

([Mewasingh, 2014](#)).

Most febrile seizures have stopped by the time the child is taken to a medical facility and require no treatment. Once the seizure continues for more than 5 minutes, it is likely that it will continue for some time ([Seinfeld, Shinnar, Sun, et al, 2014](#)). Initial treatment consists of administering a benzodiazepine: IV lorazepam; IV or rectal diazepam; or IV, buccal, or intranasal midazolam ([Bassan, Barzilay, Shinnar, et al, 2013](#)). The majority of children with febrile status epilepticus will require administration of multiple antiepileptic medications for seizure control ([Seinfeld, Shinnar, Sun, et al, 2014](#)). Antipyretic therapies will not prevent a seizure and are ineffective at lowering the temperature of a fever that leads to a febrile seizure ([Rosenbloom, Finkelstein, Adams-Webber, et al, 2013](#)). Tepid sponge baths are not recommended for several reasons: they are ineffective in significantly lowering the temperature, the shivering effect further increases metabolic output, and cooling causes discomfort to the child. Parental education and emotional support are important interventions. Information may need to be repeated depending on the parents' anxiety and education level. Parents need reassurance that children who have had febrile seizures but do not have underlying developmental problems will perform as well as other children academically and behaviorally ([Graves, Oehler, and Tingle, 2012](#)).

There is no indication for the use of daily prophylactic antiepileptic medication for febrile seizures because the risk of adverse side effects outweighs any potential benefit ([Offringa and Newton, 2013](#)). Children who have had four or more febrile seizures, have a family history of epilepsy, and have complex febrile seizures have an increased risk but still a low rate of 2% to 7%, for developing epilepsy throughout the life span ([Pavlidou and Panteliadis, 2013](#)). The mechanism is unknown but is thought to be primarily genetic.

### **Nursing Alert**

If a febrile seizure lasts more than 5 minutes, parents should seek medical attention right away. Parents should call for emergency assistance (911) and not place the child who is actively having a seizure in the car.