



Craig Hospital

Redefining Possible for People with Spinal Cord and Brain Injuries

Provided as a courtesy of
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For more information:

Craig Hospital Nurse Advice Line

1-800-247-0257

Seizure Wallet Card

SEIZURE FIRST AID WALLET CARD	
<p>You can't stop a seizure once it has started. Your goal is to prevent injury to your family member and then get help. There are four main steps in seizure management = PACE</p> <p>Steps 1-4: 1. Protect 2. Airway 3. Call for help 4. Evaluate</p>	
Step 1	<p>Protect the person from injury</p> <ul style="list-style-type: none"> • Clear the area; move furniture and objects out of the way. • If the person is in a chair or bed and in no danger of falling, leave them there. • If the person is in a chair or wheelchair and in danger of falling, ease them gently to the floor. • Do not try to restrain him or her. • Place a small pillow/towel under their head to protect it from striking anything hard.
Step 2	<p>Airway – Keep the airway open</p> <ul style="list-style-type: none"> • Loosen any tight clothing around the neck – neckties, jewelry, etc. • Turn them way over onto their side; make sure that their nose and mouth aren't blocked. • Do not place anything in their mouth.
Step 3	<p>Call for help</p> <ul style="list-style-type: none"> • If you are at all uncomfortable in managing the seizure – call 911 for help. • Most seizures end in less than five minutes. If it lasts more than five minutes, it could be a medical emergency – call 911 for help. • After the seizure, stay with the person and notify your doctor immediately for further advice.
Step 4	<p>Evaluate the person</p> <ul style="list-style-type: none"> • Where did the seizure start – left arm, right leg, etc? • Did they immediately collapse or did their limbs start shaking first? • Did they say anything prior to the seizure about strange smells, sights, sounds, tastes, or seeing auras? • How long did the seizure last?
<p>Physician's name and Phone # _____</p> <p>Medications _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	

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