

Simple Partial Seizure

- guide away from any immediate danger
- be understanding and reassuring
- if a tonic clonic seizure develops, follow first aid directions overleaf.

Complex Partial Seizure

- don't restrain or try to distract the person
- gently guide away from any immediate danger
- keep under observation until the person recovers.

Absence Seizure

- guide away from any immediate danger
- person may have missed important information—check.

Tonic, Atonic and Myoclonic Seizures

- check for injury, give first aid if needed—see overleaf
- stay with the person till recovered, reassure.

Tonic Clonic (major convulsive)

- see first aid instructions overleaf.

+ Definition of status epilepticus

Status epilepticus is a condition in which seizures persist for 30 minutes or more. It can occur with *all* types of seizure but with tonic clonic seizures it is a medical emergency requiring immediate medical treatment. However if a tonic clonic seizure lasts more than 5 minutes or if a second seizure occurs before the person has recovered, call for medical help.

Epilepsy Connections provides Epilepsy Awareness Education for those wanting to know more about epilepsy and managing seizures.

For more information contact the office.

For more information about epilepsy please contact Epilepsy Connections.



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What to do when someone has a seizure

Knowing what to do—and what not to do—when someone has a seizure is vital.

Help required during seizures depends on:

- the type and pattern of seizure
- how long the seizure lasts and how severe it is
- how the seizure affects the person's consciousness.

Some seizures are brief. Most are self-righting. Some seizures may require basic first aid. Others may require emergency medical attention, e.g. serial seizures and status epilepticus+.

Reassurance and appropriate support is always helpful.

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The Recovery Position

Do not use this method if you think that the unconscious person may have damage to the neck, back or any part of the spine.



First make sure that the unconscious person can breathe. Gently tilt the head back before placing the unconscious person into the 'recovery position' as shown in the pictures.



Roll person over onto side, bending leg at right angles to the body.



Adjust leg and hand position.



Final position.
Stay with the person until they have recovered.

FIRST AID FOR TONIC CLONIC SEIZURES

DO:

- note the time seizure starts
- clear a space, support and protect person's head (use cushion, folded coat or support head with hands)
- loosen tight neckwear, belts etc
- remove spectacles and keep them safe
- turn person into recovery position when convulsions stop
- clear excess saliva and check airways and breathing
- reassure person and minimise embarrassment if incontinence has occurred.

DON'T:

- move person unless in danger, e.g. in water, close to fire, heights
- force any object between the teeth, or try to remove dentures (unless dislodged)
- restrain—allow the seizure to take its course
- give drinks, medication, or apply wet sponge.

CALL 999 FOR MEDICAL HELP IF:

- seizure lasts for more than 5 minutes (or 2 minutes longer than is normal for the person)
- the person does not regain consciousness
- further seizure(s) follow
- person has an injury
- person may have inhaled water
- breathing difficulties continue
- it is the person's first seizure.

For a fuller description of seizure types, see Leaflet 1 'What is Epilepsy? An Introduction'