

HEALTH MATTERS

Epilepsy

You will need to inform your school of your diagnosis so that a care plan can be put into place for you. You may already have a care plan written for school from your specialist nurse or GP this can be brought into school. Some training will be offered to school staff in how to manage and spot the signs of any epileptic seizures; this may include how to administer emergency medication if you have been prescribed this.

You and your parents or carers responsibilities

Know your condition and the signs and symptoms; this will need to be included in your care plan.

If you have to take medication in school or have emergency medication; ensure your medication is in date! Don't wait until this has expired to get a new one prescribed, think ahead.

All medication will need to be labelled with your name and date of birth by the pharmacists

Do not use your friend's medication if you have forgotten yours! Tell an appropriate adult.

You will need to have your emergency medication (If appropriate) with you on any school trips, swimming, after school clubs and for sports; you will need to discuss this with your teacher

Take your medication when you need it, as prescribed

If you are responsible for your own medication at school, make sure that the school are aware of this! A parent / carer may need to sign a consent form. Always note the time that you take your medication.

Tell an appropriate adult when you start to feel unwell (your teacher may consider extra time for you if this is during exams or sporting activities)

Attend all medical appointments

Helpful resources

Young Epilepsy and the Epilepsy Society provide lots of helpful resources to support you with your Epilepsy.

<https://www.youngpilepsy.org.uk/>

<https://www.epilepsysociety.org.uk/young-people-and-epilepsy#.XsTvNjpKiUk>

<https://www.epilepsysociety.org.uk/school-education-and-epilepsy#.XsTl-zpKiUk>

NHS resources

<https://www.nhs.uk/conditions/epilepsy/>