

Epilepsy and Seizure First Aid for school personnel

Epilepsy is a chronic neurological disorder that causes a person to have 2 or more recurrent, unprovoked seizures in their lifetime.

Types of seizures and their impact on students

A seizure occurs when there is brief excessive electrical activity in the brain. While there are more than 20 different kinds of seizures the most common seen in students are:

Generalized (affects the whole brain)		Partial (affects part of the brain)	
Absence	Tonic Clonic	Simple Partial	Complex Partial
Characterized by: <ul style="list-style-type: none"> Blank dazed stare Sometimes blinking and chewing motion Lasts a few seconds 	Characterized by: <ul style="list-style-type: none"> Loss of consciousness Muscle rigidity Convulsions Lasts 1-3 mins 	Characterized by: <ul style="list-style-type: none"> Full consciousness Jerking of one part of the body Sensory experiences Possible feeling of fear or insecurity 	Characterized by: <ul style="list-style-type: none"> Altered consciousness Being out of touch with surroundings Random and purposeless activities which may include picking at clothing and/or aimless walking Lasts 1 -3 mins
What to do: <ul style="list-style-type: none"> No First Aid needed Stay calm and protect from harm Document in Seizure Observation Record & report to dispatch 	What to do: <ul style="list-style-type: none"> Stay calm and pull over Contact dispatch Turn person on side Remove objects/glasses Use something soft under head Stay calm & stay with the person Time seizure 	What to do: <ul style="list-style-type: none"> No First Aid needed Stay calm Document in Seizure Observation Record & report to dispatch 	What to do: <ul style="list-style-type: none"> Stay calm and pull over Contact dispatch Reassure others Track time Check for medical I.D. Do not restrain Gently direct away from hazards Stay until they are fully alert and aware If seizure lasts 5 minutes or another seizure begins before full consciousness is achieved, follow the emergency protocol Make sure child is dropped off with a responsible adult

If tonic clonic seizure occurs in a wheelchair bound child:

- Do not remove from chair unless absolutely necessary
- Secure wheelchair
- Fasten seatbelt loosely to prevent falling from chair
- Support and protect head
- Keep airway open and allow secretions to flow from mouth
- Pad wheelchair to prevent further injury
- Follow first Aid procedures as outlined in child's seizure action plan

A seizure is an emergency if:

- It is a first time seizure
- A convulsive seizure lasts more than 5 minutes
- Repeated seizures without regaining consciousness
- More seizures than usual or change in type
- Person is injured, has diabetes or is pregnant
- Seizure occurs in water
- Normal breathing does not resume
- Parents request emergency evaluation

Treatments

For many persons with Epilepsy one or more of the following are able to help them in controlling seizures: Anti-seizure medication, surgery, Vagus Nerve Stimulator (VNS), Responsive Neuro stimulation(RNS), Ketogenic diet and medical marijuana.

Side effects Bus Drivers may see include:

- Trouble sleeping or sleeping too much
- Fatigue, dizziness, blurred vision
- Increase or decrease in appetite
- Slowed thinking (i.e forgetfulness, short term memory problems, etc)
- Behavior: Hyperactivity and/or aggression

