

Seizures

Seizures are unpredictable and are relatively common – about 10% of the population has at least one seizure during their lifetime. There are many different types of seizures – most end naturally after a few minutes without any special treatment. If someone is known to have seizures, they may have a Seizure Management Plan which describes the person's seizure type, how they would like to be supported during the seizure and emergency procedures. Epilepsy is a condition of the brain which can result in recurring unprovoked seizures.

Seizures

Recognising a seizure

- The person's body stiffens and they fall to the ground
- Their limbs begin to jerk
- They may lose control of their bladder or bowel
- Their face may go bright red, or slightly blue
- Their eyes may roll back
- They may foam at the mouth, vomit or bite their tongue
- They can injure themselves when they fall or as they convulse

During

- ✓ Stay calm – a seizure can be frightening to see
- ✓ Time the seizure
- ✓ Move nearby objects away
- ✓ Place something soft under the head
- ✓ Loosen any tight clothing
- ✗ Restrain the person in any way
- ✗ Put anything in their mouth
- ✗ Give them water, pills or food until they are fully alert

After

- Check responsiveness, ensure airway is clear and they are breathing (DRSABCD)
- If they are unconscious or semi-conscious, gently roll them onto their side (recovery position)
- Stay with the person until they are fully awake
- Reassure – comfort the person, speak calmly – they may be very confused or agitated
- Check for a Medical ID bracelet or other emergency information

Call 000 if...

- The seizure lasts more than 5 minutes or a second seizure follows shortly after
- They have difficulty breathing or are not responsive after the seizure stops
- They are having more seizures than normal
- The person was injured during the seizure
- They have never had a seizure before
- They are pregnant or have other medical conditions (diabetes, heart attack, etc)
- The seizure occurred in water
- You are not sure and want advice

Febrile convulsions

Febrile convulsions affect young children (0-6) – the seizure is the result of a sudden rise in temperature. Whilst not generally serious, as a precaution take the child to the nearest hospital or call 000.

- ✓ Note how long the seizure lasts
- ✓ Keep the child safe
- ✓ When the seizure is over make sure the airway is clear and they are breathing.
- ✓ Remove the excess clothing
- ✗ Don't actively cool/sponge your child.

It may take the child 10-15 minutes to wake up properly. Place them in the recovery position.

The doctor will ask you to describe the seizure – did the body stiffen, twitching of the face, arms or legs, staring, loss of consciousness, foaming at the mouth, eyes rolling back, etc.