



## **Seizure Types & First Aid:**

### **1. Generalized Seizures:**

#### a. Tonic-Clonic Seizure (Grand Mal):

Description: Involves two main phases. The tonic phase includes stiffness and loss of consciousness. The clonic phase follows, characterized by rhythmic jerking movements.

#### First Aid:

- Protect the person from injury during convulsions.
- Cushion their head and turn them on their side to aid breathing.
- Do not put anything in their mouth.
- Stay with them, offering reassurance until they regain consciousness.

#### b. Absence Seizures:

Description: Brief loss of awareness and responsiveness, often mistaken for daydreaming or staring into space.

#### First Aid:

- Gently guide the person back to awareness and activities once the seizure ends.
- Be patient and supportive during the recovery phase.

### **2. Focal Seizures:**

#### a. Simple Focal Seizures:

Description: Affects a specific part of the brain, resulting in localized symptoms like twitching, altered sensations, or sudden emotions.

#### **First Aid:**

- Stay with the person and offer comfort.
- Reassure them and keep them calm.
- Note the duration and symptoms for medical evaluation.

#### b. Complex Focal Seizures:

Description: Alters consciousness and may cause unusual behaviors or confusion.

#### First Aid:

- Guide the person away from any potential dangers to a safe location.
- Reassure them once the seizure subsides.

### **3. Other Seizure Types:**



a. Atonic Seizures:

Description: Involves a sudden loss of muscle tone, causing the person to collapse or fall.

First Aid:

- Create a safe environment to prevent injuries from falls.
- Offer support and comfort after the seizure.

b. Myoclonic Seizures:

Description: Characterized by quick, jerking movements of a muscle or group of muscles.

First Aid:

- Stay with the person, offering reassurance and comfort.
- Note the duration and specifics of the seizure for medical evaluation.

**4. Febrile Seizures (In Children):**

During a Febrile Seizure:

Description: Typically occurs in young children during a fever spike.

First Aid:

- Ensure a safe environment to prevent injury during the seizure.
- Remain calm and monitor the child's vital signs.

Seek Medical Attention:

Febrile seizures usually resolve on their own, but medical evaluation is crucial to determine the cause of the fever and prevent future febrile seizures.

**References**

Epilepsy Foundation. (n.d.). Types of Seizures. Retrieved from <https://www.epilepsy.com/learn/types-seizures>

Mayo Clinic. (n.d.). Febrile Seizures. Retrieved from <https://www.mayoclinic.org/diseases-conditions/febrile-seizure/symptoms-causes/syc-20372522>