

Useful resources

www.youngpilepsy.org.uk

www.epilepsy.org.uk

www.nhs.uk/conditions

www.nhs.uk/symptomscheckers

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whithealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.



Whittington Health
NHS Trust



Suspected Seizure

A guide

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What is a seizure?

A 'seizure' or 'fit' happens when there is a sudden interruption, 'attack' in the way your brain normally works. In between seizures the brain functions normally. These can be epileptic or non epileptic. The crucial difference is an epileptic seizure suggests there is a disturbance in the electrical activity in your brain.

Who gets seizures?

Up to 1 in 20 people will have at least one epileptic seizure in their life. Of course, not all of these will have recurrent seizures (epilepsy).

Will it happen again?

After a first seizure with no obvious cause about 1 in 2 children will have a further seizure, with chances highest in the first six months after the first one.

Is it epilepsy?

Epilepsy is a common neurological disorder characterised by recurring seizures. Different types of epilepsy have different causes.

Any child or young person suspected to have a diagnosis of epilepsy should be seen in the children and young people's seizure clinic within two weeks.

First aid

1. **Stay calm** and stay with them. If they don't collapse but seem blank or confused, gently guide them away from any danger. Speak quietly and calmly.
2. **Look around** - are they in a dangerous place? If not, don't move them. Move objects like furniture away from them.
3. **Note the time** the seizure starts.
4. **Video** the seizure (if possible).
5. **Cushion their head** with something soft if they have collapsed to the ground.
6. **Don't put anything in their mouth.**
7. **Don't hold them down.**
8. **After the seizure has stopped** lay them on their side and check that their breathing is returning to normal.

Dial 999 for an Ambulance if:

- they have injured themselves badly;
- they have trouble breathing after the seizure has stopped;
- one seizure immediately follows another with no recovery in between;
- the seizure lasts for more than five minutes.

Safety Information

Having a seizure(s) can sometimes put the child or young person or others at risk of harm.

- **Reduce risk of drowning** – supervised swimming and baths.
- **Reduce risk of injury** – helmet while cycling, supervised sports.
- **Inform school** that your child had a seizure.
- **Respect epilepsy and driving laws** - www.gov.uk/epilepsy-and-driving

Videoring a seizure

If the child needs first aid or help, then this always takes priority.

- **The equipment:** check you have a device suitable for video recordings. Try to keep the device still.
- **Lighting:** good lighting will help capture all the details.
- **What to record:** start with filming the whole body then zoom onto the face, then zoom to capture what the eyes are doing. Try to talk to them or clap your hands to see if they will respond to you.
- **After filming:** keep the recording. Bring it to your next clinic appointment. Record a description of the episode.