

Carpe Diem – Seize the Day Blog

Editor's Note: Content presented in the Carpe Diem – Seize the Day Blog is for awareness and informational purposes only, and it is not meant to be a diagnostic tool.

Do you have your Go Bag (Seizure Readiness Kit) ready in case you need it? Do you have everything that you need in it should you have to make a trip to the emergency room? Are you prepared to take your child to the emergency room at a moment's notice because of their seizures? With epilepsy there is always a degree or level of uncertainty. Those outside of the epilepsy community will never know those levels of uncertainty. As unpredictable as your life can be, you need to do whatever it takes to control the uncontrollable. One of the things that you can do to control the uncontrollable is put together a Go Bag (Seizure Readiness Kit). The "Go Bag" was designed to both make transitions to more acute medical care smoother and to ensure your child's comfort was addressed.

Listed below are some suggested items to put in your child's Go Bag (Seizure Readiness Kit).

ALL CURRENT MEDICATIONS (at least 1 full day if possible)

This helps keep medications on schedule in the event you are not able to get home when planned. Never take it for granted that the hospital will have your child's medication on site.

FAMILY CONTACTS

Include a laminated document identifying the contact information of family and medical providers.

THERMOMETER

It will tell you if your child's temperature is too high, potentially triggering a seizure

SUNGLASSES

These are needed to help reduce light-triggered seizures.

FEVER-REDUCING MEDICATION (both oral and rectal)

Lowers temperature to potentially avoid a seizure. This would include making sure that your child's rescue medication Diazepam or Versed are packed in the Go Bag (Seizure Readiness Kit).

SEIZURE ACTION PLAN

The Seizure Action Plan helps others know what to do when a seizure happens and how to address special medical needs in the event of an emergency. Also, it provides emergency personnel the necessary information to treat your child.

FINGERPULSE OXIMETER

It measures oxygen levels in the blood during a seizure.

FOOD/SNACKS

These provides the flexibility to feed your child if away from home for an unexpected period of time (particularly important for children following a medical diet).

BLANKET

Provides a clean surface for your child during a seizure and/or privacy for rectal administration of medication. Also, you can use a blanket to put under your child's head in case of a seizure to keep them from injuring themselves.

SET OF CLOTHES

Provides a fresh outfit if soiled during a seizure or away from home for an unexpected period of time. Also, remember to put in an extra pair of shoes.

CPR REFERENCE CARD

Gives you a quick guide for resuscitating your child.

HYGIENE AND SANITATION

Facial Tissues and moist towelettes are excellent items to include in your Go Bag (Seizure Readiness Kit).

First Aid

A portable first aid kit can be there to assist you with minor injuries that can happen to your child when having a seizure. Additionally, consider include a small kit of medical items needed to tend to g tube needs (e.g., reinsertion) including, but not limited to gloves, alcohol wipes, antiseptic gel/cream, other equipment.

Extra Phone Charger

You never know when your cell phone's battery will lose its charge.

Please keep in mind that the items on this list are examples and suggestions that may work for your family. These examples and suggestions are not meant to be all inclusive. Individualize your Go Bag (Seizure Readiness Kit) to meet your and your child's needs. You may have additional information that would suggest other items to be placed in your child's Go Bag (Seizure Readiness Kit). Please consult with your doctor to determine what is best based on your or your loved one's unique needs.

Editor's Note: The Carpe Diem – Seize the Day Blog will be distributed and posted weekly.

Always remember – **CARPE DIEM – SEIZE THE DAY!**

Steve.Hutton@epilepsy-ohio.org