

## STANDARD OPERATING PROCEDURE

# **Diagnosis and Management of Status Epilepticus in Adults**

Special Region (1)

Union of Myanmar

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Approved by: Internal Medicine Unit

# 1. Purpose

To provide a rapid, structured, and life-saving protocol for the management of status epilepticus (SE).

# 2. Definition

Seizure  $\geq 5$  minutes OR  $\geq 2$  seizures without recovery.

# 3. Core Principles

- Treat immediately
- ABC first
  - **Airway:** Position patient (lateral), suction if needed, insert airway adjunct if unconscious
  - **Breathing:** Oxygen 5-10 L/min, monitor SpO<sub>2</sub>
  - **Circulation:** IV access (2 lines if possible), monitor BP, pulse
- Early benzodiazepine
- Early second-line AED

# 4. Management

## Step 1 (0-5 min)

Choose IV lorazepam or diazepam (lorazepam is preferable to diazepam):

- Diazepam 0.15 mg/kg IV (10 mg), repeat once
- Lorazepam 0.1 mg/kg IV (max 4 mg), repeat once after 5-10 min

## Step 2 (5-20 min)

Levetiracetam 20-40 mg/kg IV (1-3 g), infuse over **10-15 minutes**

## Step 3: Refractory Status Epilepticus

If no response to Diazepam + Levetiracetam, urgent referral to ICU (if available).

If ICU unavailable:

- Repeat levetiracetam (if underdosed)
- Continue supportive care
- Transfer to higher centre or get help from anaesthesiologist

## 5. Supportive Care

- Oxygen
- IV fluids
- Monitor vitals

## 6. Identify and Treat Causes

| Cause                 | Action            |
|-----------------------|-------------------|
| Hypoglycaemia         | Dextrose          |
| Electrolyte imbalance | Correct Na, Ca    |
| CNS infection         | Start antibiotics |
| Alcohol withdrawal    | Diazepam          |
| AED non-compliance    | Restart AED       |
| Stroke                | Neuro evaluation  |

## 7. Post-Seizure Care

- Continue maintenance AED
  - Levetiracetam: 500-1000 mg BD
- Observe for:
  - Recurrent seizures
  - Neurological deficits
- Admit if:
  - First seizure
  - Prolonged seizure
  - Unclear cause

## References

1. Trinka E, et al. A definition and classification of status epilepticus. *Epilepsia*. 2015.
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3. NICE Guideline NG217: Epilepsies in adults and children. 2022.
4. WHO Emergency Care Guidelines. 2020.
5. Brophy GM, et al. Guidelines for evaluation and management of SE. *Neurocrit Care*. 2012.