



Seizure Protocol

1. Remain calm.
2. Stay with the person. Begin timing the seizure. Instruct someone to notify instructor and parent/caregiver on site.
3. Prevent injury.
 - a. If riding, notify leader to stop the horse.
 - b. Carefully lower the person to ground, if appropriate.
 - c. Place padding under the person's head (horse pad, coat, sweatshirt).
 - d. Keep other people and horses away. May have to halt class.
 - e. Put nothing in the person's mouth (do not use any kind of bite block).
 - f. Do not restrain extremities. Protect the person from becoming hurt, but do not hold down.
4. Prevent aspiration or suffocation.
 - a. Turn the person on their left side, head back and face downward so saliva and/or vomit can drain. If the person vomits, observe carefully to prevent aspiration (vomit/saliva sucked back in).
 - b. Loosen tight clothing (belts, tight collars).
 - c. **Call 911** if any signs of obstructed airway: gurgling or "crowing" respirations; cyanosis (bluish discoloration of the skin) remain after seizure is over; struggling or gasping for air after seizure.
 - d. **Call 911** if the seizure lasts over 5 minutes or if there are multiple seizures.
 - e. There may be a normal period of apnea (suspended breathing) at the onset of a seizure. You may see cyanosis (bluish discoloration of the skin). When you notice the breathing has stopped, start counting off the seconds **OUT LOUD**. It is probably not as long as it may seem. Breathing usually resumes in about one minute.
 - f. There may be a change in the level of consciousness. There is a normal period after a seizure called the postictal stage. During this time there may be confusion, lethargy or sleeping. Less common is a period of hyperactivity. This postictal stage can last from a few minutes to over an hour. There will then be a gradual return to pre-seizure consciousness.

5. Things to observe and document about incident:

- a. What kind of body movements did the person make during the seizure?
- b. Did the person collapse or remain sitting up/standing?
- c. Did the color of the person's face change?
- d. Overall, how did the person look?
- e. How long did the seizure last?
- f. What happened after the seizure?
- g. Was there a period of apnea (suspended breathing)? How long?
- h. Did the person vomit? Aspirate?
- i. Did the person hit their head on hard object during seizure?
- j. Fill out the RVR accident/incident form.