**Seizure Handout for Camp**

Question - Have you ever seen someone who had a seizure or know someone who has seizures? Can you tell us about that?

9 Facts about Seizures

Read these and have each camper put them in their own words and explain them.

1. Seizures are involuntary, often violent, contractions of muscles.
2. They can involve a small area or the entire body
3. Seizures are caused by abnormalities in the brain
4. They can also occur in young children who have a high fever
5. Older children and adults who have a serious illness, fever, head injury, or a seizure disorder such a epilepsy may also have seizures
6. The main goal during a seizure is to make sure the patient is safe.
7. During a seizure, a person may shake severely and thrust arms and legs uncontrollably
8. He may clench his jaw, drool, and be unable to swallow.
9. Most seizures last only a short time.

Steps for responding to a seizure:

1. Note the time and put on gloves
2. Lower the person to the floor. Cradle the head to protect it
3. If a pillow is nearby, place it under the person’s head
4. Try to turn the person to one side to help lower the risk of choking
5. Have someone call the nurse immediately or an ambulance
6. Do not leave the person during a seizure unless you must do so to get medical help
7. Move furniture away to prevent injury
8. Do not try to restrain the person or stop the seizure
9. Do not force anything between the person’s teeth. Do not place your hand in the person’s mouth for any reason. You could get bitten
10. Do not give the person liquids or food
11. When the seizure is over, not the time. Gently turn the person to their side if you do not suspect head, neck, back, spinal or abdominal injuries. Turning the person reduces the risk of choking on vomit or saliva.
12. Remove your gloves and wash your hands

* **Watch You tube video below on seizures**

[**https://www.youtube.com/watch?v=0qwWmerMadY**](https://www.youtube.com/watch?v=0qwWmerMadY)

* **Activity**

**Break into pairs or groups of three.**

**Have one of the people in your group pretend to have a seizure and have the caregivers do a few steps incorrectly.**

**Then we will watch each dramatic “pretend seizure” and identify the things the pretend caregivers did wrong.**

* **Watch the video about living with Epilepsy**

[**https://www.youtube.com/watch?v=YQEfWVajkKM**](https://www.youtube.com/watch?v=YQEfWVajkKM)

* **Practice with a Gait Belt**

**As noted in the video the nurse was walking someone with a gait belt and the person began to have a seizure and she lowered him to the floor.**

**Let's practice putting on a gait belt and then the person in the gait belt can pretend to start to have a seizure while the nurse lowers the patient to the floor.**

**The following video show how to apply a gait belt**

[**https://www.youtube.com/watch?v=cra17S2PxnM**](https://www.youtube.com/watch?v=cra17S2PxnM)

* **Watch the following video on seizure camps**

**https://www.youtube.com/watch?v=SXu08aYMEYY**

* **Conclusion:**

**Write a mini paper and include 3 things you learned about seizures in this lesson and be prepared to report back to the group. Also describe how a pediatric nurse could help a child with a seizure disorder cope with it.**