

Seizure Observation Record

Name:			
Date & Time			
Seizure Length			
Pre-Seizure Observation (Briefly list behaviors, triggering events, activities)			
Conscious (yes/no/altered)			
Injuries (briefly describe)			
Muscle Tone/Body Movements	Rigid/clenching		
	Limp		
	Fell down		
	Rocking		
	Wandering around		
	Whole body jerking		
Extremity Movements	(R) arm jerking		
	(L) arm jerking		
	(R) leg jerking		
	(L) leg jerking		
	Random Movement		
Color	Bluish		
	Pale		
	Flushed		
Eyes	Pupils dilated		
	Turned (R or L)		
	Rolled up		
	Staring or blinking (clarify)		
	Closed		
Mouth	Salivating		
	Chewing		
	Lip smacking		
Verbal Sounds (gagging, talking, throat clearing, etc.)			
Breathing (normal, labored, stopped, noisy, etc.)			
Incontinent (urine or feces)			
Post-Seizure Observation	Confused		
	Sleepy/tired		
	Headache		
	Speech slurring		
	Other		
Length to Orientation			
Parents Notified? (time of call)			
EMS Called? (call time & arrival time)			
Observer's Name			

TIPS FOR SEIZURE OBSERVATION AND RECORDING

When watching a seizure, try to note what happens before, during and after the event. Write down what happened as soon as you can. Include as much information as possible about the following areas:

BEHAVIOR BEFORE THE SEIZURE – what was person doing at time of event, change in mood or behavior hours or days before, ‘warning’ or ‘aura’ shortly before event

WHEN EVENT OCCURS – date, time

POSSIBLE TRIGGERS OR FACTORS THAT MAY MAKE EVENT MORE LIKELY TO OCCUR

- Time of day or month
- Menstruation, pregnancy, changes in contraception or other hormonal treatment
- Missed, late, or changes in medicines
- Irregular sleep patterns, not enough sleep, other sleep problems
- Irregular eating patterns, specific foods
- During or after exercise or hyperventilation (fast breathing)
- Alcohol or other drug use
- Emotional stress, worry, excitement
- Sounds, flashing lights, bright sunlight
- Other illnesses or infections

WHAT HAPPENS DURING THE EVENT

- Change in awareness, alertness, confusion
- Ability to talk and understand
- Changes in thinking, remembering, emotions, perceptions
- Sensations – changes in seeing, hearing, smells, tastes, feelings
- Facial expression – staring, twitching, eye blinking or rolling, drooling
- Changes in muscle tone – body becomes stiff or limp
- Movements – jerking or twitching movements, unable to move, body turning, falls
- Automatic or repeated movements – lipsmacking, chewing, swallowing, picking at clothes, rubbing hands, tapping feet, dressing or undressing
- Walking, wandering, running
- Changes in color of skin, sweating, breathing
- Loss of urine or bowel control

PART OF BODY INVOLVED – where symptom started, spread to other areas, side of body (right, left or both)

WHAT HAPPENS AFTER EVENT

- Response to voice or touch
- Awareness of name, place, time
- Memory for events
- Ability to talk or communicate
- Weakness or numbness
- Changes in mood or how person acts
- Tired, need to sleep

HOW LONG IT LASTED - length of aura, seizure, after-effects or postictal phase, how long before person returns to normal activity.

Adapted with permission from the Comprehensive Epilepsy Center, Beth Israel Deaconess Medical Center, Boston, Massachusetts, 2006.