

**When watching a seizure, try to note what happens before, during and after the event. Write down what happened as soon as you can. Include as much information as possible about the following areas:**

**BEHAVIOR BEFORE THE SEIZURE** – what was person doing at time of event, change in mood or behavior hours or days before, ‘warning’ or ‘aura’ shortly before event

**WHEN EVENT OCCURS** – date, time

**POSSIBLE TRIGGERS OR FACTORS THAT MAY MAKE EVENT MORE LIKELY TO OCCUR**

- ☐ Time of day or month
- ☐ Menstruation, pregnancy, changes in contraception or other hormonal treatment
- ☐ Missed, late, or changes in medicines
- ☐ Irregular sleep patterns, not enough sleep, other sleep problems
- ☐ Irregular eating patterns, specific foods
- ☐ During or after exercise or hyperventilation (fast breathing)
- ☐ Alcohol or other drug use
- ☐ Emotional stress, worry, excitement
- ☐ Sounds, flashing lights, bright sunlight
- ☐ Other illnesses or infections

**WHAT HAPPENS DURING THE EVENT**

- ☐ Change in awareness, alertness, confusion
- ☐ Ability to talk and understand
- ☐ Changes in thinking, remembering, emotions, perceptions
- ☐ Sensations – changes in seeing, hearing, smells, tastes, feelings
- ☐ Facial expression – staring, twitching, eye blinking or rolling, drooling
- ☐ Changes in muscle tone – body becomes stiff or limp
- ☐ Movements – jerking or twitching movements, unable to move, body turning, falls
- ☐ Automatic or repeated movements – lipsmacking, chewing, swallowing, picking at clothes, rubbing hands, tapping feet, dressing or undressing
- ☐ Walking, wandering, running
- ☐ Changes in color of skin, sweating, breathing
- ☐ Loss of urine or bowel control

**PART OF BODY INVOLVED** – where symptom started, spread to other areas, side of body (right, left or both)

**WHAT HAPPENS AFTER EVENT**

- ☐ Response to voice or touch
- ☐ Awareness of name, place, time
- ☐ Memory for events
- ☐ Ability to talk or communicate
- ☐ Weakness or numbness
- ☐ Changes in mood or how person acts
- ☐ Tired, need to sleep

**HOW LONG IT LASTED** - length of aura, seizure, after-effects or postictal phase, how long before person returns to normal activity.

Adapted with permission from the Comprehensive Epilepsy Center, Beth Israel Deaconess Medical Center, Boston, Massachusetts, 2006.