

SEIZURES

Brain injury is a common cause of a seizure, which is a sudden loss of consciousness, or awareness, that may or may not be accompanied by uncontrolled movement and irregular breathing. If they occur, seizures usually happen immediately after the blow to the head and within the first two years after the injury. They tend to occur most frequently within the first six months. A first experience with a seizure can be a frightening experience for the observer.

The first thing to do is DON'T PANIC.

Follow these procedures:

1. No attempt should be made to put fingers or metal or wooden objects into the mouth or throat.
2. No attempt should be made to stop the violent shaking other than to protect the person from injury.
3. Clear away objects they may hit with their arms or legs.
4. Wait until the shaking stops, which may be several minutes. The person may go blue during the attack, pass faeces, pass urine and bite the tongue.
5. Shaking movements may occur all over the body or only on one side.
6. Place the person on their side so that secretions may drain from the mouth and not block air passages.
7. After an attack the patient may be drowsy and confused, and there may be temporary slight weakness of one side of the body.
8. **If several seizures occur one after the other, or if a shaking episode with blueness and loss of consciousness lasts for more than 5 minutes as timed, not estimated which can be misleading, depending on the situation, an emergency ambulance call made (phone 111).**

CHANGES OF A SEIZURE MAY INCREASE WITH:

1. Lack of sleep.
2. Excessive use of alcohol.
3. Lack of prescribed medications.

Seizures are often controlled or prevented by medications. You should keep a record of what happened before and during a seizure. This will help determine a cause and help the physician prescribe the proper medication.