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### **Hospital Seizure Action Plan**

#### **In preparation for a hospital visit during the COVID-19 pandemic**

If you are admitted to a hospital during the pandemic, you may not be permitted to have a family member, friend, or advocate stay with you in the emergency room, or after you are admitted. You may be tired or disoriented after a seizure and unable to advocate for yourself when pertinent information needs to be given to health professionals. Be prepared!

#### **Be Pro-Active!**

Talk to your neurologist about prescribing an emergency medication that can be given by a caregiver, possibly avoiding a hospital visit. If you are admitted to a hospital after a rescue medication has been given, make sure that the EMT is given the name and dosage of that medication. Hospital pharmacies do not always carry all AEDs. Take your medications with you, in the original bottles.

#### **Create a Written Hospital Action Plan to include:**

1. Seizure diagnosis, description of seizures and post-ictal state
2. List name and dosage of all medications, daily and rescue medications
3. Include information about a VNS or other devices
4. All other relevant medical information including allergies, surgeries, procedures, etc.
5. Emergency contact information for a family member or advocate
6. Neurologist name and contact information
7. State that a designated advocate be notified before any tests are done.

Both you and your family member or advocate should keep a copy of your action plan in a purse, wallet or on the emergency contact information on smartphones, in case a seizure happens somewhere other than home.

A copy of the Hospital Action Plan should be kept on the refrigerator or somewhere easily accessible. Put it in a plastic bag and pin it to the patient's clothes with a pin that closes. This should be given to the EMT or to hospital admissions.

For more information on COVID-19 <https://www.epilepsy.com/learn/covid-19-and-epilepsy>