

## GUIDELINES FOR EPILEPSY/SEIZURES

Each teacher will be notified of any student they have who suffers from a seizure disorder. Medication if available is simple to use and requires minimal training. Seizures can occur to anyone at anytime. Seizures can be frightening but usually only last a few minutes. **Calling 911 is now required in district for seizure care. The procedures listed below should be followed in the event of a seizure in the classroom.**

**First: Call the office for help and for 911 dispatch.**

1. **KEEP CALM** You cannot stop a seizure once it has started without special medication. The seizure will run its course. Please note – the student is not in pain. **IT IS IMPORTANT TO TIME SEIZURE.**
2. **EASE THE STUDENT TO THE FLOOR.** If the seizure begins while the student is seated, gently put him or her on the floor pushing away any close desks or furniture.
3. **DO NOT INTERFERE WITH BODY MOVEMENT.** Try to prevent the student from striking his or her head but do not physically restrain the student.
4. **DO NOT INSERT ANYTHING BETWEEN THE STUDENT'S TEETH.** There may be violent teeth clenching during a seizure. Teeth may be broken or gums injured in attempting to put objects in the mouth.
5. **DO NOT BE FRIGHTENED IF BREATHING STOPS MOMENTARILY.** Breathing will resume spontaneously. Resuscitation may be harmful.
6. **WHEN THE STUDENT BECOMES QUIET, TURN ON SIDE.** Saliva and/or vomitus can drain out and this position protects the child from inhaling the drainage.
7. **AFTER THE MOVEMENTS HAVE STOPPED AND THE CHILD IS RELAXED, LET HIM OR HER REST.** Sleep or rest often is needed after a seizure.
8. **IF THE JERKING OF THE BODY DOES NOT STOP WITHIN FIVE MINUTES OR QUICKLY REOCCURS, Special medication may be needed.** (if medication is in the office it should be given at this time. 911 should be en route. Parents and Cheryl should be called.)

*PARTIAL* or *ABSENCE* seizures are less dramatic and usually only require observation if the movement puts the student in danger. These seizures involve simple, nonpurposeful movement of an arm, leg, jaw, lip smacking, or rhythmic movement of the eyes. Absence seizures include altered awareness or attention and blank stare. This type of seizure is often mistaken for learning disabilities or behavior problems. If you have a student who displays “moments of absence” and you have not been notified of a problem by the nurse, please contact the school nurse.

**\* Notify the nurse (ext: 7405/ cell: 509-3179) if any student experiences a seizure at school. Parents will be notified by office personnel.**