

Prompt sheet for an individual healthcare plan (IHP)

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

Question	Notes
<p>Details of epilepsy/epilepsy syndrome</p> <ul style="list-style-type: none"> • What sort of epilepsy/epilepsy syndrome do you have? • When were you diagnosed? • 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? 	
<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? <i>(Generally it is advisable to call an ambulance if a seizure continues for more than five minutes, if one seizure appears to follow another without the person gaining consciousness in between, or if a person is injured during a seizure or we believe the person needs urgent medical attention.)</i> • 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>Treatment</p> <ul style="list-style-type: none"> • What medicine(s) do you take and when do you need to take them? • Do you have any medicine(s) side-effects that the school needs to be aware of? • Do you have emergency medicine? If so, who is trained to administer this at school? • Do you have any other treatments for your epilepsy? <i>ketogenic diet/VNS?</i> 	
<p>Seizure triggers</p> <ul style="list-style-type: none"> • Are there any known triggers for your seizures? <i>Missed medicine(s), stress, fatigue, menstruation</i> • Are there any ways in which we can help you manage these triggers? 	
<p>Support at school</p> <ul style="list-style-type: none"> • Are there any particular school activities that you think may put you at risk? If so, what can we do to reduce the risk? <i>Playtimes, PE, swimming, science, school trips.</i> • Do we need to make any adjustments to the classroom environment to support your learning? • Are there any other provisions we need to make? <i>Extra time in exams, supervision of ketogenic diet.</i> 	
<p>Learning, behaviour and emotional wellbeing</p> <ul style="list-style-type: none"> • Do you have any difficulties with your learning, behaviour or emotional wellbeing? • Are there any ways we can help you manage these difficulties? 	
<p>People who can help you</p> <ul style="list-style-type: none"> • Who are the healthcare professionals involved in your care? <i>GP, paediatrician, epilepsy specialist nurse</i> • Who else at school needs to know about your epilepsy? <i>Class/subject teacher, SENCO, head teacher, support staff, friends, others</i> 	
<p>Any other information</p> <ul style="list-style-type: none"> • Is there anything else that we should know about your epilepsy? 	
<p>Review</p> <ul style="list-style-type: none"> • When will your IHP be reviewed? 	