



BRENTFORD SCHOOL FOR GIRLS

BRENTFORD 6th FORM

VISION | CREATIVITY | EXCELLENCE

HEAD TEACHER: MARAIS LEENDERS | 5 BOSTON MANOR ROAD, BRENTFORD, TW8 0PG | TEL: 020 8847 4281 | EMAIL: GENERAL@BRENTFORD.HOUNSLOW.SCH.UK | WEB: WWW.BRENTFORD.HOUNSLOW.SCH.UK

Seizures

A seizure – also called a convulsion or fit – consists of involuntary contractions of many muscles in the body. The condition is due to a disturbance in the electrical activity of the brain. Seizures usually result in loss or impairment of consciousness.

The most common cause is Epilepsy. Other causes include: Head injury, some brain damaging diseases, Shortage of oxygen or glucose in the brain, the intake of certain poisons including alcohol. Epileptic seizures are due to recurrent, major disturbances of brain activity. These seizures can be sudden and dramatic. Just before a seizure, a casualty may have a brief warning period (aura) with, for example, a strange feeling or a special smell or taste. Each individual will be aware of this and it will be detailed in the care plan

No matter what the cause of the seizure, care must always include maintaining an open, clear airway and monitoring the individual's vital signs – level of response, pulse and breathing. You will also need to protect the casualty from further harm during a seizure and arrange appropriate aftercare once they have recovered and contact parent.

General recognition features are:

Early seizure symptoms (warnings)

Sensory/Thought:

Deja vu

Smell

Sound

Taste

Visual loss or blurring

Racing thoughts

Stomach feelings

Strange feelings

Tingling feeling

Emotional:

Fear/Panic

Pleasant feeling

"TOP 100 NON-SELECTIVE STATE-FUNDED SCHOOLS IN THE COUNTRY" NICK GIBB, MINISTER OF STATE FOR SCHOOLS (FEBRUARY 2016)



Physical:

Dizziness
Headache
Light-headedness
Nausea
Numbness
Black out
Confusion
Deafness/Sounds
Electric Shock Feeling
Loss of consciousness
Smell
Spacing out
Out of body experience
Visual loss or blurring

Visible Symptoms:

Sudden unconsciousness
Rigidity and arching of the back
Convulsive movements
Chewing movements
Convulsion
Difficulty talking
Drooling
Eyelid fluttering
Eyes rolling up
Falling down
Foot stomping
Hand waving
Inability to move
Incontinence
Lip smacking
Making sounds
Shaking
Staring
Stiffening
Swallowing
Sweating
Teeth clenching/grinding
Tongue biting
Tremors

Twitching movements

Breathing difficulty

Heart racing

No warning:

Sometimes seizures come with no warning

In epilepsy the following sequence is common:

- The individual suddenly falls unconscious, often letting out a cry
- They become rigid, arching their back
- Breathing may cease. The lips may show a grey-blue tinge (cyanosis) and the face and neck may become red and puffy
- Convulsive movements begin. The jaw may be clenched, and breathing may be noisy. Saliva may appear at the mouth and may be blood-stained if the lips or tongue have been bitten. There may be loss of bladder or bowel control
- Muscles relax and breathing becomes normal; the casualty recovers consciousness, usually within a few minutes. They may feel dazed or act strangely. They may be unaware of their actions
- After a seizure, the casualty may feel tired and fall into a deep sleep. **Your aims:**
- To protect the individual from injury
- To give care when consciousness is regained
- To arrange removal of the casualty to hospital if necessary.

Treatment

- If you see the individual falling, try to ease the fall
 - Make space around them; ask bystanders to move away
 - Remove potentially dangerous items, such as hot drinks and sharp objects
 - Note the time when the seizure started
 - If possible, protect the person's head by placing soft padding underneath it
 - Loosen clothing around the neck.
- Place them in the recovery position to prevent the tongue rolling back and hold/support them in this position.

When the seizure has ceased

- Open the airway and check breathing
- Be prepared to give rescue breaths and chest compressions
- Place them into the recovery position if she is unconscious but breathing normally
- Monitor and record vital signs – level of response, pulse and breathing
- Note the duration of the seizure.
- Do not move them unless they are in immediate danger
- Do not put anything in their mouth or use force to restrain them.

Warning:

If any of the following apply, dial 999 for an ambulance.

- They are unconscious for more than 10 minutes
- The seizure continues for more than 5 minutes
- They are having repeated seizures or having their first seizure
- The person is not aware of any reason for the seizure.

After-seizure symptoms:

Memory loss

Confusion

Depression and sadness

Fear

Frustration

Shame/Embarrassment

Bruising

Difficulty talking

Injuries

Sleeping

Exhaustion

Headache

Nausea

Pain

Thirst

Weakness

Urge to urinate/defecate