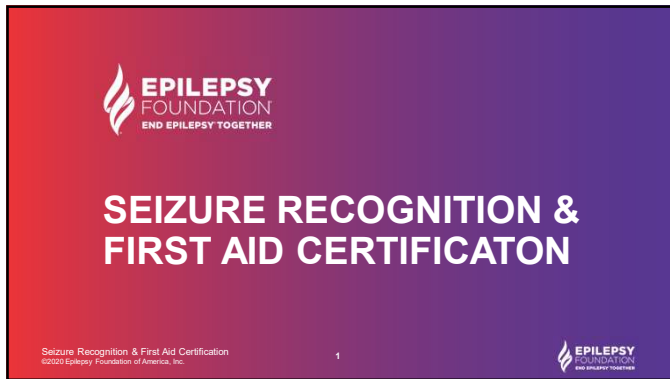
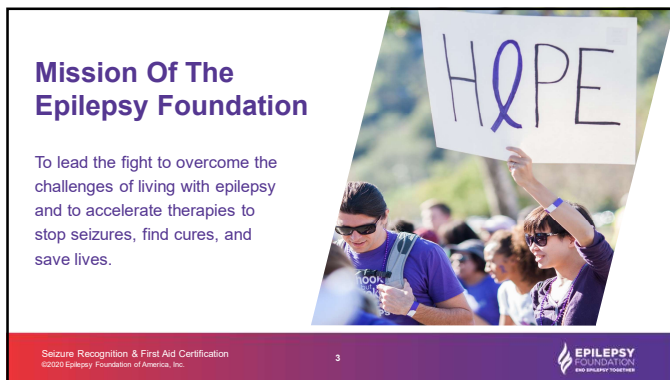




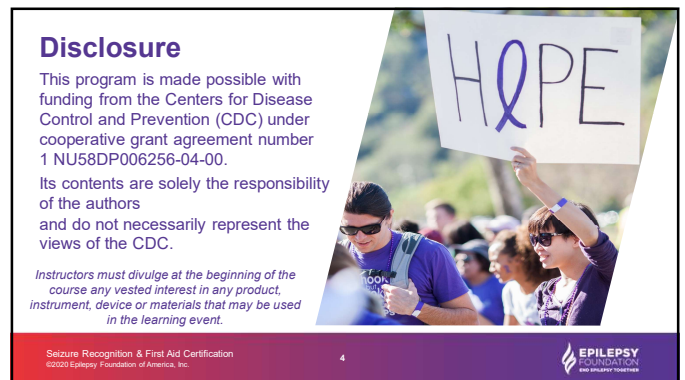
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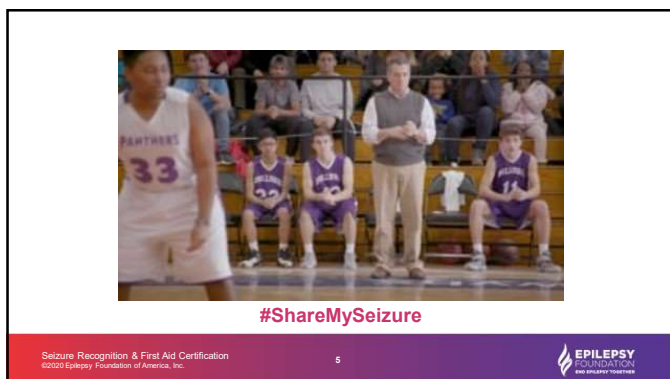
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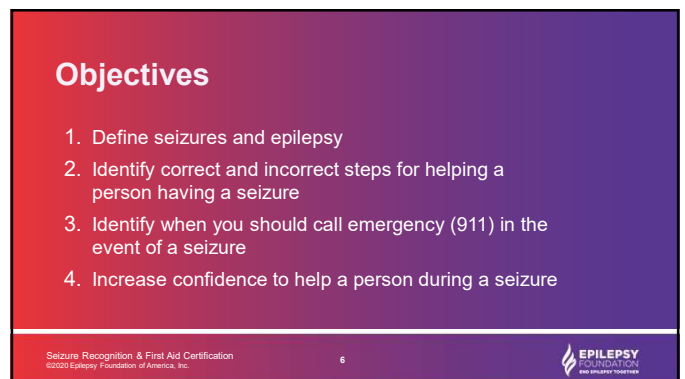
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6

What We Will Cover Today

1	2	3	4
Why Seizure First Aid?	Seizures and Epilepsy	Seizure Recognition	Seizure First Aid

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Why Should I Know Seizure First Aid?

1

Why Seizure First Aid?

Anyone, anywhere can have a seizure.

1 in 10 people will have a seizure during their lifetime.

You can help.

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1

ACTIVITY:

DID YOU KNOW...

INSTRUCTIONS:

1. Raise your hand when you know a statement
2. Keep your hand up if you already know these facts about seizures
3. Sit down or put your hand down when you hear something that you do not know.

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1

DID YOU KNOW ...

EVERYONE can learn Seizure First Aid

Most seizures are NOT medical emergencies	A person may NOT be aware they are having a seizure	Seizures are NOT contagious
A person can NOT swallow their tongue during a seizure	Epilepsy IS a medical disease	A person CAN die from a seizure

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1

Risks Related to Seizures

- Physical injury
- Difficulty breathing
- Seizure emergencies
- Early death
 - Accidents or drowning
 - Breathing or heart problems
 - Suicide
 - Sudden unexpected death



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Review and Reflect

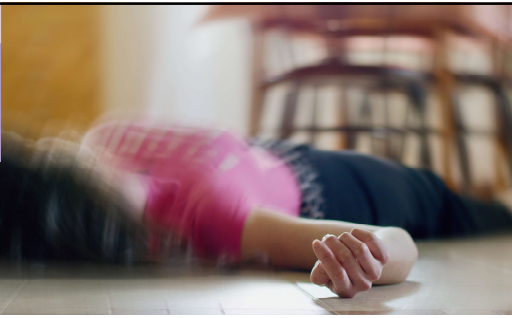
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2
Seizures and Epilepsy



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2
The Brain And Seizures

- A seizure occurs when there is a temporary change in the way the brain sends electrical signals
- When a seizure happens, there is a "short circuit" in the way messages are sent between brain cells
- Seizures can occur with other conditions



Not everyone who has a seizure has epilepsy

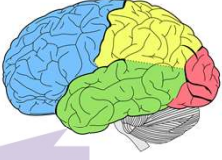
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What Do Seizures Look Like?

Seizures can result in a change in

- Movement
- Sensation
- Behavior
- Speech
- Awareness



What a seizure looks like depends on the area of brain involved.

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2
Seizure symptoms, and signs of seizures vary from person to person...



but in most cases are usually consistent and predictable for each individual

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What Is Epilepsy?

Epilepsy means that a person is at risk for **unprovoked recurrent seizures**.

- There are many different "types" of epilepsies
- It does not indicate the **cause**
- It does not indicate a **prognosis**



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2
1 in 26



people in the United States will be diagnosed with **epilepsy** during their lifetime.

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2



Who Has Epilepsy?

- 65 million people worldwide
- 3.4 million people in the United States
- 470,000 children and youth in the United States
- 1 million older adults (age 55+) in the United States

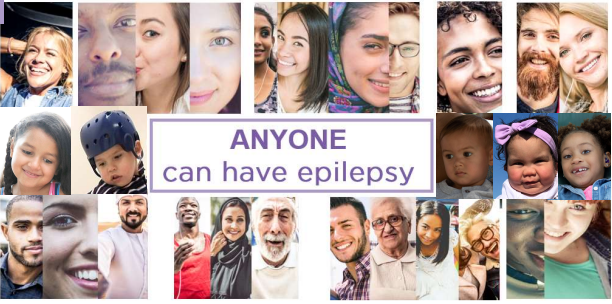
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2



ANYONE can have epilepsy

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Common Causes of Epilepsy

For many people with epilepsy the cause is **unknown**.

Common causes include:

- Brain trauma
- Brain lesions
- Infections of the brain
- Brain injury at birth
- Changes in brain development
- Stroke
- Genetics



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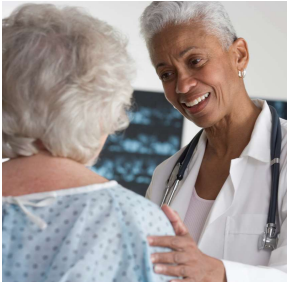
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How Is Epilepsy Diagnosed?

- Medical professional
- No single test is used
- Critical information:
 - medical history
 - description of seizures



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Common Treatment Options For Epilepsy

- Anti-seizure medications alone control seizures **in only 2 out of 3 people**
- Epilepsy surgery
- Implanted stimulation devices
- Medically prescribed diet

Evaluation by an epilepsy specialist is critical when medicines don't work!



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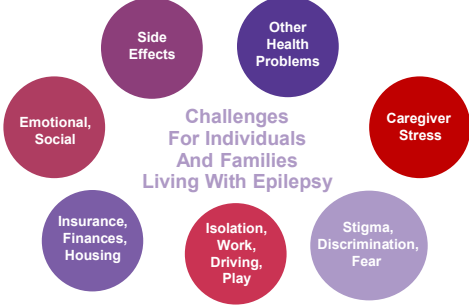
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Challenges For Individuals And Families Living With Epilepsy



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Review and Reflect

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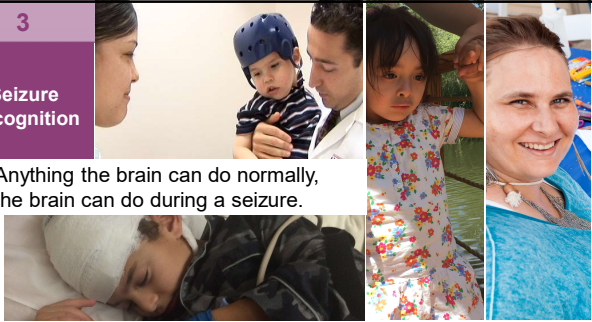
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3 Seizure Recognition

Anything the brain can do normally, the brain can do during a seizure.



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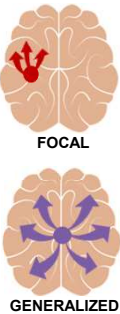
3 Seizure Types

WHERE they start in the brain

- Focal
- Generalized
- Unknown

Whether or not **AWARENESS** is affected

Whether or not seizures involve **OTHER SYMPTOMS** such as **MOVEMENT**



FOCAL

GENERALIZED

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3 Recognizing Seizures



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3 What To Look For During A Seizure

• What did you see or hear first? • Was person able to tell you if they didn't feel well?  EARLY SIGNS	• What happened next? • Was person awake, confused, not conscious? • What part of face and body involved? • Did you notice changes in speech or behavior? DURING SEIZURE	• How long did seizure last? • Did person quickly return to usual? • Was person tired, confused, describe other symptoms?  AFTER SEIZURE
---	--	---

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3 Seizure With No Change In Awareness

Focal aware seizure

- Is fully awake and aware
- Any change in behavior:
 - **Motor:** rhythmic twitching, or jerking (face, extremities)
 - **Sensory:** tingling, sounds, smells, visual changes
 - **Psychic:** change in thinking, feeling, perceptions (fear, anxiety, déjà vu)



LENGTH:
1 to 3 minutes
May be confused with:
Psychosomatic illness
Mystical experience
Illicit drug use

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Seizure With Confusion or Not Aware

Focal impaired awareness seizure

- Not aware or confused
- May have blank dazed stare
- AUTOMATISMS (repeated purposeless movements)
- Clumsy movements
- May not be able to talk
- Often followed by tired, headache, nausea
- May become combative if restrained

LENGTH:
1 to 3 minutes

May be confused with:
Substance abuse (alcohol, illicit drugs)
Aggressive behavior
Mental health problems

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Focal Impaired Awareness Seizure



Courtesy of Epilepsy Foundation and CBS Cares #ShareMySeizure

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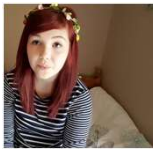
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Seizure With Staring And Not Aware

Generalized absence seizure

- Pause in activity with blank stare
- Brief lapse of awareness
- Possible chewing or blinking motion
- May occur many times a day
- After seizure, returns to usual immediately



LENGTH:
less than 20 seconds

Often confused with:
Daydreaming
Attention problems

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Seizure With Loss of Consciousness

Tonic clonic seizure

- A sudden, hoarse cry
- Loss of consciousness
- A fall
- Stiff body, arms, and legs [tonic] then rhythmic jerking [clonic]
- Shallow breathing, drooling may occur
- Possible loss of bowel or bladder control

LENGTH:
Typically between 1 and 3 minutes

Often followed by confusion, headache, tired, sore, tongue bitten, speech difficulty

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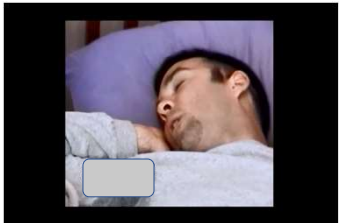
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Part of a Generalized Tonic Clonic Seizure



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Other Types of Generalized Seizures

Change in muscle tone or tension

- Stiffness, may fall like a tree trunk - tonic
- Loose or floppy, may fall like a rag doll - atonic

Twitching/jerking of muscles

- Brief jerks in muscle or group of muscle - myoclonic
- Rhythmic jerking in part or all of body - clonic



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GROUP
ACTIVITY

INSTRUCTIONS:

1. Review the worksheet on What Happens During a Seizure
2. For each number, **circle** the behaviors that may happen in the type of seizure listed to the right.
3. **Discuss** your answers with people in your group.

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Review and Reflect

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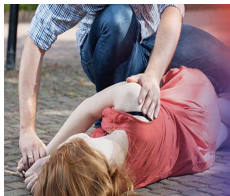
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The **3** Basic Principles of
Seizure First Aid



STAY.
SAFE. +  **5**
SIDE.

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Seizure First Aid

How to help someone having a seizure

1

STAY with the person until they are awake and alert after the seizure.
✓Time the seizure ✓Remain calm
✓Check for **medical ID**



2

Keep the person **SAFE**.
✓Move or guide away from **harm**



3

Turn the person onto their **SIDE** if they are not awake and aware.
✓Keep **airway clear**
✓Loosen **tight clothes** around neck
✓Put **something small and soft** under the head



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Seizure First Aid Card / Poster

How to help someone having a seizure

1

STAY with the person until they are awake and alert after the seizure.
✓Time the seizure ✓Remain calm
✓Check for **medical ID**



2

Keep the person **SAFE**.
✓Move or guide away from **harm**



3

Turn the person onto their **SIDE** if they are not awake and aware.
✓Keep **airway clear**
✓Loosen **tight clothes** around neck
✓Put **something small and soft** under the head



Call 911 if...

✓Seizure lasts longer than 5 minutes
✓Person does not return to their usual state
✓Person is injured, pregnant, or sick



Do NOT

✓Do **NOT** restrain.
✓Do **NOT** put any objects in their mouth.
✓Person **will not** choke or hurt themselves by swallowing their tongue.



Learn more: epilepsy.com/firstaid

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Seizure Action Plan

- Typical seizures
- Specific instructions
- Is this a seizure emergency?
- Who to call?
- What NOT to do
- Rescue therapy: when and how?

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ANY SEIZURE

Setting: Wheelchair

- Keep person in wheelchair if possible
- Secure wheelchair
- Fasten seatbelt (loosely) to prevent person from falling
- Protect and support head
- Make sure breathing is not blocked and saliva can flow from mouth

Follow Seizure Action Plan

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ANY SEIZURE

Setting: Public Transportation

- Guide person away from edge of platform
- Hold back gently and call for help if in danger
- Don't leave person alone
- If seizure with loss of consciousness, place person on their side facing away from seat back or in aisle
- Remain with person until they are awake and alert
- Call 911 if needed

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Seizure With Loss of Consciousness

Setting: In Water or When Swimming

- Support head so that both the mouth and nose are always above the water
- Remove the person from water as soon as it can be done safely
- Give seizure first aid (if seizure persists)
- If the person is not breathing, begin rescue breathing
- Always call for emergency help, even if they appear fully recovered

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What NOT To Do

1

Do **NOT** restrain or forcibly hold the person down

2

Do **NOT** put any objects in their mouth

3

Do **NOT** give water or food until person is awake and able to swallow

Follow Seizure Action Plan

Rescue Therapy may be used as prescribed by health care provider

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Seizure First Aid Demonstration

#ShareMySeizure

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When To Call For Emergency Help

- Seizure lasts longer than 5 minutes
- Repeated seizures
- Difficulty breathing
- Seizure occurs in water



- Person is injured, pregnant or sick
- Person does not return to their usual state
- First time seizure

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What To Expect After A Seizure

The Recovery (*postictal period)

- Refers to time immediately after a seizure, before a person returns to their usual state of awareness and function
- How a person feels and functions will vary depending of type of seizure experienced

How to help?

- Help person to a safe place to rest
- Check if they are alert and aware
- Stay with them until another adult arrives

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YOU CAN HELP

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SEIZURE FIRST AID

Person IS Known To You

STAY SAFE SIDE

Follow Seizure Action Plan
Call 911 if needed



TIME ALL SEIZURES

CALL 911 IF
5 minutes, injury, illness, pregnancy, repeat seizures, does not return to baseline, seizure in water, first seizure

Person is NOT Known To You

STAY SAFE SIDE

Stay with person
Call 911 if needed

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When More Help Is Needed

- Medicine or treatment to use if seizures are different or more than usual.
- Prescribed by health care provider.
- Can be given by non-medical people outside of the hospital, and exactly as prescribed
- Use rescue therapy for person known to you if you have been shown how to use it.
- **Does NOT** take the place of usual seizure medicines or instead of emergency help.



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What should I do after the seizure is over?

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Share What Happened During The Seizure

- How long did seizure last?
- What did you observe?
- Was the person injured?
- When, where seizure took place?
- Did person take any medicine?
- Was seizure different than usual?
- Provide written notes if possible...



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GROUP ACTIVITY

INSTRUCTIONS:

1. **Review** the seizure scenario with your group
2. **Discuss** how you would apply seizure first aid (refer to first aid steps in workbook)
3. **Discuss** the important things to look for during a seizure.
4. **Share** your seizure first aid response.

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You are in a grocery store parking lot...

As you are loading your car with grocery bags, you notice a young man nearby who looks "dazed". It seems like he is not paying attention. He stares straight ahead and is fiddling with his hands. He starts to walk towards a busy street.

What should you do?

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A friend suddenly falls to the ground while riding on the train...

On train ride home from work, you are discussing weekend plans with your friend. Suddenly she drops to the ground unconscious and her body is jerking. Someone called out for help, others moved away

What should you do?

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You are on a school field trip with a group of third graders...

As you are entering the museum you notice one child looks "dazed" and stops walking for a few seconds. When you ask if she is okay she says yes, but you notice the same thing keeps happening. She continues to look distracted and has trouble following instructions ...

What should you do?

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A cousin has shared that he has seizures, but you have never seen one. No one in the family ever talks about it...

At a family party, your cousin sits down beside you and says he is feeling scared, and asks if something is burning. He starts breathing fast and looking around. He is able to talk but appears anxious.

His brother walks over and says "Oh he's fine, he has these spells once in a while. He'll get over it."

He's not feeling better after a few minutes and it seems he is more nervous and confused as time passes...

What should you do?

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Review and Reflect

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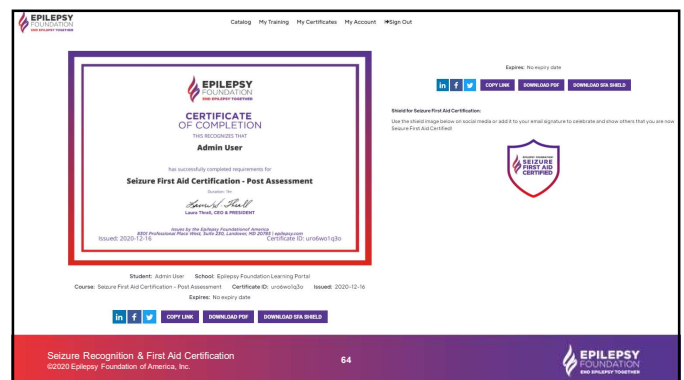
1. Complete the post-assessments on the new **Epilepsy Learning Portal**:
learn.efa.org/SFA-Cert-PA-CEP-v2
 - Write down the link or copy and paste from the chat box
 - Zoom will send you an automated e-mail tomorrow with the link to access the post-assessments.
 - Do not share the link with others
2. Pass the knowledge questions on post-assessment (a score of at least 80% correctly answer 13 or more of 16 questions)

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Accreditation Statement:

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Where can I learn more about epilepsy?



Visit epilepsy.com

Call Epilepsy Foundation Helpline at 1.800.332.1000

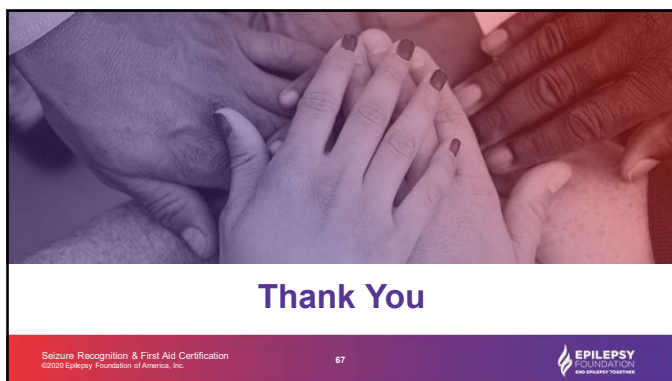
Contact your local Epilepsy Foundation

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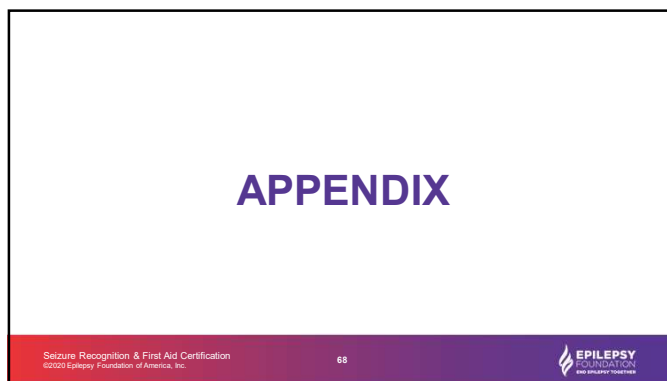
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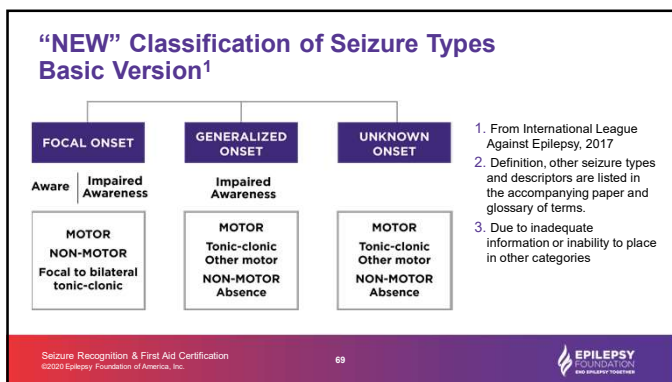
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