

Reviewed by

Children's and Young Persons' Unit

Lisa King, Staff Nurse
Children's and Young Persons' Unit

First seizures in children or young people



Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

Trust Values

Courtesy and respect

- A welcoming and positive attitude
- Polite, friendly and interested in people
- Value and respect people as individuals
So people feel welcome

Attentively kind and helpful

- Look out for dignity, privacy & humanity
- Attentive, responsive & take time to help
- Visible presence of staff to provide care
So people feel cared for

Responsive communication

- Listen to people & answer their questions
- Keep people clearly informed
- Involve people
So people feel in control

Effective and professional

- Safe, knowledgeable and reassuring
- Effective care / services from joined up teams
- Organised and timely, looking to improve
So people feel safe



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

Information for Parents / Carers

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What is a seizure?

Watching your child having a seizure is a very frightening experience. You may even think that your child is dying. Seizures are usually not as serious as they look. A seizure is a disturbance of electrical activity in the brain that causes messages to become mixed up. There are different sorts of seizures (sometimes called 'fits' or 'convulsions'). Often children become unconscious and are not able to respond to you. They may fall and there can be jerking of the limbs.

Is it epilepsy?

A single seizure does not mean your child has epilepsy - this may be the only seizure that your child ever has. If your child has more seizures they may require further investigations and / or treatment.

What should you do if your child has another seizure where they are unconscious and jerking?

DO:

- Assess the situation
- Note the time - how long did it last?
- Move objects that may cause injury
- Put something soft under their head
- Turn on side as soon as possible
- Stay with your child.

DO NOT:

- Panic
- Move your child unless in danger
- Restrict movements
- Place anything in their mouth
- Give anything by mouth until fully recovered.

Call an ambulance (999) if:

- You are frightened or need help
- The seizure continues for more than five minutes
- If one seizure follows another
- If your child is injured or you are concerned about their breathing
- You believe they need medical attention.

If you have **not** called for an ambulance because the seizure is short lived, you will need to inform your GP or a health professional.

What should you tell other people?

It is a good idea to let other people know that your child has had a previous seizure e.g family, friends, your child's school / playgroup, nursery or childminder. Why not share this leaflet with them?

Will my child be safe?

It is important to let your child take part in all their normal activities. However, you need to take extra care when thinking about bathing, swimming, cycling and cooking.

For more information you could contact your GP, or your child's health visitor or school nurse.

