Culford School

Epilepsy Policy

E. Fergus-Hillman reviewed June 2026
Next review: June 2027
V2.0

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The Management of Epilepsy and Seizures

Epilepsy is a tendency to have recurrent seizures that originate in the brain. Seizures are the result of a brief, temporary disruption to the usual activity of the brain.

As with all diagnosed medical conditions pupils with epilepsy will have this information logged on the isams medical red flag.

All staff with pupil facing roles complete annual epilepsy training with additional Culford specific arrangements highlighting routine and emergency procedures.

Pupils at Culford school who are diagnosed with epilepsy will have school care plan in place that is written in collaboration with parents and school nursing staff. The care plan will detail; what is normal for that child, type of seizure, if they usually have an aura (type of behaviour or experience immediately prior to a seizure) medication details and management - both preventive and emergency medication (if prescribed). Management of normal seizure and management in an emergency.

Specific risk assessment is necessary for residential/overnight care of pupils with epilepsy. Each year 1 in 1,000 people with epilepsy die from SUDEP - sudden unexpected death of someone with epilepsy who is otherwise well.

Seizure Types

There are 3 broad categories.

Primary Generalised Seizures

The whole brain is affected by the disruption to its usual activity and consciousness is lost. Seizures in this category include:

- **Absences** – the person looks blank for a few seconds and may not respond when spoken to or realise they have had a seizure. This type of seizure can happen repeatedly and can be mistaken for daydreaming.

- **Tonic-clonic** – the person stiffens, loses consciousness, convulses and may fall. Incontinence may happen.

- **Tonic and atonic** seizures or drop attacks – the person may stiffen and fall heavily or lose muscle tone and crumple to the ground.

- **Myoclonic** – rhythmic, shock-like muscle jerks that can affect the whole body and can be strong enough to throw the person to the ground.

- **Partial seizures**
  Only part of the brain is affected and consciousness may be altered but not lost. Seizures in this category include:

Simple partial seizure

The person may experience unusual sensations and/or movement in one part of the body, *e.g.* tingling or twitching.

Complex partial seizures

Complex partial seizures awareness is disturbed or lost and the person may experience unusual feelings. They may be unaware of their surroundings and unable to respond when spoken to and their behaviour may appear strange.

Secondarily generalised seizures (tonic clonic)

The disruption starts in one part of the brain and spreads to the whole brain.

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. 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.

Medication

The majority of people with epilepsy take regular medication with the aim of controlling their seizures. Some pupils may take more than one type of medication. Side effects can include drowsiness, poor memory and concentration, confusion, irritability, over-activity and weight gain.

First Aid for Seizures

Convulsive Seizures (tonic-clonic seizures)

- **Do not** move child/young person during the seizure, unless in danger
- **Do not** put anything between the teeth
- **Do not** restrict their movement
- **Do not** give anything to eat or drink until fully conscious
- Do protect head from injury by carefully placing something soft under head
- Do turn them onto their side into the recovery position as soon as jerking stops or earlier if breathing is difficult, or he/she has vomited
- Do stay with the child/young person until fully recovered
- Do talk to the child/young person, even though you think they may be unable to hear you
- Do get someone to contact the school nursing staff who will attend
- Note length of seizure.

Non-Convulsive Seizures (complex partial seizures)

- Do not try to stop the seizure

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- Guide away from danger
- Be understanding and talk reassuringly throughout the seizure
- Repeat any instructions/information which may have been missed
- Note length of seizure.

If any of the following apply: Dial 999 for an ambulance

- The pupil is unconscious for more than 5 minutes.
- The Seizure continues for longer than is normal for the individual child – see individual care plan
- The pupil is having repeated seizures or **having their first seizure of this type.**

References

https://www.epilepsy.org.uk/living/education-and-epilepsy/school-support

https://www.epilepsy.org.uk/info/sudep-sudden-unexpected-death-in-epilepsy