



Government  
of South Australia

Department for Environment and Water

# EPILEPSY AND LEARNING ADJUSTMENTS



## TRAINING, SEIZURE MANAGEMENT AND MEDICATION

Staff must be trained to support learners who are diagnosed with seizures or epilepsy. Training and support must be individualised to each learner and the specific requirements documented in their care plan and support agreements.

Learners must have a seizure management plan completed by a treating health professional, or use the standard seizure first aid procedures and flow chart until a management plan has been supplied.

If intranasal midazolam (INM) is part of the learner's management plan, this will need to be documented by a treating health professional in an Emergency Management Medication Plan. Since INM is a scheduled medication, it also requires specific management such as training of staff in the administration of INM. It also requires an authorisation to administer a controlled medicine form and the use of a controlled and restricted medicines register.

## EXAMPLES OF ADJUSTMENTS

### General adjustments

- Know your learner and be aware of their triggers and early warning signs that a seizure is about to occur.
- Encourage signals (where possible) so learners can alert teachers and peers to discomfort.
- Identify and take steps to reduce common triggers in the school environment.
- After a seizure, the learner may need a little extra time before they begin learning again.
- The speech and language of the learner may be delayed following a seizure. Notify families or carers of any noticeable changes.

### Environmental adjustments

- Reduce background noises and distractions to help the learner maintain attention.
- Make sure there's a route to a safe space the learner can move to if they feel a seizure is about to occur.
- Set up an alternate, simple, low stimulus area that allows the learner to still feel included but with reduced stimulus.
- Provide access to headphones, white noise, low light and soft fall if necessary.

### Social and emotional wellbeing adjustments

- Regularly check in with the learner to determine how they are feeling.
- Provide opportunities for the learner to connect with their peers and support social interaction.
- Provide opportunities for exercise and physical breaks – a proven way to reduce stress and regulate emotions.
- Work with key family members or carers to determine if building peer awareness is necessary and how this can be achieved in a sensitive manner.