

Prompt sheet for an individual healthcare plan (IHP)

To prepare an IHP, you will need to gather input from healthcare professionals, school staff, parents or carers and (if possible) the pupil. You can use this template to help you do that.

These questions are suggestions. It's possible that not all the questions are relevant for everybody.

Question	Notes
<p>Details of epilepsy/epilepsy syndrome</p> <ul style="list-style-type: none"> • What sort of epilepsy or epilepsy syndrome do you have? • When were you diagnosed? • Do you need to have any medicines while you're at school? • Is there anything else we should know about your epilepsy? 	
<p>Seizures</p> <ul style="list-style-type: none"> • What sort of seizures do you have? • How long do your seizures last? • What happens during a seizure? • What happens before a seizure? • What happens after a seizure? • How often do you have seizures? • Is there a time of the day when you are more likely to have seizures? • Do you have any seizure triggers? 	

<p>Action to be taken before, during and after a seizure</p> <ul style="list-style-type: none"> • What should we do if you have a seizure? • When is a seizure an emergency? • What should we do in an emergency? • When should we call an ambulance? Generally you should call an ambulance if: <ul style="list-style-type: none"> - A seizure continues for more than five minutes - If one seizure follows another without the person gaining consciousness in between - If a person is injured during a seizure or - You believe the person needs urgent medical attention. • Do we need to contact anybody? If so, who are they, when should we contact them, and how do we get in touch? • What do you need to do after a seizure? How long do you need to rest? Do you have any special requirements (for example a quiet/dark room)? • Have you been prescribed any emergency medicines? Is there an emergency medicines care plan in place? 	
<p>Seizures, side effects and impact on other aspects of learning and behaviour</p> <ul style="list-style-type: none"> • Does your epilepsy medicine or seizures have an impact on your: <ul style="list-style-type: none"> - Memory and recall - Attention span - Understanding of language - Behaviour - Energy levels - Attendance 	

<p>Are there any activities or sports you might need additional support or permission to take part in?</p>	
<p>Contact details of epilepsy specialist nurse (ESN)</p> <ul style="list-style-type: none">• Do you have an epilepsy specialist nurse (ESN)?• What are their contact details?• What can they help with?	
<p>Is there any other information that would be useful to know?</p>	

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