

Seize Control: Epilepsy Management



Keep Objects Out of the Mouth!

NEVER force something into the mouth of someone having a seizure. Forcing something into the mouth of someone having a seizure is a way to chip teeth, cut gums, or even break someone's jaw.



Stay. Safe. Side

STAY with the person and start timing the seizure. Keep the person SAFE. Turn the person onto their SIDE if they are not awake and aware. Stay with them until they are awake and alert after the seizure. Contact physician if the seizure lasts longer than 5 minutes; repeated seizures; difficulty breathing; seizure occurs in water; person is injured, pregnant or sick; person does not return to their usual state or first time seizure



General Myths

- DON'T restrain someone having a seizure. Most seizures end in seconds or a few minutes and will end on their own.
- You can't swallow your tongue during a seizure.
- Epilepsy is NOT contagious
- Anyone can develop epilepsy. Seizures start for the first time in people > age 65 almost as often as in children.



Types of seizures

1. **Generalized seizures** :affect both sides of the brain.
 - Absence seizures: Rapid blinking or a few seconds of staring into space.
 - Tonic-clonic seizures: Cry out, Lose consciousness, Fall to the ground., Have muscle jerks or spasms.
2. **Focal seizures** :located in just one area of the brain.
 - Simple focal seizures : cause twitching or a change in sensation, such as a strange taste or smell.
 - Complex focal seizures :makes patient confused or dazed.
 - Secondary generalized seizures: begin in one part of the brain, but then spread to both sides of the brain.



Anti epileptic Drugs

- Action on ion channels: Phenyton, Carbamazepine, Valproic acid, Lamotrigine,.
- Enhance GABA Transmission: Gabapentine, Diazepam, Vigabatrin, Valproic Acid.
- Inhibit EAA transmission: Topiramate, Felbamate

