

Seizure Log

Name: _____

Date: _____

Time: _____

Length: Hours: _____

Mins: _____ Sec: _____

Type: _____

Mood: Normal _____

Good _____ Bad _____

Possible Triggers (overtired, change in meds., sick, stressed, etc...):

Description During Seizure (pale, vomited, loss of bodily functions, etc...):

Post Seizure Notes (can't talk, weakness, sleepy, etc...):

Seizure Follow-Up (called doctor, ER, administered meds., etc...):



Simple Partial- A seizure limited to a specific area and side of the brain, without loss of consciousness.

Complex Partial- A seizure limited to a specific area and side of the brain, with the possibility of consciousness being lost or impaired.

Secondarily Generalized- A seizure beginning in a specific area of the brain and then progressing into a generalized seizure. It is important to describe the beginning of these seizures to possibly identify a focal region.

Tonic- Muscle stiffening or rigidity.

Clonic- Repetitive jerking motions.

Tonic Clonic- A seizure often referred to as grand mal seizures. These seizures begin with stiffening of the extremities followed by jerking of the extremities and face.

Myoclonic- A seizure with rapid, brief contractions of muscles, usually occurring at the same time on both sides of the body.

Myoclonic Cluster- Same as an individual Myoclonic seizure but happens repetitively fairly close together. Seizure Tracker users have the capability of recording a related event count with this seizure type selection.

Atonic- A seizure with a sudden loss of muscle tone, often resulting in a sudden collapse. These seizures are also known as drop seizures.

Absence- A seizure with a brief lapse of awareness and or staring spell.

Atypical Absence- A seizure with a brief lapse of awareness and or staring spell but can be responsive.

Infantile Spasms (cluster)- Clusters of quick, sudden movements often occurring in children between 3 months and two years but can continue through later years.