

CARE PLAN

NAME 'Fred'

D.O.B 01/01/00

BACKGROUND

'Fred' has a medical condition called Reflex Anoxic Seizures (RAS). He has had blackouts and seizures since he was 6 months old and was diagnosed 3 years ago. This condition is not life threatening but can be scary to witness.

**PHOTO OF
FRED**

REFLEX ANOXIC SEIZURES

Unexpected stimuli such as sudden pain, shock or an extreme change in temperature, causes Fred to black out and collapse, his heart and breathing to stop, his eyes to roll up into the head, his complexion to become deathly pale, often blue around the mouth and under the eyes, his jaw to clench and body stiffen. Sometimes his legs and arms jerk. After 30 seconds or so, the body relaxes, the heart and breathing resume and the individual is unconscious. One or two minutes later Fred should regain consciousness.

Upon recovery, Fred may be very emotional and extremely tired. He may need to sleep following an episode. The episodes appear to occur in batches.

TRIGGERS AND WARNING SIGNS

Fred's reflex anoxic seizures are triggered by bad health, unexpected pain perhaps following a fall and sudden, extreme change in temperature. He has not yet experienced any warning signs.

MANAGEMENT STRATEGY

1. Check area is safe, remove hazardous objects in surrounding area
2. Check airway - remove objects in mouth to avoid choking
3. Check breathing - listen for breath sounds, look for chest rising and falling
4. Feel for pulse at wrist or neck
5. Call for help
6. Place in recovery position if above ok, if not dial 999
7. Talk calmly and reassuringly to Fred throughout, ask others who are not involved to stand back / leave
8. Reassess airway, breathing, circulation throughout syncopal episode - if breathing or circulation deteriorate, dial 999
9. If help arrives, ask them to contact Fred's parents as soon as possible

10. When Fred comes round, reassure, talk calmly, remain on floor for a good while
11. If longer than normal to rouse, dial 999
12. When parents arrive inform them of what happened, if possible how long unconsciousness

AFTER RAS EVENT

13. Send Fred home so he is able to rest and be monitored
14. Parents/Guardians should inform GP of syncopal episode

IMPORTANT INFORMATION

- Fred is, in every other respect, a typical healthy child and should not be excluded from any activity. If it is necessary, pre-warn him of any possible shock or pain that may occur during an activity i.e bump after falling off end of slide.
- If an episode occurs, do not blame yourself. In many instances, it is impossible to avoid it. If the management procedure is understood, he should come to no harm.

EMERGENCY TREATMENT

If for any reason, Fred continues to have a seizure lasting more than 3 minutes, call the ambulance and take advice from the 999 emergency staff. This is unlikely to occur.

CONTACT DETAILS

Fred's Home: 0001 222333
Fred's mother work: 0001 333444
Fred's father work: 0001 444555

SIGNED:

.....(head teacher)

.....(parent)

Date.....

(N/B each individual case is different and the details must be changed accordingly)