

# SEIZURES



Information. Community. Empowerment.

Information taken from [www.epilepsy.com](http://www.epilepsy.com)

The following information will aid you in the event of a seizure. Please read through the information carefully and ask questions, if you have any. This flyer contains Belvidere Park District procedures on seizures. For more specific information about seizures, please go to [www.epilepsy.com](http://www.epilepsy.com). The website is a wealth of information and explains seizures in more detail.

## What do you do when someone has a seizure?

\*First, make sure the participant is in a comfortable position and that their head is protected.

- To protect someone's head during a seizure place a pillow (it doesn't have to be a pillow...it can be anything that will cushion their head) under the head or use your knees to support the head.
- Leave the participant in the location you found them. Only move a person who is having a seizure when they are in danger.

\*Next, take a look at a clock so you can time the seizure.

- If you have a stop watch handy, start it as soon as you are able.
- If another staff is available, have them start the stop-watch.

\*Then, refer to the participant's Seizure Action Plan (SAC) for further instructions.

- If there is no SAC on file, dial 911 immediately.

\*Remember to:

- Stay calm when informing the parent/guardian their participant is having a seizure and how long it has lasted. Remind them that you will follow the SAP and contact 911 if seizure continues.

- Dignity is key. Have other staff move participants to another area to give space.

\*Make sure other participants are safe and not gawking at the participant.

\*Continually reassure the participant that everything will be ok, especially when they come out of the seizure.

- While calling the paramedics, pull up participant file on ePACT.

- Contact your supervisor, immediately following your call with 911.

- The 911 operator will not only ask you how the long the seizure has been going, they will ask you personal information about the participant and any events leading up to the seizure.

\*When the paramedics arrive:

- Your supervisor or site director will stay with the participant.
- Make sure to complete the participant's seizure log and any other necessary related documents.
- If the participant is transported to the hospital, the program supervisor or site director **MUST** accompany the participant.

\*The only time you would not go along is if a parent/guardian is present before the paramedics leave the facility.

### Different Types of Seizures:

- Generalized Motor Seizures
  - \*Tonic-clonic
  - \*Clonic
  - \*Tonic
  - \*Myoclonic-tonic-clonic
  - \*Myoclonic-atonic
  - \*Atonic
  - \*Epileptic spasms
- Generalized Non-Motor Seizures (Absence)
  - \*Typical absence
  - \*Atypical absence
  - \*Myoclonic absence
  - \*Eyelid myoclonia

Everyone is different and every situation is different. No two seizures are alike...please remember and understand this.

**Remember...**  
you can't stop a seizure. All you can do is stay with the participant and offer support.

## Symptoms of a Seizure

Early seizure symptoms (warnings):		Seizure symptoms:			After-seizure symptoms (post-ictal):	
<u>Sensory/Thought:</u>	<u>Emotional:</u>	Lip smacking			Injuries	<u>Emotional:</u>
Déjà vu	Fear/Panic	Confusion	Convulsion	Making sounds	Sleeping	Confusion
Strange feelings	Pleasant feeling	Deafness/Sounds	Difficulty talking	Shaking	Exhaustion	Depression & sadness
Smell	<u>Physical:</u>	Electronic shock feeling	Drizzling	Staring	Headache	Fear
Sound	Dizziness	Loss of consciousness	Eyelid fluttering	Stiffening	Nausea	Frustration
Taste	Headache	Smell	Eyes rolling up	Swallowing	Pain	Shame/Embarrassment
Visual loss or blurring	Lightheadedness	Spacing out	Falling down	Sweating	Thirst	
Racing thoughts	Nausea	Out of body experience	Food stamping	Teeth clenching/grinding	Weakness	
Stomach feelings	Numbness	Visual loss or blurring	Hand waving	Tongue biting	Urge to Urinate/defecate	
Tingling feelings	<u>No Warning:</u>	<u>Emotional:</u>	Inability to move	Tremors		
	Sometimes seizures come with no warning.	Fear/Panic	Incontinence	Twitching movements		
			Breathing difficulty	Heart Racing		
<u>Sensory/Thought:</u>	<u>Physical:</u>	<u>Physical:</u>	<u>Sensory Thought:</u>			
Black out	Chewing Movements	Bruising	Memory loss			
		Difficulty talking	Writing difficulty			

After a Seizure:

Remember that the person who is having the seizure may not remember what just happened. Each person will have different symptoms after their seizure. The best thing you can do for the person is to calm them and reassure them that everything is going to be ok. They may immediately be tired, angry, or sore.