

# Training for Families in the Emergency Management of Seizures Using Midazolam or Rectal Valium

## Purpose

The Epilepsy Foundation of Victoria offers training in how to administer midazolam or rectal valium for the emergency management of seizures. This document outlines both the scope and the requirements of the training for family members or nominated informal carers.

## Background

The Epilepsy Foundation of Victoria provides training where the need for emergency management of seizures in the community is required. There are situations where it is unrealistic and dangerous to wait for an ambulance to attend for someone having a seizure and prompt administration of a medication such as midazolam or rectal valium is vital. Midazolam and rectal valium are not formally approved for use in this setting and training is only provided if there are clear, documented and signed instructions from the prescribing doctor.

The training is person-specific and tailored to each individual's needs and is conducted by a registered nurse who has a background in epilepsy and has a Certificate IV in Assessment and Workplace Training qualification.

## Training for family members

The Epilepsy Foundation can provide training if the following criteria are met:

1. A person has been prescribed midazolam (for buccal or intranasal use) or rectal valium for seizures
2. A copy of both the Epilepsy Management Plan and Emergency Medication Management Plan, or a copy of the treating doctor's instructions and/or prescription, are provided with the person's permission prior to the appointment
3. The family will be advised to undertake CPR training with an appropriate training provider and to have an Ambulance Victoria membership for the person with epilepsy.

## If you undertake the training, the following will be covered

1. What is midazolam or rectal valium?
  - Why are they prescribed for epilepsy
  - How they work and the potential side-effects
  - How to monitor the person after you have given the medication.
2. How to give the medication following your doctor's instructions:
  - Recognising seizure types and general first aid
  - Demonstration and practice of the administration in a simulated scenario
  - When to call an ambulance
  - Tips on creating an Epilepsy Management Plan and Emergency Medication Management Plan.

## **Epilepsy Foundation of Victoria handouts provided**

1. Epilepsy Management Plan pro forma
2. Emergency Medication Management Plan pro forma to attach to the Epilepsy Management Plan
3. Guidelines for creating an Epilepsy Management Plan
4. Guidelines for creating an Emergency Medication Management Plan
5. Midazolam (buccal/intranasal) OR rectal valium instructional poster
6. Midazolam or rectal valium information sheet
7. What happens when an ambulance is called for a seizure?
8. Information about types of seizures
9. Seizure record chart
10. First aid poster.

## **Post-training follow-up**

1. An epilepsy counsellor will contact the family 1–3 months after the session to discuss any concerns
2. Epilepsy Management Plans can be checked and feedback provided by the trainer
3. Families can contact the Epilepsy Foundation of Victoria at any stage, if further information or support is required.

## **Other options**

Training can be provided for organisations that provide services to support the person with epilepsy.

## **Costs**

There is no charge for families unless the cost can be charged to a person's funding package.

### **For more information**

Epilepsy Foundation of Victoria  
818 Burke Road Camberwell VIC 3124  
phone (03) 9805 9111 or 1300 852 853  
fax (03) 9882 7159 web [www.epinet.org.au](http://www.epinet.org.au)