

# Employer toolkit

Supporting employees with epilepsy in the workplace

## Status epilepticus – With references

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### What is status epilepticus?

Some people with epilepsy are at risk of status epilepticus. Status epilepticus (sometimes just called status) is seizure activity that lasts too long. If tonic-clonic status epilepticus lasts for 30 minutes or more it can cause permanent brain damage or even death.<sup>1</sup>



**Call an ambulance if a tonic-clonic seizure lasts for more than 5 minutes**

**OR**



**Another tonic-clonic seizure starts before the person has recovered from the last one**

There are medicines that can stop status epilepticus. Ambulance staff sometimes carry emergency medicine so they can start treatment as soon as they arrive. In hospital, there are a number of medicines that doctors can use to stop status epilepticus.

Emergency medicine (sometimes called rescue medicine) may be prescribed for people at risk of status epilepticus. If your employee is prescribed emergency medicine, their nurse or doctor will write a care plan so that it can be used correctly. If they are prescribed emergency medicine, this should be included in your employee's seizure and recovery plan.

The main emergency medicine used in the UK is buccal midazolam. It is given by dropper, between the person's gums and cheek.

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**Only a named, trained person can give emergency medicine. Your employee may request that colleagues or first aiders have training to administer emergency medicine.**

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There are many providers that deliver emergency medicine training. Contact the [Epilepsy Action Helpline](#) for a list of training providers.

## Here's a reminder of how to help

If your employee is prescribed emergency medicine and has a tonic-clonic seizure:

- Time the seizure
- As soon as the seizure starts, send someone to get the named trained person who can administer emergency medicine if needed
- Follow first aid guidance for tonic-clonic seizures such as cushioning the head and moving things out of the way
- The named trained person will be familiar with their care plan and will know when to call an ambulance if the emergency medicine doesn't stop the seizure

## References

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<sup>1</sup> <https://www.epilepsy.org.uk/info/firstaid/emergency-treatment-seizures-last-long-time>  
(Accessed 22 March 2021)

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[employers.epilepsy.org.uk](https://employers.epilepsy.org.uk)

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