

WHAT SCHOOL PERSONNEL SHOULD KNOW ABOUT SEIZURE DISORDERS

Prepared by the Jordan School District School Nurses

GENERAL INFORMATION

A seizure disorder, also known as Epilepsy, is a disorder of the central nervous system characterized by a tendency to have repeated seizures. The term "seizure" refers to a sudden, uncontrolled episode of abnormal behavior in the brain. A seizure is a symptom of a disorder just as a fever is a symptom of an infection. Seizure disorders are not contagious nor a sign of mental illness. They commonly occur in the morning or late evening, especially if the child is tired or run down. Only in rare cases do seizures require emergency intervention. Most seizures are over in a few minutes and do not need medical follow-up.

FIRST AID FOR SEIZURES

There is no way to predict when a seizure may occur.

- DO keep calm
 - DO protect from injury
 - DO remain in attendance until fully alert
 - DO turn on side as soon as possible to maintain airway
 - DO observe and time seizures
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- DO NOT force anything into mouth
 - DO NOT restrain movement
 - DO NOT offer food or drink until fully alert

SIGNS AND SYMPTOMS FOR TONIC CLONIC SEIZURE

You may observe:

loss of consciousness	falls down
scream or other noise	breathing changes
body stiffness	blue or pale complexion
jerky movements	loss of bladder control

1. Ease person to the ground and put something soft under the head.
2. Follow DO's and DO NOT's above.
3. If the seizure is prolonged or one seizure follows another call 911 and parent.

TYPES OF SEIZURES

Absence Seizures also known as petite mal seizures are brief and last only a few seconds. This is the most common type of seizure in children and may occur frequently throughout the day. If frequent, they can severely affect learning. They are often mistaken for daydreaming and may include staring spells, eye blinking and facial twitching.

Generalized Tonic Clonic are also known as grand mal seizures. They are characterized by loss of consciousness followed by stiffening and jerking. These seizures may vary in length but should not exceed 10 minutes. After the seizure a period of sleep occurs.

Simple Partial also known as focal seizures involve only one part of the brain. The student may know when it is occurring because there is no loss of consciousness. Some symptoms include hand or mouth movement, head or eyes turned to the side, pins and needles sensation, feeling of numbness or hearing noises.

Complex Partial also known as psychomotor seizures involve only one part of the brain. The student may be aware or have a distorted consciousness. Symptoms are unique from person to person and are often mistaken as behavioral problems.

**MANAGEMENT
OF CHILDREN
WITH SEIZURE
DISORDERS**

Treat the child with a seizure disorder as you would any other student. Most children are able to engage in normal physical activity. Medications that are used to control seizures often have side effects and may alter learning patterns.

THE FOLLOWING INFORMATION SHOULD BE OBTAINED FROM THE PARENTS

Child's Name _____ Date _____

Parent's Name _____ Address _____ Phone _____

Alternate Person to Call in Emergency _____ Relationship _____ Phone _____

Physician's Name _____ Address _____ Phone _____

1. Type of seizure _____
2. Type of medication and time administered _____
3. Possible behavior changes prior to seizures _____
4. Possible triggers to avoid _____
5. Seizures look like _____
6. Average length _____ frequency _____
7. Limitations specified by physician _____
8. Additional information _____

SIGNATURES: _____

Substitute teachers and/or special teachers should have access to the above information.

