

## Jordan School District Classroom Information Sheet about Seizures

A seizure disorder is also known as epilepsy. A seizure occurs when there is an electrical disturbance in the brain. Seizures can involve one side of the brain or both sides of the brain. There is no way to predict when a seizure is going to happen. There are three seizure types that are most common in the school setting:

<p><b>Absence Seizures</b></p> <ul style="list-style-type: none"> <li>➤ Student is conscious, but not responsive</li> <li>➤ Stares off like daydreaming or zoning out</li> <li>➤ May experience facial twitching or excessive blinking</li> <li>➤ Usually not noticeable unless attention is given to student</li> <li>➤ Student may not be aware of the seizure and will resume their activities when seizure is over</li> <li>➤ Could last up to 20 seconds</li> </ul>	<p><b>What to Do</b></p> <ul style="list-style-type: none"> <li>➤ Stay calm and reassure student</li> <li>➤ Reorient student</li> <li>➤ Notify parent if seizure is suspected</li> <li>➤ First aid is usually not required</li> </ul>
<p><b>Complex partial seizures</b></p> <ul style="list-style-type: none"> <li>➤ Student is conscious, but not responsive</li> <li>➤ Gets confused</li> <li>➤ Can say things that do not make sense</li> <li>➤ Can last up to 1 minute long</li> <li>➤ Can take up to 5 minutes to recover</li> <li>➤ Student may be sleepy afterwards</li> </ul>	<p><b>What to Do</b></p> <ul style="list-style-type: none"> <li>➤ Stay calm and reassure student</li> <li>➤ Reorient student and stay with student</li> <li>➤ Time seizure</li> <li>➤ <b>Call parent at the onset of this type of seizure</b></li> <li>➤ <b>Call 911 if unable to get a hold of contacts</b></li> </ul>
<p><b>Tonic clonic seizures (grand mal)</b></p> <ul style="list-style-type: none"> <li>➤ Loss of consciousness</li> <li>➤ Muscles stiffen; student may fall when muscles stiffen</li> <li>➤ Jerking movements</li> <li>➤ Student is very sleepy afterwards</li> </ul>	<p><b>What to Do</b></p> <ul style="list-style-type: none"> <li>➤ <b>Call 911 at the onset of this type of seizure</b></li> <li>➤ Call parent after calling 911</li> <li>➤ Turn student on his/her side</li> <li>➤ Do not restrain, loosen tight clothing</li> <li>➤ Move hard and sharp objects out of the way</li> <li>➤ Do not put anything in the mouth</li> <li>➤ Do not offer drink/food during or immediately after seizure</li> </ul>

### **Important for All Seizure Types:**

- **Call 911 at the onset of grand mal seizure**
  - Notify parents after calling 911
  - Call School Nurse anytime 911 is called
- Document seizures in log – length, color of skin, breathing
- Be prepared to provide first aid and/or **start CPR if student stops breathing after the seizure is over**

### **Common Triggers:**

- Stress
- Dehydration
- Sleep disturbances / fatigue
- Missing medication

### **Implications of Epilepsy:**

- May affect memory and/or concentration
- May affect attendance
- May affect motor skills
- May have learning disabilities

### **Additional Information:**

- Re-orient child following a seizure – tell the student where he/she is, what time it is and what happened
- Reassure student that he/she is okay and prevent other students or onlookers from crowding around student
- Teacher to keep a copy in substitute folder