

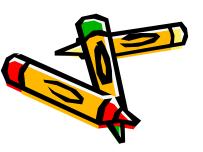
Seizures can be Scary

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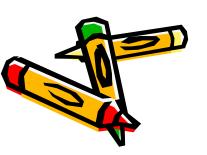
Goals for today

- 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

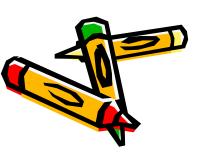
 The term "seizure" refers to a transitory disturbance in consciousness or in motor function due to uncontrolled electrical discharges in the brain.





The brain is a complex organ...

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

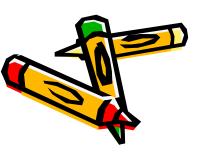


Seizure disorders are not contagious and not a sign of mental illness or mental retardation.



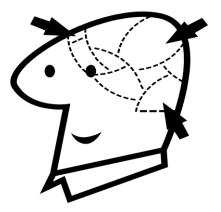
Common Causes of Seizures

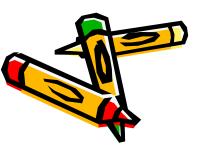
- Brain injury (at birth or accidental)
- Tumors
- Infections
- Poisonings (lead)
- Unknown Cause... 70%



Types of Seizures

- Generalized
- Absence
- Partial and Partial Complex





Generalized

(Sometimes called Grand Mal)

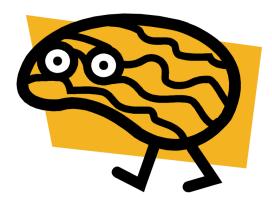
- This disorder is characterized by:
- Loss of consciousness
- Followed by stiffening for a few seconds (tonic phase) then followed a by period of jerking (clonic phase).
- Usually last a minute to three minutes.

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.

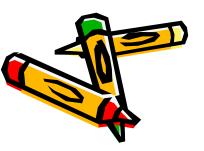




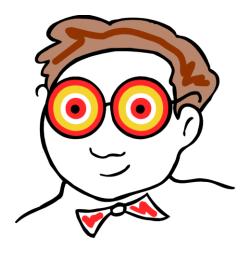
First Aid for a Generalized Seizure

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

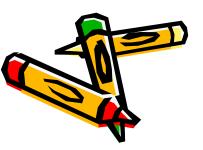




Look at the eyes.

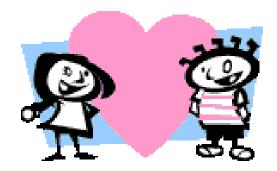


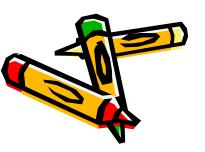




Comfort

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





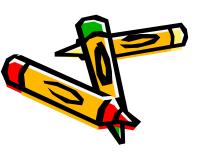
Do not force anything between teeth or place any object in mouth.





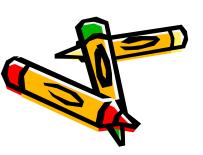
Do not give fluids or food during or immediately after seizure.

 Loosen restrictive clothing and remove glasses.



Observe for:

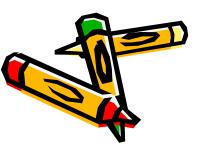
- Injury from a fall
- Breathing
- Color of lips, face and skin
- What is happening



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.



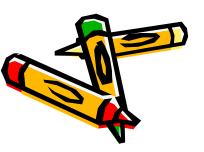
First Aid for Absence Seizure

- 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?

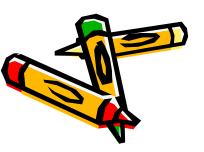


Partial Seizures

 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?



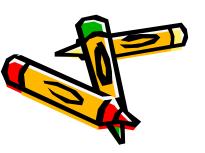
Treatments

- 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





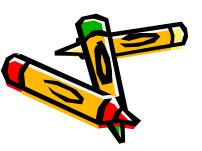
Seizure Log... What did you see?

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
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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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