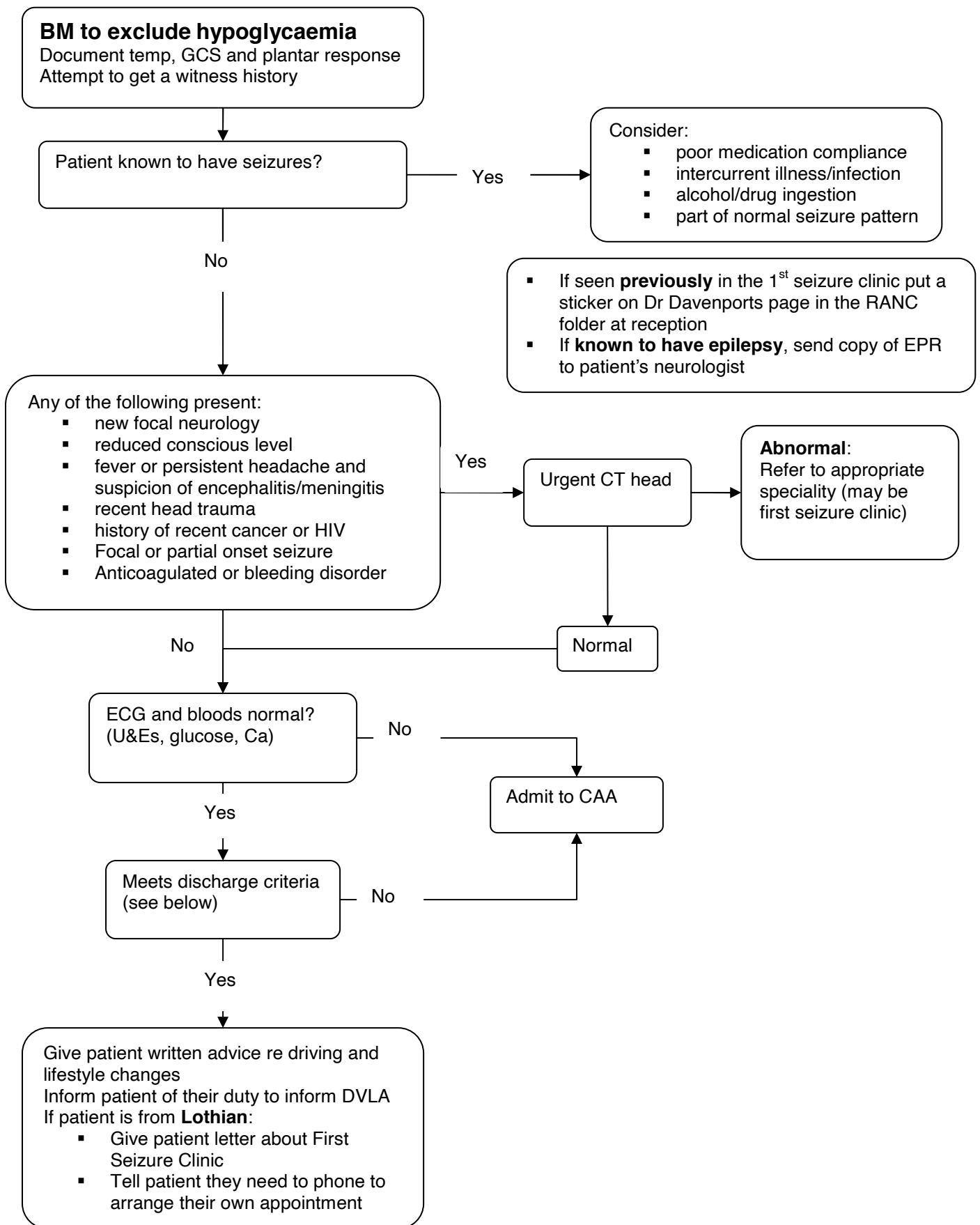


Adult Seizure Protocol



Management of Adults with an Uncomplicated First Generalised Seizure

| | | |
|--------------------|--|--|
| Inclusion Criteria | Patients >16 yrs; Clear history of first generalised seizure; Seizures related to drug or alcohol ingestion or withdrawal | Name: DoB: Address Tel no |
| Exclusion Criteria | Patients with non-epileptic attacks (e.g. syncope, panic attacks, pseudoseizures); Patients with known seizure or metabolic disorder; Seizures related to recent trauma or eclampsia | |

History Table

| | |
|---|---|
| | ✓ |
| Witness History | |
| Type of seizure (generalised, partial) | |
| Previous history of seizures, febrile fits, birth trauma, meningitis, head injuries | |
| Family history of seizures | |
| Possible precipitating events (alcohol, drugs, sleep deprivation) | |

| Temperature | | | Pulse | | Bp | | BM | | Breath Alcohol | | | |
|-------------|---|---|--------|----------|------|----------|---------------|-------|----------------|-------|--|--|
| | | | | | | | | | | | | |
| GCS | | | Pupils | | | | Limb movement | | | | | |
| | | | Right | | Left | | R arm | L arm | R leg | L leg | | |
| E | M | V | Size | Reaction | Size | Reaction | | | | | | |
| | | | | | | | | | | | | |

| | | | |
|-------|--|----------|--|
| ECG | | | |
| Urea | | Hb | |
| Creat | | MCV | |
| Na | | WBC | |
| K | | Plt | |
| CO2 | | Bil | |
| Ca | | GGT | |
| Alb | | ALT | |
| Gluc | | Alk Phos | |
| CT | | | |

Indications for a CT scan prior to disposition:

- New focal neurology
- Reduced conscious level
- Fever or persistent headaches with suspicion of encephalitis/meningitis
- Recent head trauma
- History of recent cancer or HIV infection
- Patients with focal or partial onset seizures
- Patients whose follow up cannot be ensured
- Anticoagulation or bleeding diathesis

Discharge Table

| | |
|---|---|
| | ✓ |
| Patient has a Lothian Postcode | |
| Patient has fully recovered with no persistent neurological symptoms/signs (including headache) | |
| Normal investigations and observations (including temperature) | |
| Patient has been given written advice about driving and lifestyle changes, and has been informed of their duty to inform the DVLA, if appropriate | |
| Patient has a responsible adult to stay with following discharge | |
| Patient will attend follow up | |
| Patient has been given First Seizure Clinic letter | |
| Patient informed they must make their own appointment for follow up | |
| Copies of all notes and investigations forwarded to the First Seizure Clinic | |

DATE:

Patient ID sticker

Dear

We think it is possible that you have had an epileptic seizure (fit) to account for your recent symptoms. We are therefore referring you to a specialist for a further opinion regarding the diagnosis, investigations and treatment if necessary.

To make your appointment, you need to telephone 0131 312 1552 between Monday-Friday 0900-1700. You should ask the receptionist to book you an appointment in the next available **First Seizure clinic** and we recommend that you have a pen and piece of paper handy to note the date, time and venue of your appointment. Clinics take place in the Department of Clinical Neurosciences at the **Royal Infirmary of Edinburgh**.

- If you would prefer a telephone consultation rather than come up to clinic, please advise the receptionist of this; they will note this and take your phone number. Please make sure you are available in a quiet place to take the call at the appointed time.
- If someone witnessed your collapse or funny turn, then please bring them with you to the clinic, or arrange for them to be contactable by phone, as the specialist may wish to speak to them.
- Please bring any prescription medications that you are taking with you, in their packaging, or a list of the medications and doses that you are taking.
- If you hold a driving licence, we advise that should you not drive until you have been seen in the clinic and this will be discussed further.

Doctor's name (printed):.....

Where applicable, the responsible hospital doctor should document in hospital records that patient has been given this letter.

Doctor's signature:.....

INFORMATION FOR PEOPLE WHO HAVE HAD A SINGLE SEIZURE

This page contains some information relevant to people who have had their first ever seizure (aka convulsion or fit). A single seizure is not the same as epilepsy, which is only diagnosed after two or more unprovoked epileptic seizures. Seizures may be provoked by a number of things, including sleep deprivation, drugs or alcohol, or disturbances in blood chemistry. Your specialist will advise you whether your seizure was thought to be provoked or not.

Tests

Most people will require tests after a seizure, which may include blood tests, a heart tracing (ECG), a brain wave tracing (EEG) and a brain scan. Not all people will require all these tests, your specialist will advise.

Treatment

Usually we do not recommend treatment after a single seizure, but there are occasional circumstances where this might be appropriate.

Driving

If you hold a UK driving licence (full or provisional), and have had a seizure (of any kind), you are legally obliged to inform the DVLA, and seek their guidance on your ability to drive; usually they will indicate that you must not drive until 6 months after your seizure. Further information is available from the DVLA:

<http://www.direct.gov.uk/>

Tel 0300 790 6806

email: eftd@dvla.qsi.gov.uk

What to do if you have another seizure

The risk of having a further seizure after the first one varies considerably, but overall is about 50% in the first year after your first seizure. If you have another seizure (or suspect you might have had), it is important that you inform your GP and/or specialist as this lead to changes in your treatment. First aid advice for carers is available at the websites listed below.

More information about seizures is available from:

EPILEPSY SCOTLAND

<http://www.epilepsyscotland.org.uk/>

Helpline: 0808 800 2200

EPILEPSY ACTION

<http://www.epilepsy.org.uk/>

0808 800 5050