DULWICH COLLEGE
FOUNDED 1619

EPILEPSY EMERGENCY TREATMENT

Epilepsy is a condition that effects the brain and causes seizures (sometimes called fits); it happens when the normal electrical activity in brain changes.

There are many types of epileptic seizures, and they can affect people differently. The main types of epileptic seizures are:

- **Tonic Clonic Seizures** – where the person becomes unconscious; their muscles get stiff and they fall and their body jerks and shakes, and loss of bladder and/ or bowel control may occur. A blue tinge around the mouth is likely, this is due to irregular breathing.
- **Tonic Seizures** - where the person's muscles suddenly go stiff and may fall, then they recover quickly.
- **Atonic Seizures** - where the person's muscles suddenly go floppy and may fall, then they recover quickly.
- **Absence seizures** - where the person briefly loses awareness of what is going on around them and may appear to be daydreaming or distracted.
- **Focal Seizures** - where a person may have unusual feelings, sensations or movements.
- **Myoclonic seizures** - where the persons muscles briefly jerk.

A seizure usually varies in length of time from a few seconds to minutes and generally stops by itself.

In the event of an epileptic seizure:

<u>Do</u>:

- Protect the person from injury – (remove harmful objects from nearby)
- If in danger move person away from potential hazards/ danger
- Cushion their head
- Look for an epilepsy identity card or identity jewellery
- Aid breathing by gently placing them in the recovery position once the seizure has finished
- Be calm and reassuring
- Note the time the seizure started and how long it lasts
- Maintain their dignity by covering with them with a light blanket or similar

- Stay with the person until recovery is complete

Do not:

- Hold the person down, or put anything in their mouth
- Do not move them (unless they are in danger)
- Act in a way that could frighten them, such as making abrupt movements or shouting at them
- Assume the person is aware of what is happening, or what has happened
- Give the person anything to eat or drink until they are fully recovered
- Attempt to bring them round

Call an ambulance on 999 if:

You think someone's having a seizure and:

- You suspect it is the person's first seizure
- The seizure continues for more than 5 minutes or lasts longer than usual for them
- They do not recover as usual afterwards, or they have another seizure without recovering between seizures
- The person is injured during the seizure
- You believe the person needs urgent medical attention

More information can be found out here:

https://www.nhs.uk/symptoms/what-to-do-if-someone-has-a-seizure-fit/

https://epilepsysociety.org.uk/about-epilepsy/epileptic-seizures#what-should-i-do-if-someone-has-a-seizure

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Policy Owner:	Deputy Head Co-curricular, Operations and Partnerships
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