

SAMPLE CARE PLAN

NAME 'Alice'

D.O.B 01/01/91

**PHOTO
OF
ALICE**

BACKGROUND

Alice has a medical condition called Vasovagal Syncope (VVS), which means that she frequently experiences blackouts.

Syncope is the medical term for a blackout that is caused by a sudden loss of the oxygenated blood supply to the brain, resulting in loss of consciousness and collapse, but with a quick and usually complete recovery.

TRIGGERS AND WARNING SIGNS

Alice's blackouts are triggered by dehydration and being in a very warm environment. She usually experiences light-headedness and sometimes nausea prior to a blackout. Sometimes, Alice does not fully blackout, but has a 'near miss'.

MANAGEMENT STRATEGY

Usually, Alice is able to detect when she is going to blackout. She must:

- 1- Sit, squat or lie down IMMEDIATELY
- 2- Put her legs up in the air if able to lie down.
- 3- Only get up when she feels better

If she suddenly loses consciousness before detection someone must:

- 1- Lie Alice down on her side
- 2- Remove any surrounding safety hazards
- 3- Carry out simple checks to ensure clear airway
- 4- If Alice does not regain consciousness within a minute as usual, turn her on her back and raise her legs up to increase the blood pressure

5- Emergencies:

If Alice still does not regain consciousness after a couple of minutes, call for an Ambulance. This is extremely unlikely to occur. If Alice suffers an head injury during collapse, call an Ambulance.



Working together with individuals, families and medical professionals to offer support and information on Syncopes and Reflex Anoxic Seizures

IMPORTANT INFORMATION

- Alice must be allowed to drink water during class
- Alice should be allowed to sit near to a window to avoid overheating
- Following a blackout, Alice can often feel very tired. She must be allowed to rest in the sick room and to go home if she feels it is necessary.
- All missed work must be photocopied to allow Alice to catch up without any problems.
- Alice should not take part in sporting activities such as rope climbing in gymnastics to avoid severe injury in the event of a blackout. She should be able to fully participate in all other activities unless she is feeling unwell.

EMERGENCY CONTACT DETAILS

If Alice needs to return home, or if the emergency services have been phoned following a blackout call:

Alice Home: 0001 222333
Alice Mum Mobile: 0000 222233
Alice Mum Work: 0002 333000

SIGNED:

----- (Headteacher)

----- (Parent/Guardian)

----- (Alice)

Date-----

(N/B EACH INDIVIDUAL CASE IS DIFFERENT AND SO ALL DETAILS MUST BE ALTERED ACCORDINGLY- THIS IS JUST A GUIDE)