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Protecting your patient during a seizure

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CLINICAL DO'S & DON'TS

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MOST SEIZURES are self-limiting and last less than 3 minutes. Take these steps to protect your patient from serious complications.

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DO

- Assess your patient for signs and symptoms of seizure activity, such as his report of an aura or twitching of muscle groups, especially in his face or hands.
- Have an oral airway, oxygen, and suction readily available. Keep his bed in a low position with the side rails up. Consider padding them.
- If he has a seizure, stay with him to protect him from injury and observe seizure activity. If he's in a chair or out of bed, ease him to the floor. If he's in bed, remove the pillows, raise the side rails, and put the bed in a flat position. Loosen any restrictive clothing.

