

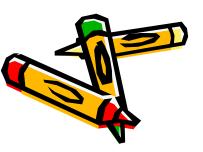
### Seizures can be Scary

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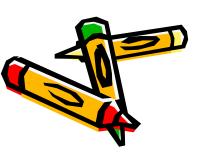
# Goals for today

- Learn what a seizure is
- Recognize seizure activity
- Learn appropriate seizure first aid
- Learn about learning implications
- Consider the social ramifications
- Know when and when not to call 911



#### What is a Seizure

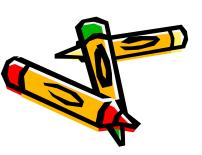
 The term "seizure" refers to a transitory disturbance in consciousness or in motor function due to uncontrolled electrical discharges in the brain.



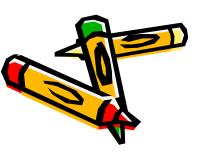


# The brain is a complex organ...

- Anything the brain can do, can also be seen in a seizure.
  - » Movements
  - » Sensations
  - » Thoughts
  - » Emotions



# Seizure disorders are not contagious and not a sign of mental illness or mental retardation.



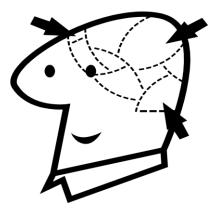
# Common Causes of Seizures

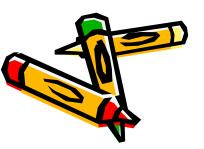
- Brain injury (at birth or accidental)
- Tumors
- Infections
- Poisonings (lead)
- Unknown Cause... 70%



# Types of Seizures

- Generalized
- Absence
- Partial and Partial Complex





## Generalized

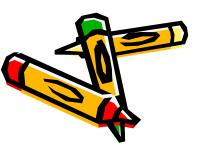
#### (Sometimes called Grand Mal)

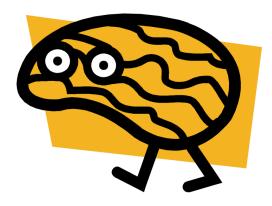
- This disorder is characterized by:
- Loss of consciousness
- Followed by stiffening for a few seconds (tonic phase) then followed a by period of jerking (clonic phase).
- Usually last a minute to three minutes.

After the seizure, a period of
deep sleep occurs (postictal stage)

#### AURA

 If you see a seizure is starting, attempt to prevent injury by easing the student to the floor. Keep hard, sharp or hot objects out of the way.

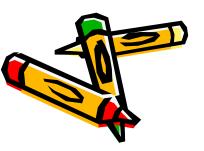




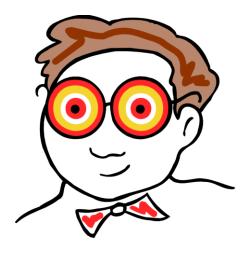
## First Aid for a Generalized Seizure

Turn the student on their side to allow saliva to drain and to prevent choking.

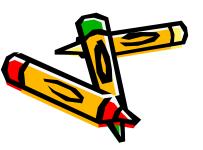




#### Look at the eyes.

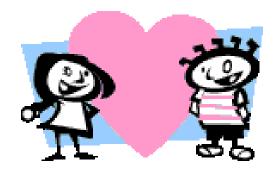


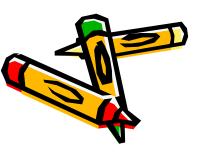




#### Comfort

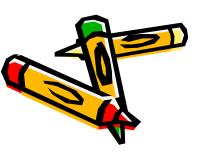
 Do not restrain. You may place a thin, soft towel or item under the head if the floor is hard.





#### Do not force anything between teeth or place any object in mouth.





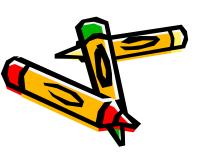
#### Do not give fluids or food during or immediately after seizure.

 Loosen restrictive clothing and remove glasses.



#### Observe for:

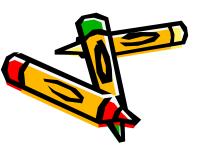
- Injury from a fall
- Breathing
- Color of lips, face and skin
- What is happening



#### Check the clock at the beginning of the seizure and at the end.

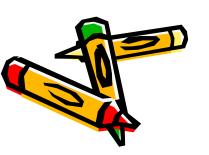
Note the length of the seizure.





#### After the Seizure

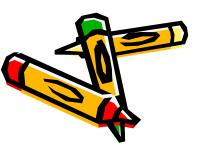
• When the seizure is finished, your student may be sleepy- which is normal. Provide a comfortable, private place for rest where he/she can be observed. Tell the student where he/she is, what time it is and what happened.





Document all seizure activity in the seizure log. Include:

- When the seizure occurred
- How long the seizure lasted
- What you saw and any injury or unusual occurrence
- What you did
- When you notified the parent



### When to call 911

- If the seizure lasts longer than 5 minutes
- If he/she does not resume normal breathing
- If another seizure starts before the students is fully awake

If this is a first seizure, or if the
 Student is pregnant or has diabeted.
 If an injury occurred during
 Seizure
 or it happened in



# Things to consider...

- Supervision to prevent falls and other injury.
- May need to avoid heights (such as swings and jungle gyms).
- Supervision may be required for transportation, classroom and recess, and/or toileting.
- Participating in a swimming program requires physician and parent written permission and oneon-one supervision.
- Safety equipment, such as helmets and pads might be helpful.



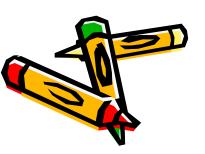
# Quiz Time...

- What is a generalized seizure?
- What should you do?
- When do you call 911?
- Any questions?



#### Absence Seizure

- Sometimes referred to as Petit Mal
- Brief and lasts only a few seconds.
- Seizure activity often mistaken for daydreaming may include staring spells, eye blinking or fluttering, and mild facial twitching.



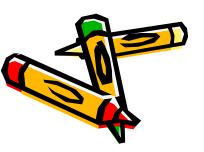
# First Aid for Absence Seizure

- Avoid known triggers.
- School staff should offer patience and understanding.
- No emergency intervention is required for these seizures.
- It is helpful to repeat questions.
- A gentle reminder of the task at hand can be helpful.

**Report** all seizure activity.

# Quiz Time

- What is an Absence Seizure?
- How long do they last?
- What is the most important thing to remember?

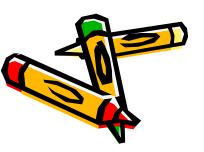


#### Partial Seizures

 simple partial seizure occurs when only one part of the brain is involved. In this type of seizure, the student is aware of the seizure because <u>consciousness is not impaired</u>. Some symptoms include hand or mouth movement, head or eyes turned to the side, a "pins and needles" sensation, feeling of numbre 🐲 hearing noises.

# **Complex Partial Seizures**

- Only one part of the brain is involved. <u>The</u> <u>student generally will have impaired</u> <u>consciousness</u>.
- Student may have a blank stare followed by purposeless activity.
- Student may seem unaware of surroundings and unresponsive to verbal commands.
- Student may mumble, pick at own or others clothing, run, struggle, especially if restrained.
- Afterwards there is no memory of actions.



# First Aid for Partial Seizures

- No first aid is required.
- Speak calmly and reassuringly.
- Guide gently away from hazard.
- Do not grab roughly or abruptly, unless there is immediate danger.
- Do not restrain.
- Do not shout or expect instruction to be followed.
- Stay with the student until he/she is aware of where and what is happening.

# Things to consider at school...

- Are there any known triggers?
- How can the triggers be avoided? (Consider flashing lights in movies, television and computers)
- Are there changes in the classroom needed to provide a safe environment?



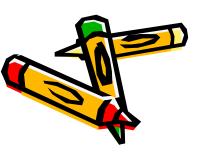
#### Treatments

- Medications
- Surgery
- Vagus Nerve Stimulator
- Ketogenic Diet



### At School ...

- Have an up to date Classroom Health Care Plan
- Discuss the plan with all classroom helpers and the parents.
- Encourage positive peer interaction.
- Avoid overprotecting, but safety comes first.



# Most important things to Remember!

- Stay Calm
- A student having a seizure is not going to die
- Follow the rules
- Document
- Document
- Document





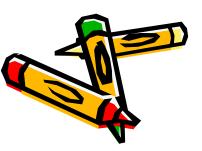
#### Seizure Log... What did you see?

ame:	F	Seizu	Seizure Log what did you see School Year:							
		*Star* where the seizure stated And how it progressed.							- 1	4
Date/Time Where Activity	Aura/ Fell/ Injury	Eye/ Face Twitch- ing	Eye Movement	Jerking Rt. Arm	Jerking Lt. Arm	Jerking Rt. Leg	Jerking Lt. Leg	Bladder/ Bowel Loss	Responds To Name/ Length	Sleepy/ Ratent notified
										<b>\</b>

#### Ideal Treatment Goals for Epilepsy

- Complete freedom from seizures and adverse events
- Avoidance of drug interactions
- Improved compliance
- Minimal interference with daily activities.





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