

SEIZURE RECORD TO ESTABLISH BASELINE – NEW OR UNSTABLE SEIZURES

Name: _____ DOB: _____

Call 911 if seizure lasts more than 5 minutes, if there is a impairment of breathing, or if patient continues to go in and out of seizures.

NOTE: Notify physician if there is a change in the duration, frequency, or pattern of the seizures.

When	Date (dd/mm/yyyy)					
	Time of day					
	HOW LONG IT LASTED minutes/seconds: Use Watch					
Before Seizure	Possible triggers*? <i>Specify...</i>					
	Warning or aura?					
What happened during seizure	Y/ N or as asked					
	Conscious					
	Unconscious – not responding to name or pain					
	Fell during seizure					
	Confused					
	Skin colour change (e.g., blue, grey, pale, red)					
	Muscles stiffen <i>Which side/ which muscles?</i>					
	Muscles jerk <i>Which side/ which muscles?</i>					
	Became limp					
	Bit tongue					
	Eyes rolled back					
	Eyes stared					
	Cried out					
	Incontinent (Urine or BM)					
	Breathing (fast rate, noisy, heavy, stopped)					
After Seizure	Sleeping/tired – how long?					
	Confused					
	Headache					
	Speech slurred					
	Increased activity					
COMMENTS – describe what seizure looked like, anything you noticed not listed above						

**Possible triggers – fatigue, exercise, hypoglycemia (low blood sugar), emotional stress, infection, alcohol, abnormal breathing menses, being startled, flashing lights, temperature changes, missed seizure medications, recent prescription change.*

Information the Doctor will want to know, when the patient has an appointment:

1. Any seizures since last visit? If yes: how many and detailed description.
Any injury from seizure? Any medication used to stop the seizure?
2. Has there been any change in the patient's behavior/health from his/her baseline? Check as it applies.
 - any dizziness drowsiness sleep disturbance any agitation without valid reason
 - self-injury fainting spell changes in way patient walks (gait)
 - other symptoms
3. **Up-to-date list of all medications patient is currently taking** - & whether any recent changes, or missed medications.