

These resources are provided for information purposes only.

Remain Calm, Stay Safe, Be Prepared: Developing and Implementing a Seizure Action Plan

A report from the Institute of Medicine - Epilepsy Across the Spectrum: Promoting Health and Understanding:
www.iom.edu/Reports/2012/Epilepsy-Across-the-Spectrum.aspx

Komaragiri A, Detyniecki K, Hirsch LJ. Seizure clusters: A common, understudied and undertreated phenomenon in refractory epilepsy. *Epilepsy Behav.* 2016;59:83-86. PMID: 27116535.

ORGANIZATIONS

- American Epilepsy Society: www.aesnet.org
- Centers for Disease Control and Prevention: Epilepsy: www.cdc.gov/epilepsy
- Citizens United for Research in Epilepsy: www.cureepilepsy.org/home.asp
- Epilepsy Foundation: www.epilepsyfoundation.org

Sample Seizure Action Plans

- My Seizure Plan: www.epilepsy.com/sites/core/files/atoms/files/myseizureplan.pdf
- *Seizure Action Plan for School-aged Children* from the Epilepsy Foundation:
epilepsy.prod.acquia-sites.com/sites/core/files/atoms/files/seizure-action-plan-pdf_0.pdf

Seizure Diary

- My Epilepsy Diary:
www.epilepsy.com/release/2014/3/epilepsycom-launches-new-iphone-app-help-people-epilepsy-manage-seizures-symptoms-and
A new Seizure Diary will launch in late 2015, with the ability to track not only routine medications, but also rescue medications
- International League Against Epilepsy: www.ilae-epilepsy.org
- National Institute of Neurological Disorders and Stroke: www.ninds.nih.gov/disorders/epilepsy/epilepsy.htm