

Individual Healthcare Plan

An Individual Healthcare Plan (IHP) is a helpful way of ensuring that the child or young person is appropriately supported in their education.

This is a document with information about the student's condition, plan of action for how to deal with attacks and other information relevant to the student education.

This should be agreed following discussion between the educational professionals, the student and their parents & consultant neurologist or medical professional, It may also be helpful to include other people in the discussions such as a friend who would support the student, family support workers etc.

Supporting Us

NEAD Trust is the only charity for sufferers of non-epileptic seizures their families and carers. As such all aspects of our work focuses on helping and improving the lives of all the people who are effect by this condition. This means that we depend heavily on your generously given donations without which many of our essential services would not be possible.

By donating today you can help to make a real difference to people's lives. To make a donation please send either cheques or postal orders to the address below.

More Support & information is available at
www.neadtrust.co.uk

You can contact us direct at: admin@neadtrust.co.uk
Or write to us

NEAD Trust
57 Burton Street
Hillsborough
Sheffield
S6 2HH



NEAD Trust is a registered charity in England & Wales 1131287

NEAD Trust

Non Epileptic Attack Disorder



Non Epileptic Seizure
Information & Advice For
Education Professionals

What are Non Epileptic Attacks?



Non-epileptic attacks (NEAs) resemble epileptic seizures but unlike epilepsy they are not associated with abnormal electrical activity in the brain. NEAs can be thought of as an unconscious mechanism, beyond the control of the person having them, in which part of the brain stops working properly as a protection against difficult thoughts, memories or feelings.

Non-epileptic attacks often occur when people are having to cope with high levels of distress, difficult conflicts, or unbearable pressure. Sometimes they are related to difficulties at school such as bullying or problems with particular teachers, other pupils or subjects the student finds difficult.

NEAs affect different people in different ways and some people experience more than one type of attack. People may collapse, lose consciousness, become rigid, shake or just go floppy. They may even lose control over their bladder, bite their tongue or injure themselves.

Another common form of NES people go blank or stare and lose awareness of their surroundings. NEAs can be very brief, lasting just a few seconds, but can also be much longer, sometimes lasting for hours at a time. They do not cause damage to the brain no matter how long they last.



Supporting the Student

- 1). Keep careful & appropriate records of students with NEAD, and set up an Individual Healthcare Plan as described below.
- 2). Agree with the student, their parents and health-care professionals a written plan of what to do if they have a seizure at school.
- 3). Ensure that all members of staff likely to come in contact with the student are aware of their condition and know what to do if they have a seizure.
- 4). Record any changes in behaviour and carefully monitor achievement.
- 5). Identify and tackle any problems such as teasing, bullying and isolation.
- 6). Consider a friend system to support students with NES.
- 7). Support the child or young adult to enable them to take part in outings and activities and remain integrated in school life.
- 8). Make appropriate adjustments for students with NES regarding deadlines and exams.
- 9). Deal with NEAs in a calm, reassuring and low-key manner, avoiding drama.
- 10). Although NEAs can look alarming, it is not normally necessary to call an ambulance or seek medical aid unless the person has sustained injuries. However, the response for each individual should be agreed with the student, family and medical professionals.
- 11). Raise awareness about NES by providing information to students & staff.

Health & Safety

Students that have seizures may raise concerns amongst educational professionals and management committees. The first step towards dealing with this is to understand exactly how the individual student is affected.

What is the nature of their attacks and how long do they last? Do they get a warning so that they can alert a staff member or make themselves safe or do they collapse without warning? Do they have blank spells where they 'go off-line' for a few minutes? These can easily be mistaken for day-dreaming and not paying attention.

Are they aware of specific triggers to their seizures, which could then be avoided at school? How frequent are their seizures? This information would be available from the student themselves, as well as their parents, carers and health professionals.

Simple precautions and planning can minimise the chance of injury during an attack, for example a small amount of padding on hard corners and surfaces could help, or seating the student where there is more space around them, so that they are less likely to hit furniture during a fall. Some subjects such as science, cookery and design technology where tools are used may need some restriction for reasons of safety but this should be kept to a minimum so that the student can participate as fully as possible.

Anxiety is often a triggering factor for seizures so providing a supportive environment for the student's education can actually help to reduce the frequency or severity of seizures. Several factors can influence the levels of stress experienced at school, for example making sure that the children or young people know whether they are entitled to extra time in exams, and making sure that staff are trained in basic first aid & understand the individual needs of a student with NEAD.

The Importance of YOU

Young people with NEAs can feel very embarrassed, frightened and stigmatised by their attacks, and may worry about being teased or ridiculed.

As a result they may try to avoid public places, and find it difficult going to school or college. Some have even been excluded from college because of their condition.

They can become isolated and may miss out on educational and social opportunities. Their self-esteem can be affected and it is not unusual for people with non-epileptic attack disorder (NEAD) to feel anxious and depressed.



How you react to the child or young adult and their condition as their teacher or support worker is highly important.

You can help remove the stigma and lack of understanding that young people with NEAD often encounter from both peers and staff, and ensure that they can continue their education in a supportive environment.





NEAD Trust

Non Epileptic Attack Disorder

www.neadtrust.co.uk
admin.neadtrust.co.uk
57 Burton Street
Hillsborough
Sheffield
S6 2HH

Individual Healthcare Plan

Pupil Name:

Date of Birth:

School:

Head Teacher:

Parent / Guardian:

Parent / Guardian Tel:

Type of seizures experienced:

.....
.....
.....

Symptoms:

.....
.....
.....

Possible Triggers:

.....
.....
.....

Procedure to follow after seizure:

.....
.....
.....

Teacher responsible for Home – School Liaison:

Person responsible for Seizure reporting:

Addition Information:

.....
.....
.....