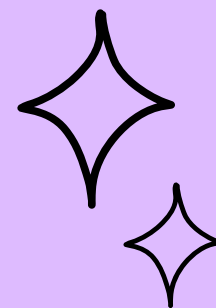
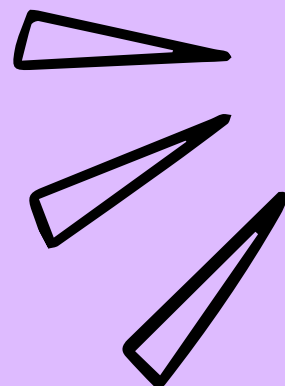
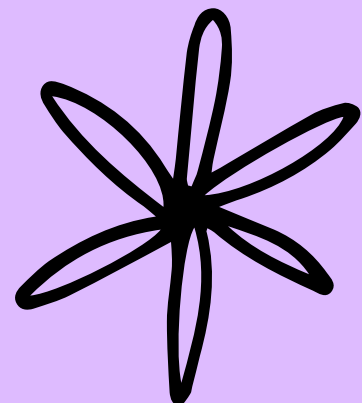
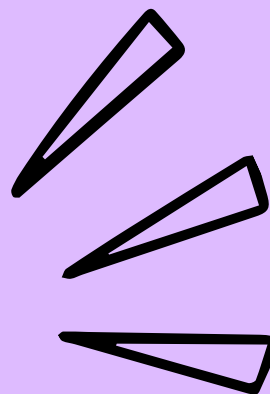
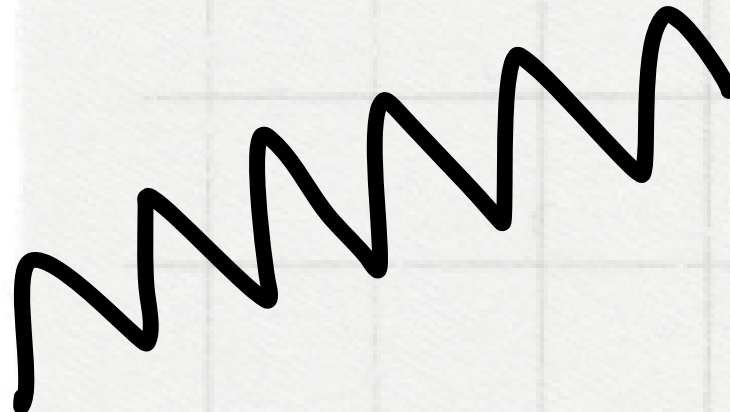


# Seizure Training



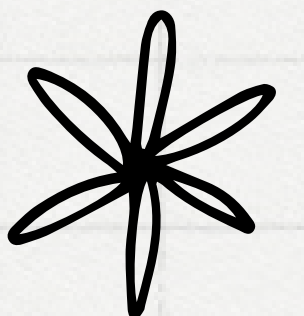


# What are seizures?

Seizures are “a brief, temporary disturbance in the electrical activity of the brain”. Seizures can affect muscle control and movement, speech, vision/eye movement, and awareness/behavior.



Seizures can look different for each individual and can vary in frequency and severity!



# Types of seizures

## Focal onset

Focal onset seizures start in one area of the brain

- **Aware:** the person is aware and awake during the seizure, this used to be called simple partial seizures. Characterized by blank stares, muscle jerks, behavioral and sensory changes
- **Impaired awareness:** the person is in an impaired state of consciousness and it is characterized by a blank stare, confused state, and repetitive movements.

## Generalized onset

General onset seizures affect both sides of the brain at the same time

- **Tonic-clonic:** Repetitive stiffening and relaxation of muscles that cause a jerking motion. This is the typical makeup of a seizure that you think of.
- **Absence:** Most common in children and they only last a few seconds. Characterized by a blank stare off into space and minor muscle movements.
- **Atonic:** Usually a short seizure characterized by loss of muscle control. Can be called "drop seizures".

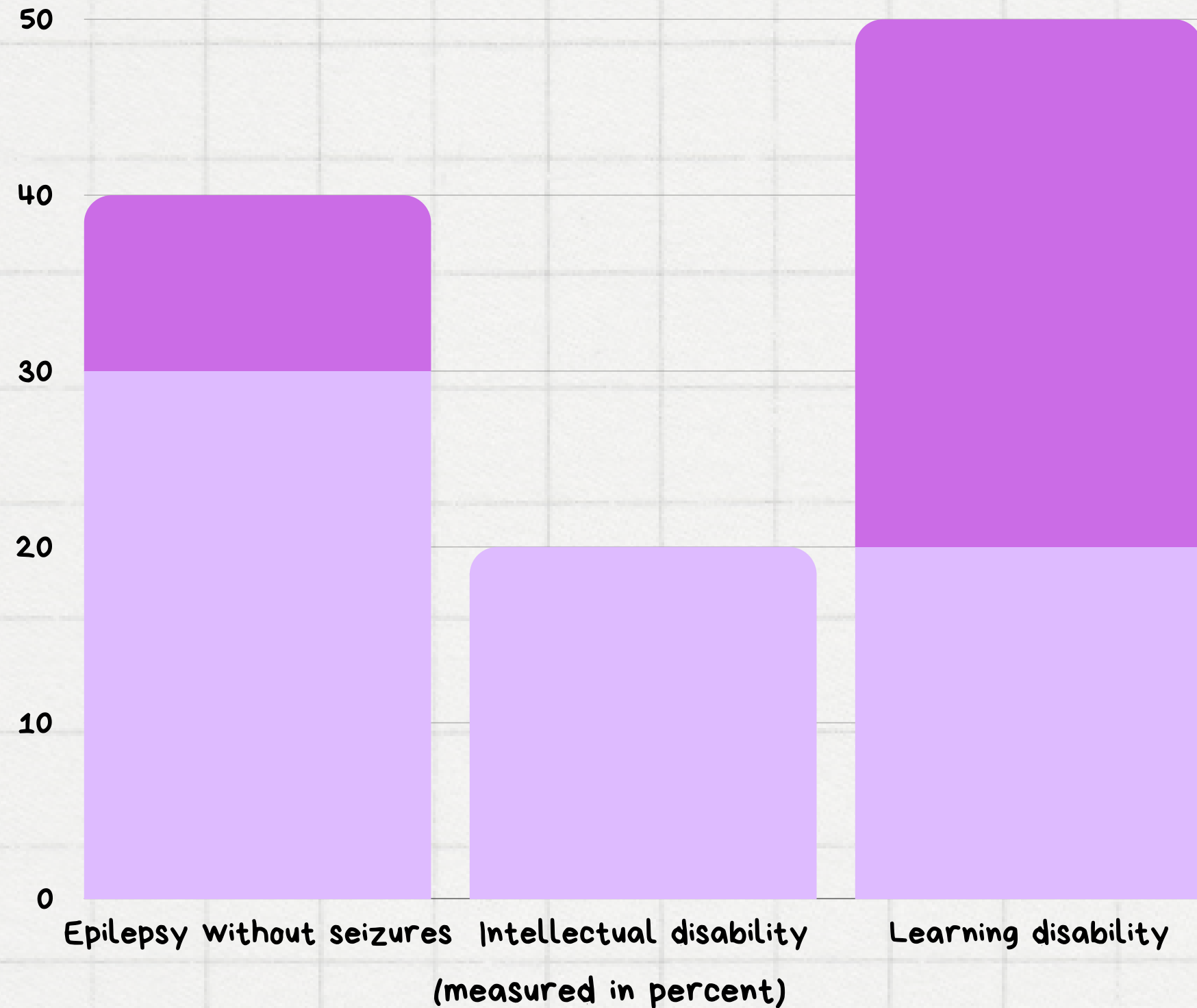
## Unknown

Seizures with no known contributing factors to the seizure are called unknown onset seizures. The factors could be unknown if its not witnessed (at night or the person lives alone) or for other reasons.

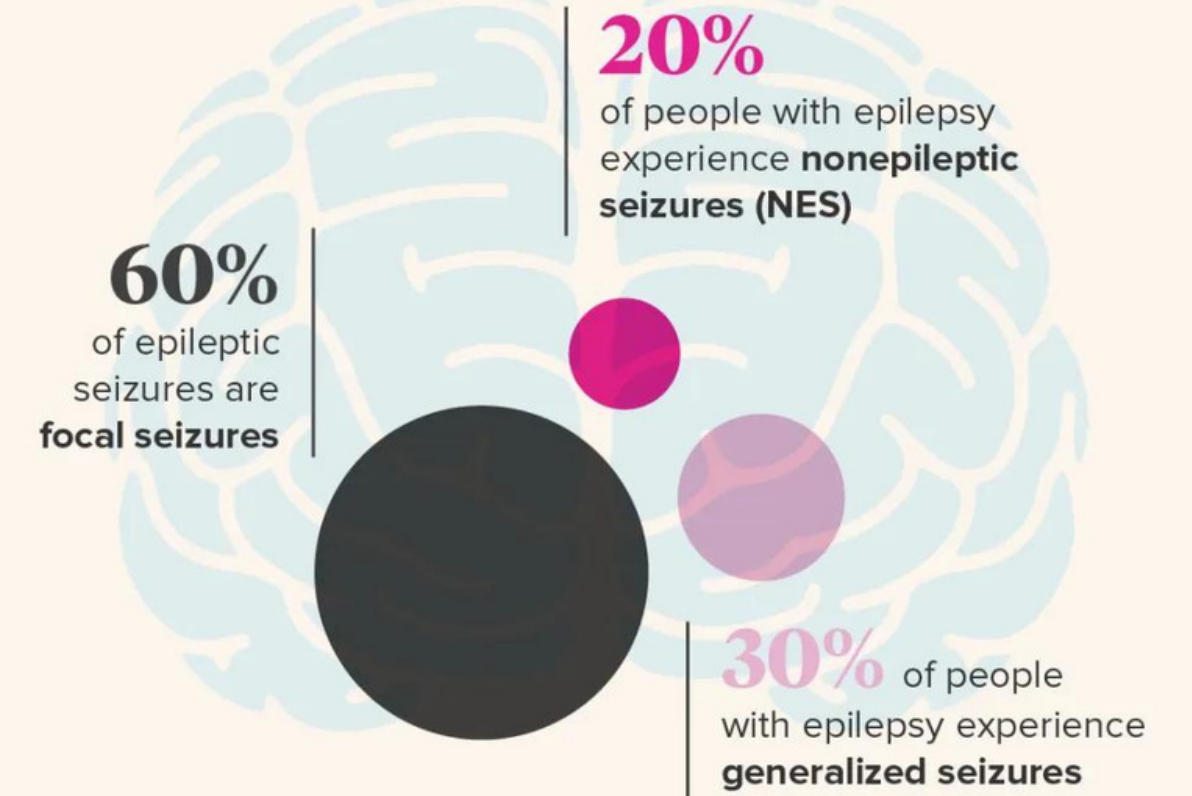
Commonly people with unknown onset seizures will get diagnosed with a general or focal onset seizure disorder.

# Prevalance

## Epilepsy in children



## SEIZURE TYPES and recurrence



## Epilepsy around the WORLD



# What can seizures look like?

- Blank stare
- Rapid blinking
- Periods of unresponsiveness
- Loss of muscle/body control
- Loss of consciousness
- Uncontrollable jerking movements

## Epilepsy

### Common Symptoms



loss of consciousness



anxiety



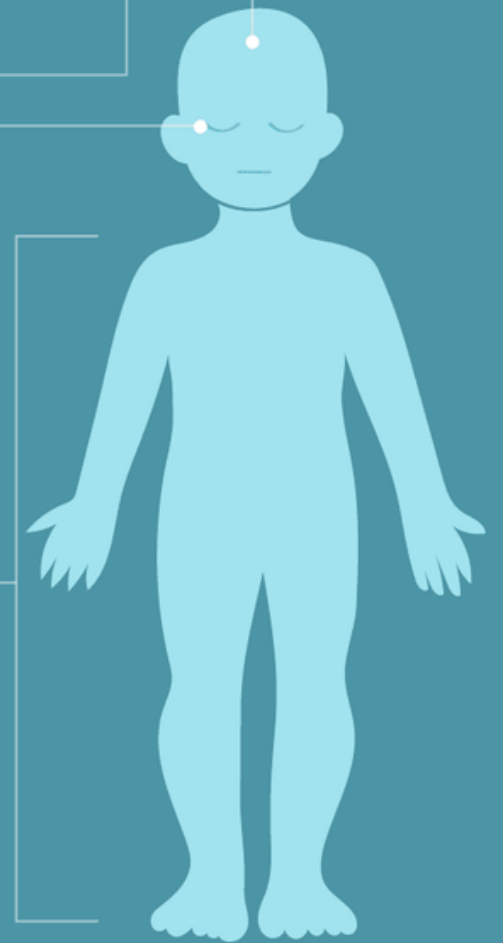
staring

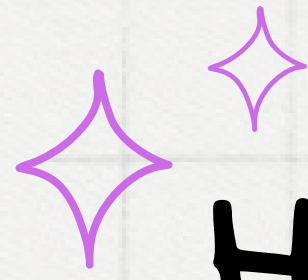


weakness

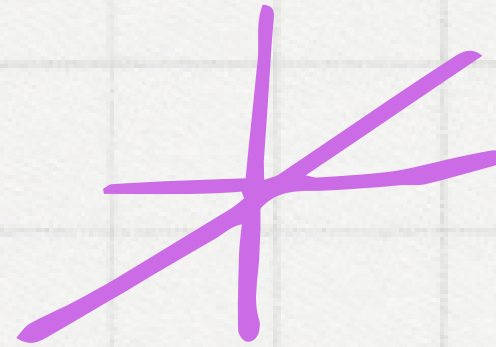


muscle contraction/jerking





# How to help someone having a seizure



- **Stay calm**
- **Time the seizure**
  - Most last less than 5 minutes but for someone with a seizure disorder noting the time is crucial!
- **Protect the person from harm**
  - DO NOT put anything in their mouth
  - Move any harmful objects out of the way
  - Loosen tight clothing
- **Place them on their side with something under their head**
- **Take note of behavior before and after the seizure**



## How to help someone having a seizure **Seizure First Aid**

### Step 1:



Stay with the person and keep them safe to prevent injury. Stay calm and start timing the seizure. Check to see if they have a medical ID. Most seizures stop within a few minutes

### Step 2:



If the person loses consciousness, turn them on their side and place something soft under their head. Loosen any clothing around the neck such as a shirt or tie.

### Step 3:



Do not restrain the person and keep the airway clear. Do not put anything in the person's mouth

### Step 4:



#### Call 911 if:

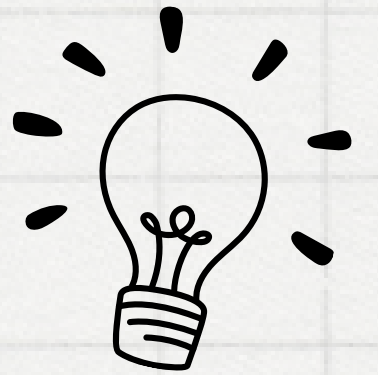
- Seizure lasts more than 5 minutes or if they repeat.
- Person is pregnant or injured
- First-time seizure, Seizure occurs in water
- Person does not return to their usual state

### Step 5:



If law enforcement arrives before the EMT, inform them that the person is having a seizure. People who have absence or complex partial seizures are not aware of their surroundings and cannot comply with orders.

# Want more information? Visit these resources!



- Seizure First Aid training and certification
- Epilepsy Foundation
- Different types of seizures