

How to deal with an epileptic seizure

Epilepsy is the tendency to have recurrent seizures. There are over 40 different types of seizure. Epilepsy can affect anyone, at any age and from any walk of life.

Minor seizures or temporary absence seizures

Signs and symptoms

- Temporary absence
- Casualty stares into space
- Minor repetitive movements may occur e.g. pulling earlobe or chewing lip
- Casualty is unaware of surroundings

Treatment

- Remove dangers
- Inform casualty what has happened after seizure
- Advise to seek medical attention if this is their first seizure

Major seizures or tonic clonic seizure

Signs and symptoms

- Aura – casualty has warning signs such as flashing lights or taste in mouth
- Tonic – Contraction of all body muscles
- Clonic – Spasm of all body muscles
- Recovery – Response gradually improves

Treatment

- Remove dangers – cushion hard surfaces
- Do not try to restrain
- **DO NOT PLACE ANYTHING IN MOUTH**
- Time the seizure, if longer than 5 minutes dial 999
- Respect dignity and casualties wishes
- Treat any injuries sustained during seizure