

LOS ANGELES UNIFIED SCHOOL DISTRICT  
Student Health and Human Services Division  
District Nursing Services

**Nasal Benzodiazepine (Valtoco and Nayzilam) Administration**

I. GENERAL GUIDELINES

A. PURPOSE

1. To control acute, repetitive seizures or per physician's order prolonged seizures.
2. To prevent status epilepticus, a life-threatening condition in which seizures are continuous, consistent with physician's order.
3. To administer nasal benzodiazepine safely and in a timely manner.

B. GENERAL INFORMATION

1. Nasal diazepam (Valtoco) and nasal midazolam (Nayzilam) are "emergency anti-seizure medications" approved by the Food and Drug Administration (FDA). Valtoco is approved for ages 6 years and older, and Nayzilam for ages 12 years and older. Education Code section 49414.7 allows unlicensed school staff to administer emergency anti-seizure medication to students with acute, prolonged or repetitive seizure.
2. Licensed healthcare provider and parent authorizations for medication must be completed and signed. Healthcare Provider Authorization must specify student specific seizure symptoms, including frequency, type, duration, medication dosage, potential side effects and instructions for when to call the paramedics.
3. Training must be student specific- demonstration. Verbalization of the following by the trainee will occur upon completion of the training:
  - a. Identification of characteristics of student's seizures
  - b. Understanding of the order from the licensed healthcare provider
  - c. Location, storage and disposal of nasal benzodiazepine
  - d. Appropriate steps for administration of nasal benzodiazepine
  - e. Care of the student before, during and after the administration of nasal benzodiazepine
  - f. Documentation of nasal benzodiazepine administration
4. Parent/guardian must notify the school if Valtoco was administered within the past 4 hours on a school day, and if Nayzilam was administered in the past 3 days.

C. PERSONNEL

1. School nurse or school physician
2. Designated school personnel who possess current First Aid and CPR Certification and are trained by the school nurse or the school physician

D. EQUIPMENT

1. Provided by parent/guardian:
  - a. Nasal benzodiazepine medication; correct dosage in the blister pack
2. Provided by school:
  - a. Plastic bag for disposal of waste
  - b. Disposable latex-free gloves
  - c. Barrier for privacy (i.e. blanket, sheet or towel)

ESSENTIAL STEPS	KEY POINTS AND PRECAUTIONS
1. Determine if the student is having a seizure. Start time, summon help and administer first aid appropriate for seizure type, postural tone, and if student is in a wheelchair.	Knowledge of student specific seizures is required. <b>STAY, DO NOT LEAVE THE STUDENT. KEEP STUDENT SAFE. TURN ON SIDE FACING YOU IF LOSES POSTURAL TONE.</b>
2. If student has <b>not</b> received either: <ol style="list-style-type: none"><li>a. <b>Valtoco</b> within the past 4 hours, prepare to administer the medication.</li><li>b. <b>Nayzilam</b> within the past 3 days unless indicated otherwise by physician, prepare to administer the medication. <i>Per package insert, Nayzilam is ordered as 5 mg for all ages <math>\geq</math> 12 years, and dose may be repeated in 10 minutes if prescribed by physician, and if patient does not respond to initial dose, has no trouble breathing or is not excessively sedated. No more than 2 doses (10 mg) of Nayzilam may be administered for a cluster every 3 days.</i></li></ol>	If unable to administer nasal benzodiazepine because of restricted time frame, course of action depends on indication for use and condition of student. <ul style="list-style-type: none"><li>• If order is for <i>prolonged seizure</i> and unable to administer nasal benzodiazepine, call 911.</li><li>• If order is for <i>seizure cluster</i> and unable to administer nasal benzodiazepine, call 911 if concern over severity or frequency of seizures, or lack of recovery between seizures. May call parent/guardian if student is awake and alert between seizures.</li></ul>
3. Check medication observing the “5 Rights of Medication Administration”: right student, right medication, right dosage, right route and right time.	<ul style="list-style-type: none"><li>• Correct dosage should appear on the blister pack and dosage must match the healthcare provider’s order.</li><li>• Check for the expiration date.</li></ul>
4. Position student on the right or left side facing you. If prescribed for seizure cluster and not having a seizure at time of administration, may give in sitting or lying position. Provide privacy.	<ul style="list-style-type: none"><li>• Side lying is the preferred position unless not removed from wheelchair.</li><li>• If student needs nasal benzodiazepine administration while on the bus, ask the driver to stop the bus.</li></ul>
5. Put on gloves.	Observe universal precautions at all times.

<p>6. Open nasal benzodiazepine blister pack which holds either 1 or 2 nasal spray devices depending on brand and dosage.</p> <ul style="list-style-type: none"> <li>• Contents of 1 blister pack = 1 dose.</li> <li>• Contents of 1 box = 2 blister packs or 2 doses</li> </ul>	<p>a. <b>Valtoco</b> dose and number of spray devices per blister pack:</p> <ul style="list-style-type: none"> <li>• 5 mg = 1 spray device holding 5 mg of diazepam, in 1 blister pack</li> <li>• 10 mg = 1 spray device holding 10 mg of diazepam, in 1 blister pack</li> <li>• 15 mg = 2 spray devices, each holding 7.5 mg of diazepam, in 1 blister pack</li> <li>• 20 mg = 2 spray devices, each holding 10 mg of diazepam, in 1 blister pack</li> </ul> <p>b. <b>Nayzilam</b> dose and number of spray devices per blister pack:</p> <ul style="list-style-type: none"> <li>• 5 mg = 1 spray device holding 5 mg of midazolam, in 1 blister pack</li> </ul>
<p>7. <b>Administration of medication</b></p> <p>a. <b>Hold</b> spray device with the thumb on the bottom of the plunger and index and middle fingers on either side of the nozzle.</p> <p>b. <b>Insert</b> the tip of the nozzle into 1 nostril, and <i>if possible</i>, until the fingers, on either side of the nozzle, are against the bottom of the student's nose. Do not force into nose.</p> <p>c. <b>Press</b> the bottom of the plunger firmly with the thumb to give nasal benzodiazepine.</p> <p>d. <b>Repeat steps</b> and give in other nostril if 2 spray devices required for treatment.</p>	<ul style="list-style-type: none"> <li>• Do NOT test or prime; each device sprays only one time</li> <li>• May give nasal benzodiazepine while student on side. May briefly place student on back for administration purposes only.</li> <li>• Routinely give 1<sup>st</sup> spray in right nostril and 2<sup>nd</sup> spray in left nostril if 2 spray devices required for treatment.</li> </ul>
<p>8. Keep student in the side lying position and monitor respiratory status. Note time medication was given.</p>	<p>Monitor respiratory status by counting number of times chest rise and fall per minute. Normal rate is 12-20 breaths/minute.</p>
<p>9. Remain with the student for at least 30 minutes after the administration of nasal benzodiazepine or as stated in the healthcare provider's order for other actions and/or before returning to class.</p>	<p>Post-administration care will be determined by the student's condition and discussion with licensed healthcare provider and defined in the Seizure Action Plan.</p>
<p>10. Used spray device(s) must be placed in a bag and returned to parent/guardian.</p>	<p>School nurse is to ensure nasal benzodiazepine is replaced by parent/guardian.</p>
<p>11. <b>Call 911 if the following reaction is observed:</b></p>	<p>Normal breathing rate 12-20 breaths/minute.</p>

<ul style="list-style-type: none"> <li>a. Change in breathing rate (less than 10 breaths/minute) and pattern without improvement.</li> <li>b. Changes in color without improvement.</li> <li>c. Inability to arouse the student after seizure has ended.</li> <li>d. Seizure is different from other episodes.</li> <li>e. Student appears injured, has diabetes, is pregnant, or had seizure in water.</li> <li>f. Seizure continues 10-15 minutes after administration of nasal benzodiazepine, or as ordered by physician.</li> </ul> <p><b>*Notify administrator, school nurse, and parent/guardian.</b></p>	<ul style="list-style-type: none"> <li>a. Brief dusky color should subside as breathing improves.</li> <li>b. Student may be drowsy, but should be arousable.</li> <li>c. If awake and alert, may call parent/guardian first.</li> <li>d. These can result in delayed or unrecognized complications.</li> <li>e. If nasal benzodiazepine is given by non-medical personnel, 911 is called after administration if school nurse is not available on site.</li> </ul>
<p>12. Stay with the student while waiting for the paramedics. Observe for additional symptoms and provide CPR if needed.</p>	
<p><b>13. Medication Administration on the Bus:</b></p> <ul style="list-style-type: none"> <li>a. Bus driver should safely pull over and stop the bus.</li> <li>b. Place student on his/her side across the seat facing away from the seat back (or in aisle if necessary)</li> <li>c. Administer nasal benzodiazepine as specified by the licensed healthcare provider.</li> <li>d. Keep student on the side facing you and continue to monitor seizure activity.</li> <li>e. When seizure abates and child regains consciousness, stay with the child and provide reassurance.</li> </ul>	<ul style="list-style-type: none"> <li>• If nasal benzodiazepine is administered in the school bus, 911 is called.</li> <li>• Transportation to an emergency room will be determined by emergency medical personnel.</li> <li>• If student is transported by paramedics, provide the following information: Name of medication, dose, route and time of medication administration.</li> <li>• Give used spray device(s) to paramedic.</li> <li>• School staff designee will accompany student to the Emergency Department until parent/guardian arrives.</li> </ul>
<p>14. Used spray device(s) must be placed in a bag and given to the paramedic.</p>	
<p>15. Document medication electronically including date, time, reason and student's response.</p>	<p>If 911 is called, school must document in ISTAR.</p>

APPROVED: August 18, 2021

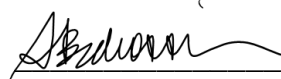
Date



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#### REFERENCES:

1. LAUSD Diazepam Rectal Gel (Diastat) Administration (approved 03/26/2019)
2. Administration instructions for Diastat/Diastat AcuDial by Bausch Health Companies
3. Administration instructions for Valtoco (nasal diazepam) by Neurelis, Inc.
4. Administration instructions for Nayzilam (nasal midazolam) by UCB Group of Companies
5. California Education Code section 49414.7, Emergency Anti-Seizure Medication Administration
6. Epilepsy Foundation Seizure Training for School Personnel (On Demand)-2021
7. Epilepsy Foundation Seizure Training for School Nurses: Caring for Students (On Demand)-2021