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| **Non-Epileptic Attack Disorder/ Functional Episodes Care plan**  Your trust logo here  **NHS No:** | | | | | | |  | |
| **ABOUT ME** | | | | | | | | |
| 1.1 | **My Name** | | |  | | | | |
| 1.2 | **My date of birth** | | |  | | | | |
| 1.3 | **My Address** | | |  | | | | |
| 1.4 | **My Emergency Contacts** | | |  | | | | |
| **PROFESSIONALS INVOLVED IN MY CARE** | | | | | | | | |
| 2.1 | **My GP** | | |  | | | | |
| 2.2 | **My Paediatrician** | | |  | | | | |
| 2.3 | **My School** | | |  | | | | |
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| 3.1 | **My Diagnosis** | | | | Non-epileptic attack disorder (NEAD) | | | |
| 3.2 | **What are non-epileptic attacks/functional episodes** | | | | Non-epileptic attacks, sometimes called functional or psychogenic episodes, look similar to epilepsy but the attacks are not seizures.  The young person experiences periods where they ‘black out’ or lose awareness  of their surroundings for a few moments or sometimes a bit longer. It can manifest in a myriad of ways. | | | |
| 3.3 | Episode type 1  **Description** | | |  |  | | --- | --- | | **Known Triggers** | Stress | | **Description** |  | | **Duration/frequency** |  | | **Recovery** |  | | **Important info** | These episodes are not dangerous and do not require an ambulance. Please give me time to recover and then I should be encouraged to return to my normal activities. It is important that I am not automatically sent home from school and we know that de-escalating the response to these events is helpful in reducing them.  “Support without fuss” - when they occur, reassure the young person and carers that they are safe and well, and when they finish the young person can resume their normal activity. | | | | | | |
| 3.4 | Episode type 2  **Description** | | |  |  | | --- | --- | | **Known Triggers** |  | | **Description** |  | | **Duration/frequency** |  | | **Recovery** |  | | **Important info** |  | | | | | | |
| **CARE PLAN AGREED BY** | | | | | | | | |
| Medical Representative | | Name: Sign:  Designation: Date: | | | | | | |
| Parent/Carer  Name | | Sign:  Date: | | | | Representative from school | | Sign:  Date: |
| **This plan does not require regular review to continue to be used. Patients are routinely followed up when needed and changes to this plan will be made if there are any updates.** | | | | | | | | |

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| **WHAT TO DO IF I EXPERIENCE AN ATTACK** | | |
| 4.1 | If I have an episode  See the source image | * Stay calm and remember these are not dangerous * Ensure that I am in a comfortable position with something cushioning my head and stay with me * Ensure my privacy and dignity is maintained by moving others away and shielding me from view if possible * Offer me verbal assurance (its common to be able to hear during attacks). Whilst we suggest offering reassurance, it is also important to remember that these attacks are deescalated as much as possible, so please limit the attention that is paid to this aspect to a few words |
| 4.2 | When are emergency services needed? | * If you are concerned that I am not breathing properly, have become cyanosed (blue grey or pale colour due to not breathing well) – this would be unusual for an episode, then please call 999 * If I have caused serious injury to myself – this is not common in NEAD attacks, then call 999 * It is not necessary to call an ambulance even if the attack is prolonged in most cases (unless this is specified in section 3.5 or 3.6) * If an ambulance is called please given the crew a copy of this care plan so that medications are not administered unnecessarily!! |
| 4.3 | What to do after an episode | * Place me in the recovery position (on my side) if appropriate. * Stay with me and offer lots of reassurance. * Record the time and duration of the episode (how long it lasted for). * Allow me some time to recover and then encourage me to return to my normal activities * It is not necessary for me to go home after these episodes and it is better if I stay in school, however there may be times when this is appropriate so please discuss with my parents |

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| FURTHER INFORMATION AND RESOURCES | | |
| 5.1 | For healthcare professionals  Paramedics/hospitals | **I experience non-epileptic attacks, please do not treat these with medication!!** |
| 5.2 | Further Advice and Guidance | **Neurosymptoms.org.uk-** Website written by a neurologist explaining the symptoms of functional (disassociate) seizures and other functional conditions  **Fndaction.org.uk/non-epileptic-attack-disorder & FND Hope UK–** Websites that provides support to people with NEAD and other functional symptoms  **Sheffield.ac.uk/non-epileptic-attacks/home –** A website set up by professionals that work with people with NEAD and are interested in finding a treatment for the disorder. This website covers signs and symptoms as well.  **Neurokid.co.uk –** A website for children and young people with NEAD  **Nonepilepticattackdisorder.org.uk –** This is a website set up by people with NEAD to provide information and support for those with NEAD and their families and friends. The information has been checked by neurologists and specialists in NEAD |
| 5.3 | Safety Advice for seizures in water | As a general rule, children with NEAD should be encouraged to take part in swimming. It would be very unusual for a child or young person with non-epileptic attacks to experience an episode in water, or to be harmed during an episode. However, for extra precaution, a designated person can be allocated to observe the child whilst in the water. If an episode occurs in the water, then please follow this advice:  From behind, tilt the child’s head so it is out of the water.  If possible, move the child to shallow water.  Shout for a lifeguard to help you get the child out of the water.  Once the child is out of the water, follow the above first aid advice in section 4.1 |
| 5.4 | Training for Schools | Specific training for schools is not required for children and young people with non-epileptic events. Please follow the guidance in this care plan |