



Filming seizures in your own surroundings

Instructions for a good result

To better understand what happens to you, your child or your loved one during a seizure, the treating doctor would like the seizure to be filmed. You can use a camera or mobile phone to film the episode.

While filming, ask a few brief and simple questions. Together with the video, this information helps the doctor understand more about where in the brain the seizure might be coming from and what type of symptoms it is causing.

Tips for filming

First make sure the person having the seizure is safe and cannot hurt themselves. Also make sure you position the video frame around the patient and in 'landscape' (horizontal) to capture as much information as possible. Try to zoom into regions of the body where you notice signs of seizure activity. It is important to ensure that there is enough light in the room while filming. Also film with your back towards any source of light, for example do not film facing the sun, a window or a lamp.



These are examples of simple questions and tasks you can carry out while filming:

- "look at me"
- "what is your name?"
- "where are you?"
- "touch your nose" (don't demonstrate how this is done!)
- "what is this?" (present everyday objects such as a pen or watch)
- "how many fingers am I holding up?"
- "look left" and "look right"

Keep repeating these questions until the seizure has finished and the person you are filming is able to speak to you normally again.

Document what you observe

Say out loud what you see and hear while filming, such as changes in the colour of the face, how the eyes look, sweating, sounds, breathing changes, whether the person answers questions appropriately and so on. Following the seizure, it is also useful to write down what has happened during the seizure. Document as many details as possible. Start by recording:

- The date and time of the seizure
- The circumstances (eg: while sleeping or active)
- How long the seizure lasts

The video, together with the questions / tasks, and your documentation will provide the doctor with a lot of information about the seizure to help understand the epilepsy better.

Send to SEIN



Please send the video and any report to SEIN via our secure method by using the "send a secure email" button which can be found at your outpatient clinic location on SEIN's website.

Or you can use the QR code directly to sein.nl/contact-en-route/locations.



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