CPNI
Cyprus Paediatric Neurology Institute
Παιδονευρολογικό Ινστιτούτο Κύπρου

FORM FOR PARENTS AND SCHOOLS

School epilepsy care plan

Please fill in this plan with your child's doctor, print it, and give a copy to the school, nursery or club. Review it every year, or whenever treatment changes.

About the child

Name

Date of birth

School and class

Date of plan

Diagnosis

Known allergies

Contacts

Parent or carer 1, telephone

Parent or carer 2, telephone

Child's doctor, telephone

Paediatric neurologist: CPNI, +357 22 476 627

What the seizures look like

Description of usual seizures

Usual length

How often

Known triggers (for example tiredness, illness, missed medicine)

Warning signs before a seizure, if any

Daily medicines

Medicine, dose and times (usually given at home)

Any doses needed during the school day?

During a seizure

- ✓ Stay calm, note the time, and stay with the child
- ✓ Move away from danger; cushion the head; do not restrain
- ✓ Do not put anything in the mouth
- ✓ When the jerking stops, place the child on their side (recovery position)
- ✓ Stay with the child until they have fully recovered, then inform the parents

Specific instructions for this child

Rescue medicine

☐ No rescue medicine prescribed ☐ Rescue medicine prescribed (details below)

Name of medicine

Dose

Give if seizure lasts (minutes)

Where it is kept

Staff trained to give it

Expiry date

Call 112 if

- ✓ The seizure lasts more than 5 minutes and no rescue medicine is prescribed
- ✓ The seizure continues 5 to 10 minutes after rescue medicine (or as stated above)
- ✓ Seizures follow one another without recovery in between
- ✓ The child is injured, has trouble breathing, or the seizure happened in water
- ✓ It is the child's first seizure

After a seizure

What usually helps the child recover (rest, quiet place, time before returning to class)

Activities and safety

- [ ] Swimming with one-to-one supervision
- [ ] PE and sport as normal
- [ ] Helmet for cycling or climbing
- [ ] Extra time or rest breaks in exams
- [ ] Inform parents of every seizure

Other arrangements

Agreement

Parent or carer signature and date

School representative signature and date

Doctor signature and date

Contact CPNI

If you have questions or would like an appointment, please call our office on +357 22 476 627 or email cpni2007@gmail.com.

More leaflets and information: www.cpni.com.cy

This leaflet gives general information. It does not replace advice from your child's doctor.

Reviewed by Dr Paola Nicolaides, Consultant Paediatric Neurologist, November 2026.