

# Seizures

Student Name:	DOB:
Parent Name:	Number:
Practitioner Name:	Practitioner Number:
Allergies:	Medication:

**\*SEE NURSE OFFICE FOR Seizure Action Plan\***

## Overview

**Epilepsy** is a neurological disease. A person with epilepsy is at higher risk for having recurrent (more) seizures. Sometimes people use the words “seizure disorder” to describe epilepsy. Some key facts include

- A diagnosis of epilepsy does not define the cause or the outlook.
- Epilepsy is a spectrum disorder. There are many different types of seizures and types of epilepsy syndromes.
- The impact of epilepsy on a person will vary depending on
  - The type, frequency and severity of seizures
  - Areas of the brain affected
  - Cause of the epilepsy
  - How a person responds to treatment
  - Underlying brain abnormalities that are present

Treatments available for epilepsy include anti-seizure medication, surgery, prescribed dietary therapy, or neurostimulation devices. (*Understanding Seizures*, n.d.)

# Symptoms

Many different symptoms happen during a seizure. This new classification separates them simply into groups that involve movement.

## For generalized onset seizures:

- **Motor symptoms** may include sustained rhythmic jerking movements (clonic), muscles becoming weak or limp (atonic), muscles becoming tense or rigid (tonic), brief muscle twitching (myoclonus), or epileptic spasms (body flexes and extends repeatedly).
- **Non-motor symptoms** are usually called absence seizures. These can be typical or atypical absence seizures (staring spells). Absence seizures can also have brief twitches (myoclonus) that can affect a specific part of the body or just the eyelids.

## For focal onset seizures:

- **Motor symptoms** may also include jerking (clonic), muscles becoming limp or weak (atonic), tense or rigid muscles (tonic), brief muscle twitching (myoclonus), or epileptic spasms. There may also be automatisms or repeated automatic movements, like clapping or rubbing of hands, lip smacking or chewing, or running.
- **Non-motor symptoms:** Examples of symptoms that don't affect movement could be changes in sensation, emotions, thinking or cognition, autonomic functions (such as gastrointestinal sensations, waves of heat or cold, goosebumps, heart racing, etc.), or lack of movement (called behavior arrest).

## For unknown onset seizures:

- **Motor seizures** are described as either tonic-clonic or epileptic spasms.
- **Non-motor seizures** usually include a behavior arrest. This means that movement stops – the person may just stare and not make any other movements. (*Types of Seizures*, n.d.)

**Accommodations:**

# Seizure First Aid

How to help someone having a seizure

1

**STAY** with the person until they are awake and alert after the seizure.

- ✓ **Time** the seizure
- ✓ Remain **calm**
- ✓ Check for **medical ID**



2

Keep the person **SAFE**.

- ✓ Move or guide away from **harm**



3

Turn the person onto their **SIDE** if they are not awake and aware.

- ✓ Keep **airway clear**
- ✓ **Loosen tight clothes** around neck
- ✓ Put **something small and soft** under the head



Call  
**911**  
if...

- ▶ Seizure lasts longer than 5 minutes
- ▶ Person does not return to their usual state
- ▶ Person is injured, pregnant, or sick
- ▶ Repeated seizures
- ▶ First time seizure
- ▶ Difficulty breathing
- ▶ Seizure occurs in water

Do  
**NOT**

- ✗ Do **NOT** restrain.
- ✗ Do **NOT** put any objects in their mouth.
  - ▶ **Rescue medicines can be given** if prescribed by a health care professional

Learn more: [epilepsy.com/firstaid](https://www.epilepsy.com/firstaid)



[epilepsy.com](https://www.epilepsy.com)

24/7 Helpline: 1-800-332-1000

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**Reference**

*Types of Seizures.* (n.d.). Epilepsy Foundation. <https://www.epilepsy.com/what-is-epilepsy/seizure-types>

*Understanding Seizures.* (n.d.). Epilepsy Foundation. <https://www.epilepsy.com/what-is-epilepsy/understanding-seizures>