

For further information please contact:-

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GENERAL INFORMATION LEAFLET

Basic Facts for Leaders

Epilepsy



GENERAL FEATURES

Types of seizures

PARTIAL

The child or young person will not pass out but consciousness will be affected.

GENERALISED

The child or young person will suffer fits. Fits will vary from major convulsions, with unconsciousness and jerking limbs, to momentary lapse of consciousness.

TRIGGERS

Most seizures occur completely out of the blue but the following can act as a trigger:

- Stress
- Flickering light
- Tiredness
- Fever
- Poor diet

Areas of the BB programme which would present difficulty for the child or young person

ANCHORS

- None - Leaders just need to be observant during all activities and aware of the procedure to deal with a seizure.

JUNIOR SECTION

- None - Leaders just need to be observant during all activities and aware of the procedure to deal with a seizure.

COMPANY SECTION

- None - Leaders just need to be observant during all activities and aware of the procedure to deal with a seizure.

HOW TO DEAL WITH A SEIZURE

- Cushion the head with something soft
- **DO NOT** put anything in mouth
- **DO NOT** give anything to drink until seizure finishes
- Loosen tight clothing around the neck
- Keep calm
- Provide a place to rest after seizure
- Wipe away saliva

Please note these are general strategies. Each child or young person is unique. It is therefore important to speak to their parent(s) to gain individual relevant information

EPILEPSY - THE FACTS

- It affects 1 in every 130 people in the Republic of Ireland
- 75% will have their first seizure before the age of 20 years
- The cause of epilepsy is a temporary change in the way brain cells work

SEIZURE CHECKLIST

When a child or young person has a seizure

- Do not hold them down
- Put something soft under their head
- Move away any furniture
- Do not put anything in their mouth
- Stay with them and reassure them
- Inform their parents

USEFUL WEBSITES

Brainwave, The Irish Epilepsy Association www.epilepsy.ie

Disability Advise Network www.boysbrigade.ie/dan