

Epilepsie

Anfallskalender

Name, Vorname

Straße, Nr.

PLZ, Ort

Telefon / Mobil

Geburtstag

Notfall Sofortmaßnahmen

- Ruhe bewahren!
- Absicherung des Betroffenen zur Vermeidung von Verletzungen
 - Bringen Sie die Person aus einem potentiellen Gefahrenbereich (z.B. Straßenverkehr, Treppenabsatz, offenes Fenster).
 - Schaffen Sie Gegenstände zur Seite, die für den Epilepsie-Patienten eine Verletzungsgefahr darstellen können (Brille, Werkzeug, Möbel).
 - Eine weiche Unterlage schützt den Kopf.
- Lockerung der Kleidung
- Niemals gewaltsam eingreifen
 - Bitte keinesfalls versuchen die Verkrampfung von Kiefer, Händen oder Beinen mit Gewalt zu lösen.
 - Wiederbelebungsmaßnahmen wie Atemspende und Herzmassage sind in der Regel nicht erforderlich.
- Nach Abklingen der Krämpfe kann der Betroffene in die stabile Seitenlage gebracht werden.
- Gelegenheit zum Ausruhen für den Betroffenen suchen, nachdem er das Bewusstsein wiedererlangt hat.
- Ärztliche Hilfe (Notruf: 112 oder 192 22; ärztlicher Bereitschaftsdienst: 116 117) ist nötig, wenn
 - der Anfall länger als 5 - 10 Minuten dauert.
 - mehrere Anfälle aufeinander folgen.
 - die Verwirrtheit nach einem Anfall länger als 30 Minuten dauert.
 - sich der Betroffene schwer verletzt hat.

Im Notfall bitte informieren

Name

Telefon / Mobil

Behandelnder Arzt

Telefon / Mobil

Praxisstempel

Liebe Patientin, lieber Patient

das regelmäßige Führen des Anfallskalenders erleichtert Ihrem behandelnden Arzt die optimale Behandlung und liefert wertvolle Informationen über die Art und Entwicklung Ihrer Epilepsieerkrankung, die möglichen Anfallsauslöser und die Wirksamkeit der Therapie.

Nutzen Sie die Möglichkeit, unterschiedliche Symbole für Ihre unterschiedlichen Anfallstypen zu verwenden.

| Symbol | Kurzbeschreibung des Anfalls |
|--------|------------------------------|
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| ○ | |
| □ | |

| Name des Medikaments | Dosierung | | | Besonderheiten |
|--------------------------|-----------|---------|---------|----------------|
| | abends | mittags | morgens | |
| Bsp: Levetiracetam HEXAL | 500mg | | 500mg | - |
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Uhrzeit (Zeitraum)

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**Anfallsdauer
in Minuten**

Hinweise zum Anfall

(z.B. Stress, Alkohol, Medikamente, vergessene Dosierungen,
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Tragen Sie den Epilepsie Notfallausweis immer bei sich (Beispielsweise in Ihrem Geldbeutel oder in der Handtasche).

Bei Auftreten eines Anfalls enthält dieser wichtige Informationen für Ersthelfer und Notarzt.



Weitere Informationen

www.epilepsie.hexal.de

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www.hexal.de

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