

Psychogenic Non-Epileptic (Functional Neurological Disorder) Events Care Plan

STUDENT NAME

DOB

School

Grade

To our highest degree of medical certainty, these events are Psychogenic Non-Epileptic Events which is a type of Functional Neurological Disorder. These events are NOT epileptic seizures and are not causing any damage or harm to the brain when they occur. These events are a serious problem but are NOT life threatening. While stress and anxiety may exacerbate these events, it does not cause the events and returning to normal activities, including school, is imperative in treating PNEE. The student is not faking these events, they are a real symptom, just like a headache is a real symptom. Similar to headaches, the goal is to resume normal activity after the symptoms pass. Treatment for these events involves retraining the brain to push back against symptoms, changing thoughts and expectations surrounding the symptoms, and resumption of normal home and school activities.

Warning Signs of a non-epileptic seizure may include the following:

- Staring spell or appearing dazed before full onset
- Stops responding to questions or participating in classroom activity suddenly
- Lowers self to the ground suddenly as they feel it coming on
- Appears to be asleep during an episode, not able to arouse them, snoring at times
- Jerking movements of body, limbs, and head during an event
- Eyes closed or partially open but not focused

Interventions:

- Stay calm, speak to the student and let them know they are safe. Check time to determine when the episode started.
- Escort to counselor or nurse office. If the student is unable to independently move to a quiet area, they should remain where they are. Remove other students from the classroom, when necessary.
- Do not give the student any additional stimulation or excess attention, such as talking. Vitals should only be taken if an injury has occurred, or other health and safety concerns are identified such as cyanosis, respiratory or cardiovascular distress.
- The event will pass more quickly in a quiet environment free from extra stimulation.
- Parents should be notified but should not be required to come to the school.
- Staff/teacher should remain with the student until the event passes. Student should be given time to recover; however, the goal is for the student to return to class.
- **Emergency services should be called if any injury occurred, or other health and safety concerns are identified such as cyanosis, respiratory or cardiovascular distress.**
- Other:

- Discuss initiation of a 504 Plan with the student's parent/guardian.

Remember:

- Psychogenic Non-Epileptic Events often resemble epileptic seizures but are not caused by abnormal electrical discharges in the brain. They are caused by periods of increased stress or emotions. Events are not fake.
- Good communication between home and school is needed so everyone is aware of any medication changes, changes in treatment, or periods of increased stress at home or school that could trigger an episode.
- All staff who work with the student directly during the day will be informed of the condition so they are able to respond appropriately during an episode.

Medical Provider Name

Signature

Date

Phone Number

Fax Number

Parent/Guardian Name

Signature

Date

Phone Number