

Seizure First Aid Strategies



Tonic Clonic Seizure

Is a convulsive seizure with loss of consciousness and muscle stiffening, followed by jerking movements:

- **Note the time** the seizure started and time until it ends
- **Protect the head**, If available use a pillow or cushion
- **Remove any hard objects** that could cause injury
- **Do not attempt to restrain the person**, stop the jerking or put anything in their mouth
- As soon as possible, **roll the person onto their side**. You may need to wait until the seizure movements have ceased (see diagrams above). Continue to monitor breathing
- **Talk to the person** to make sure they have regained full consciousness
- **Stay with and reassure the person** until they have recovered

Seizure With Impaired Awareness

Is a non-convulsive seizure with outward signs of confusion, unresponsiveness or inappropriate behaviour, care should be taken as this can be mistaken for alcohol or drug intoxication:

- **Note the time** the seizure started and time until it ends
- **Avoid restraining the person** and **guide** safely around objects
- **Talk to the person** to make sure they have regained full consciousness
- **Stay with and reassure the person** until they have recovered

Additional Considerations

When providing emergency response support to a person in a wheelchair, also:

- **Protect the person** from falling from the chair, secure seat belt where available and able
- Make sure the **wheelchair is secure**
- **Support head** if there is no moulded head rest
- **Do not try to remove the person** from the wheelchair
- **Tilt the persons head** into a position that keeps the airway clear

Call 000 for an Ambulance if...

- you do not know the person
- there is NO Epilepsy Management Plan
- this is the person's first seizure
- the seizure lasts for 5 minutes
- the seizure stops but the person does not regain consciousness within 5 minutes
- another seizure begins
- a serious injury has occurred
- the seizure occurred in water
- the person was eating or drinking when the seizure occurred
- you believe the person is pregnant or has diabetes
- the person has food, fluid or vomit in their mouth
- you are at all concerned

Emergency Services 000 - Epilepsy Infoline 1300 660 880 - www.epilepsywa.asn.au