

# Seizures

## What are seizures?

A seizure is a sudden, uncontrolled electrical disturbance in the brain. It can cause changes in your behavior, movements or feelings, and in levels of consciousness. There are many types of seizures, which range in severity. Seizure types vary by where and how they begin in the brain. Most seizures last from 30 seconds to two minutes, rarely for extended periods of time. A seizure can affect people in different ways. Some may be barely noticed, while others cause uncontrolled movements of the body. Watching someone have a seizure can be frightening. Try your best to remain calm.

## Possible Causes

The cause of a seizure may be unknown or occur due to

- A Stroke
- Head Injury
- Infections like Meningitis
- Brain Tumor
- Illegal or recreational drugs
- Low blood sodium
- Fever
- Medications

## Signs and Symptoms

- Blank staring or blinking
- Temporary confusion
- Blurred vision
- Eyes rolling to the back of the head
- Stiffening of the body
- Muscle jerking/twitching
- Inability to speak
- Temporary loss of bowel/bladder control
- Loss of consciousness
- Cognitive or emotional symptoms (fear, anxiety, or déjà vu)

## Management

**\*\*Safety is the first concern! Stay with the person during the seizure.**

- Keep the person safe from injuring themselves on objects nearby.
- Support the head by placing a pillow if possible.
- Turn the person on their side if vomiting occurs, and when the seizure ends
- Never restrain the person, or place something in their mouth
- Administer medications as instructed

If you need help with your symptoms, call VNA 24hrs a day:

**214-689-0000**

## Treatment

- Anticonvulsants: \_\_\_\_\_
- Ketogenic Diet: \_\_\_\_\_
- Anxiolytics: \_\_\_\_\_

## What should I communicate to the hospice/palliative care team?

- Any injuries
- Missed medications
- Description of the seizure
- Body parts involved (twitching, loss of bowel/bladder)
- Length of seizure
- Behavior of person during and after seizure (was there a loss of consciousness?)

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