



Northern Care Alliance  
NHS Group

# First Seizure Advice

An information guide



# First Seizure advice

## Introduction

This leaflet contains discharge advice following your attendance to the Accident & Emergency Department (A&E) or Urgent Treatment Centre (UTC).

## **This leaflet must be given to the patient.**

You have been given this leaflet because you have had a suspected seizure.

Sometimes it is difficult to be sure if you have had a seizure (older words for seizures include convulsions and fits).

The problem is that other conditions may cause symptoms similar to a seizure. For example: faints, panic attacks, collapses due to heart problems, breath-holding attacks in children and other less common problems.

About 1 in 20 people will have a seizure in their lifetime. This does not mean you have epilepsy.

A diagnosis of epilepsy will generally be made after a person has had two or more seizures, on separate occasions.

Epileptic seizures arise from within the brain. A seizure can also be caused by external factors which may affect the brain.

For example, a high fever may cause a 'febrile convulsion'. Other causes of seizures include: lack of oxygen, a low blood sugar level, certain drugs, poisons and a lot of alcohol.

Seizures caused by these external factors are not classed as epilepsy.

You have been referred to the neurologists and should be seen in clinic within the next few weeks. In the meantime the following advice is to keep you safe:

- You **should not** drive until you have at least been assessed in the neurology clinic. It is your responsibility to inform the DVLA.
- You have to inform your work if your job involves driving, flying, working at heights, near water or with heat sources or heavy machinery. You also must inform your work if you are in the armed forces, police, fire service or merchant navy.
- **Do not** swim alone and tell family members if you are taking a bath (a shower is safer than a bath).
- You or your family may be worried that this may happen again. Some simple first aid advice will help you and your family feel more confident in looking after you if it does happen again.
- If another attack does occur please ask any witnesses (family or close friends) to complete the forms provided (see page 5) which records what they have seen. This is very useful to help reach a diagnosis. It is also helpful to video an attack but this is only possible if it is safe to do so and both you and your family / close friends feel comfortable doing so.

## **First Aid Advice for Responder**

### **Do:**

- Keep calm.
- Protect the person from injury - remove harmful objects from nearby.
- Cushion their head.
- Aid breathing by gently placing them in the recovery position once the seizure has finished (see pictures – place person on their side and gently lift their chin, tilting it backwards).
- Stay with the person until recovery is complete.



### **Do not:**

- Restrain the person's movements.
- Put anything in the person's mouth.
- Try to move them unless they are in danger.
- Give them anything to eat or drink until they are fully recovered.

### **Call an ambulance if:**

- The seizure continues for more than 5 minutes.
- One seizure follows another without the person regaining consciousness between seizures.
- The person is injured during the seizure.
- You believe the person needs urgent medical attention.

### **Seizure record for witnesses**

This form has been produced to help gather as much information as possible about what happens in the attacks.

Please fill in a form each time there is an attack. These forms should then be brought with you to the neurology clinic.

OBSERVATION	Details
Date and time of event	
Did you notice anything unusual before the attack? e.g. aggression	Yes/No (please circle) Details:
Could there have been a trigger? e.g. upset, excited, hot etc.	Yes/No (please circle) Details:
How did the attack start? e.g. Staring blankly, mouth twitching	
Did you notice anything abnormal in the person's breathing or colour?	Yes/No (please circle) Details:
What happened next? e.g. Loss of consciousness, limb jerking, body stiff / floppy, eyes to one side  Please write down as much as you remember	
How long did the event last, and how did you know it had finished?	
What was the person like after the event? e.g. Drowsy	
How long was it until the person was back to their usual self?	
What did you do during and after the event? e.g. First aid	
Any other comments?	

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What did you do during and after the event? e.g. First aid	
Any other comments?	

**If English is not your first language and you need help, please contact the Interpretation and Translation Service**

Jeśli angielski nie jest twoim pierwszym językiem i potrzebujesz pomocy, skontaktuj się z działem tłumaczeń ustnych i pisemnych

اگر انگریزی آپ کی پہلی زبان نہیں ہے اور آپ کو مدد کی ضرورت ہے تو ، براہ کرم ترجمانی اور ترجمہ خدمت سے رابطہ کریں

Dacă engleza nu este prima ta limbă și ai nevoie de ajutor, te rugăm să contactezi Serviciul de interpretare și traducere

ইংরাজী যদি আপনার প্রথম ভাষা না হয় এবং আপনার সাহায্যের প্রয়োজন হয় তবে অনুগ্রহ করে দোভাষী এবং অনুবাদ পরিষেবাটিতে যোগাযোগ করুন

إذا لم تكن الإنجليزية هي لغتك الأولى وتحتاج إلى مساعدة ، فيرجى الاتصال بخدمة الترجمة الشفوية والتحريرية

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For advice on stopping smoking contact the Specialist Stop Smoking Service on 01706 517 522

**For general enquiries please contact the Patient Advice and Liaison Service (PALS) on 0161 604 5897**

**For enquiries regarding clinic appointments, clinical care and treatment please contact 0161 624 0420 and the Switchboard Operator will put you through to the correct department / service**

The Northern Care Alliance NHS Group (NCA) is one of the largest NHS organisations in the country, employing 17,000 staff and providing a range of hospital and community healthcare services to around 1 million people across Salford, Oldham, Bury, Rochdale and surrounding areas. Our Care Organisations are responsible for providing our services, delivering safe, high quality and reliable care to the local communities they serve.

The NCA brings together Salford Royal NHS Foundation Trust and the hospitals and community services of The Royal Oldham Hospital, Fairfield General Hospital in Bury, and Rochdale Infirmary (currently part of The Pennine Acute Hospitals NHS Trust).

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