



## Epilepsy Procedure

### Including Early Years Foundation Stage

Date of review: October 2018

Date of next review: October 2020

Reviewed by: Mrs N Lane, school nurse

#### What causes Epilepsy?

Seizures are caused by a sudden burst of electrical activity in the brain. This means there is a temporary disruption in the way that messages are passed between brain cells.

The brain is responsible for all the body's functions, so what happens during a seizure will depend on exactly where in the brain the seizure begins, and how widely and quickly it spreads. For this reason there are lots of different types of seizures.

#### Signs and Symptoms, what happens during a seizure?

A tonic-clonic seizure happens in two stages. First, the body's muscles contract and a person becomes stiff. They might cry out, and breathing can become irregular.

The second, clonic, stage happens when the limbs jerk. This is caused by the muscles contracting and relaxing in quick succession.

It isn't possible to stop the seizure. During the second phase, a person might bite their tongue and the inside of their cheeks.

After a minute or so, the muscles relax and the person goes limp. They are unconscious and will slowly regain consciousness. Afterwards, they may seem groggy or confused, and may not be able to remember anything at first.

They can be left with a headache and aching limbs that can last for hours or even days.

An absence seizure involves a child stopping their normal activity, and apparently staring into space as though they are daydreaming for 10 to 15 seconds. They don't appear to see or hear anything, and afterwards a child has no memory of the seizure.

Other seizure types may involve a change in behaviour and confusion over one or two minutes.

### Treatment

- Move anything that may cause harm to the person having a seizure.
- Stay with them and note time seizure started.
- Cushion their head with something soft to prevent any head injuries.
- Never restrain them or put anything in their mouth.
- Once seizure has stopped place them in the recovery position, ensuring airway is clear and stay with them until fully recovered.
- Contact the School Nurses ext 145 or 07973872678

### When to call an ambulance?

- If it's their first seizure.
- The seizure lasts longer than 5 minutes.
- They have been injured during the seizure.
- If they stay unconscious for 10 minutes.

All known epileptics will have individual care plans, completed with the student and parents which is kept in the Health Centre and boarding house if a boarder. Information is available on Simms for all staff. The students peer group will be informed with the permission from the student/parents.

### Further information available from:

#### **NCYPE - National Centre for Young People with Epilepsy**

Tel: 01342 832243

Web: [www.ncype.org.uk](http://www.ncype.org.uk)

#### **Epilepsy Action**

Tel (Freephone Helpline): 0808 800 5050 - Monday-Friday, 9.00am - 4.30pm  
(4.00pm on Fridays)

Web: [www.epilepsy.org.uk](http://www.epilepsy.org.uk)

