

PATIENT INFORMATION

Paediatrics

First fits cover letter and seizure diary

Dear Parent / Guardian

Your child / young person has been referred for assessment in the 'First Fit' clinic at Torbay Hospital, following recent possible seizure(s) which require further investigation.

You will receive separate communication in regard to a date and time for a face-to-face clinic appointment with a Paediatrician.

We understand this can be an anxious time. Please find the attached leaflet from the Royal College of Paediatrics and Child Health, which details how best to support your child while awaiting your appointment and how to perform seizure first aid should this be necessary. The leaflet also offers escalation criteria around calling emergency services if necessary.

You may also find it helpful to share a copy of this leaflet with your child's/young person's school/education provider.

Please keep a diary of any further events and bring this to your appointment. It can also be very helpful if any events are able to be captured on video.

We look forward to meeting you soon.

For further information around First Fits, please visit [following a first seizure without fever in cyp parent a4 2019 v1.2.pdf](#)

To access a seizure diary, please visit

[EPILEPSY ACTION-SEIZURE DIARY REBRAND-EDITABLE.indd](#)

For further assistance or to receive this information in a different format, please contact the department which created it.

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