Seizure

Definition:

A seizure is an abnormal electrical activity in the brain.

Causes:

- Head injury
- Low blood sugar
- Heat-related injury
- Poison
- Sudden cardiac arrest

Symptoms:

- Lose muscle control
- Fall to the ground
- Stop responding
- Jerking body movement

Treatment:

- Time the seizure: if the seizure lasts more than five minutes or if a second seizure quickly follows, send the patient to the ER.
- Stay with the person until the seizure ends naturally.
- Protect from injury: quickly remove any hard object that could cause injury.
- Protect the head: place something soft under the head.

During a seizure DON'T :

- Hold the person down or try to stop his or her movements.
- Put anything in the person's mouth.
- Try to give mouth-to-mouth breathing.
- Offer the person water or food until he or she is fully alert.

After a seizure DO:

- Check to see if the person needs CPR.
- Stay with the person.

- Put the person in the recovery position to keep the airway open and to ensure that any vomit or fluid won't cause him or her to choke.

Send to the ER if:

- The person has never had a seizure before.
- The seizure lasts more than five minutes, or a second seizure quickly follows.
- If the person remains non-responsive for more than five minutes after the seizure stops.
- The person is hurt during the seizure.
- The person has a health condition like diabetes, heart disease, or is pregnant.

What are the steps for recovery position:

- Place the nearest arm at a right angle.
- Place the other arm across the chest with the hand under the head and against the cheek.
- Lift the leg furthest away till the foot is flat on the ground.
- Use the bent leg to roll the casualty over toward you.
- Ensure the airway remains open by tilting the head back and lifting the chin.