

University of Texas Medical Branch Sleep Disorder Center Policy: 08.02.04 Seizure Activity	Effective Date: January 2013 Revised Date: January 2013 Review Date:
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Seizure Activity (VLTC)

Audience: All personnel in the Sleep Disorder Center.

Purpose: To establish the correct procedural response if a patient should experience any seizure activity.

Policy: It is necessary to seek medical help if the following occurs:

- New onset seizure in a patient without a history of seizures
- Seizure in a patient with a history of seizures
- Electrical seizure without clinical correlate
- Clinical seizure without electrical correlate

In the event of a seizure while in the Sleep Disorder Center:

- Keep calm; notify the Medical Director or his designee and/or (9) 911 if needed
- Don't hold the person down or try to stop his movements
- Time the seizure with your watch
- Clear the area around the person of anything hard or sharp
- Loosen ties or anything around the neck that may make breathing difficulty
- Put something flat and soft, like a folded blanket or pillow, under the head
- Turn him or her gently onto one side. This will help keep the airway clear. Do not try to force the mouth open with any hard implement of with fingers. It is not true that person having a seizure can swallow their tongue. Efforts to hold the tongue down can injure teeth or jaw.
 - Do not attempt artificial respiration except in the unlikely event that person does not start breathing again after the seizure has stopped
 - Be friendly and reassuring as consciousness returns
 - Do not allow the patient to leave in the morning if he/she seems confused; contact the patient's emergency contact number to discuss transportation for the patient.
 - Document everything in patient chart and continue sleep study if appropriate

If it is determined by staff or faculty that a person requires emergency care, the following actions are to occur, but not necessarily in this order:

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- The Sleep Center Technologist will assess and support the patient's medical needs
 - (9) 911 is called to transport the patient to a higher level of care if appropriate
 - Document events on patient log.
 - Contact Medical Director or his designee
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