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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](http://www.epilepsy.ie)

Disability Advise Network [www.boysbrigade.ie/dan](http://www.boysbrigade.ie/dan)