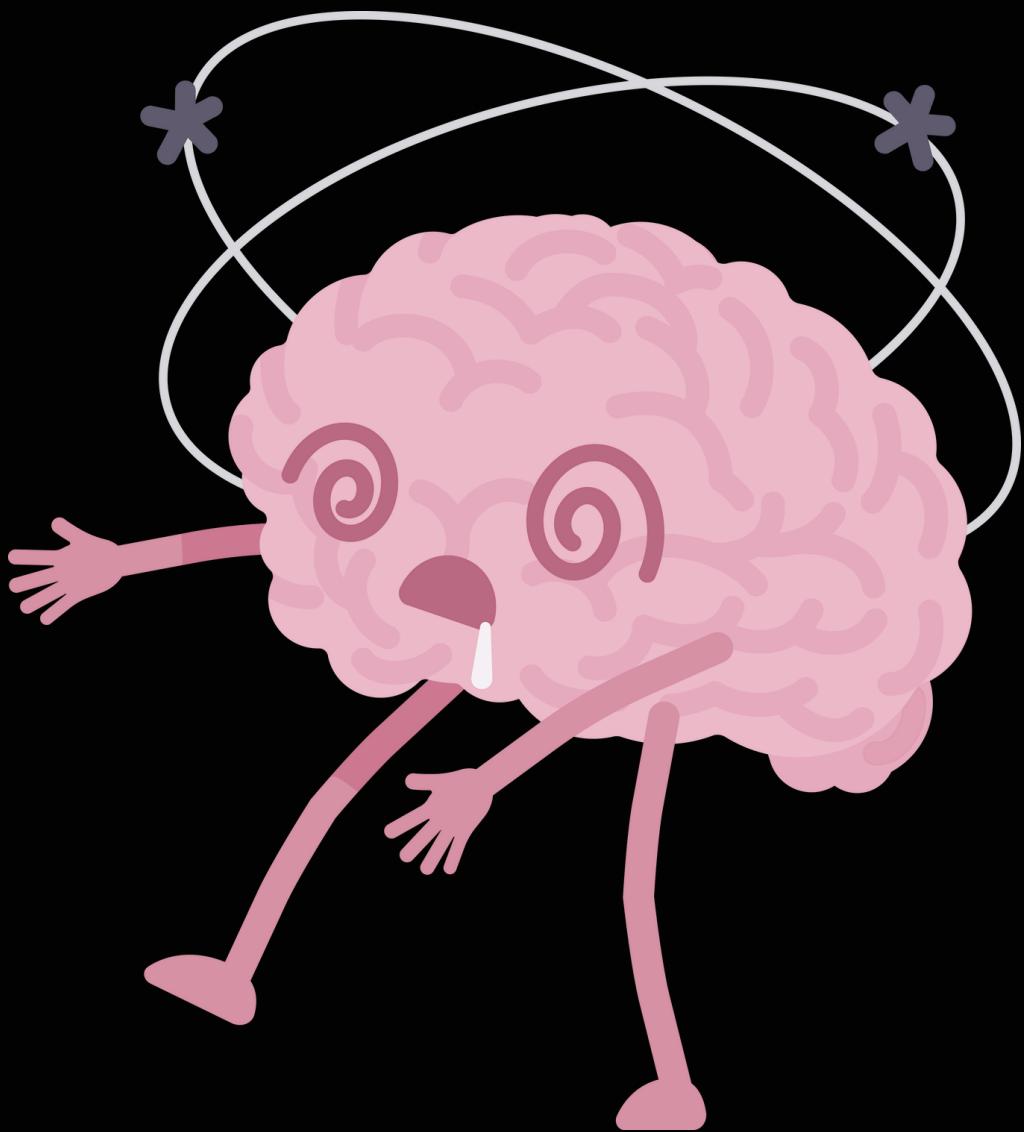




**SAMASTH**  
MEDICAL CONDITION  
AWARENESS MODULES

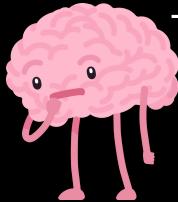


# SEIZURES

Shedding light on epilepsy:  
Empowering those affected  
to live without fear

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1. Introduction: A Day in the Park



2. Understanding Seizures

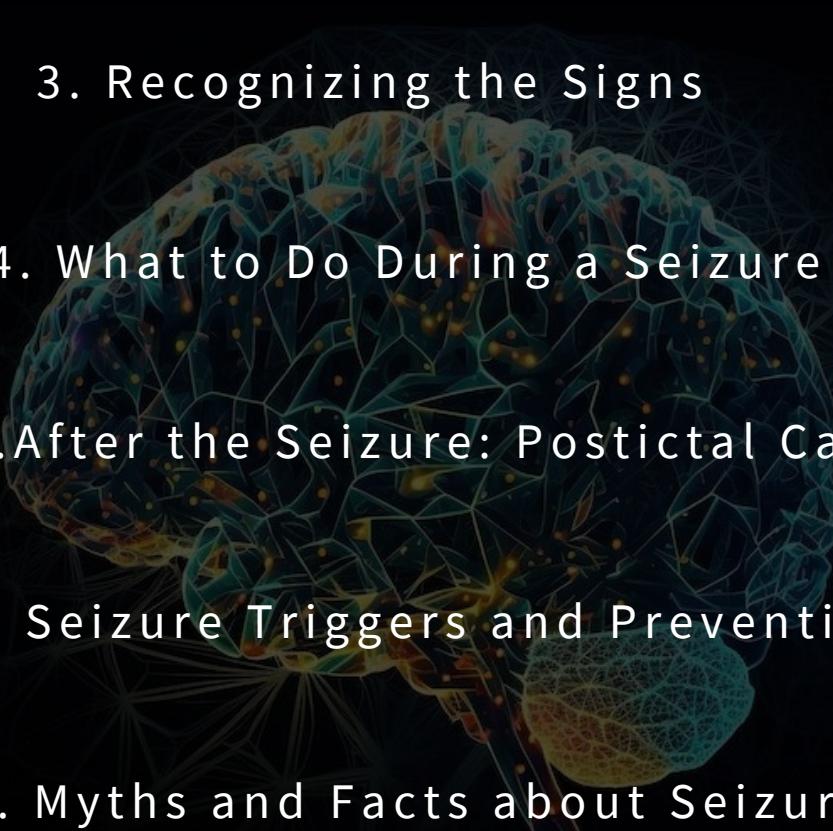
3. Recognizing the Signs



4. What to Do During a Seizure



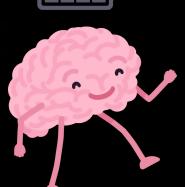
5. After the Seizure: Postictal Care



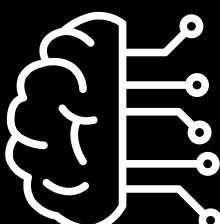
6. Seizure Triggers and Prevention



7. Myths and Facts about Seizures



8. Special Considerations for Children



9. Seizure First Aid Kit

10. Resources and Support

# INTRODUCTION

## A day in the park

It was a perfect, sunny afternoon in June, the kind that invites families to enjoy the outdoors. The Malhotra family, like many others, chose the local park for their weekend outing. Children laughed and played, while parents relaxed on benches, soaking in the summer warmth.



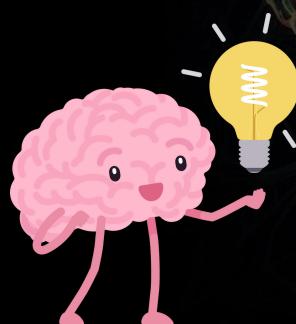
Suddenly, a commotion arose near the playground. **A young boy named Ram** had collapsed and **was having fits** on the ground. Panic set in as **bystanders, unsure of what to do**, watched in horror. **Mrs. Padmaja, a nurse** with years of experience, **swiftly moved into action**. She **calmly instructed people to step back**, placed her **hand under Ram's head**, **turned him to the side** to protect him from injury and from aspirating the foamy thing coming out from the corner of his mouth, and **timed the seizure**. Her quick thinking ensured *Ram's safety until an ambulance arrived.*

This incident underscored the importance of being prepared for such emergencies. This module aims to equip you with essential knowledge and skills to effectively assist in such situations, making a crucial difference before professional help arrives.

# WHAT IS A SEIZURE ?

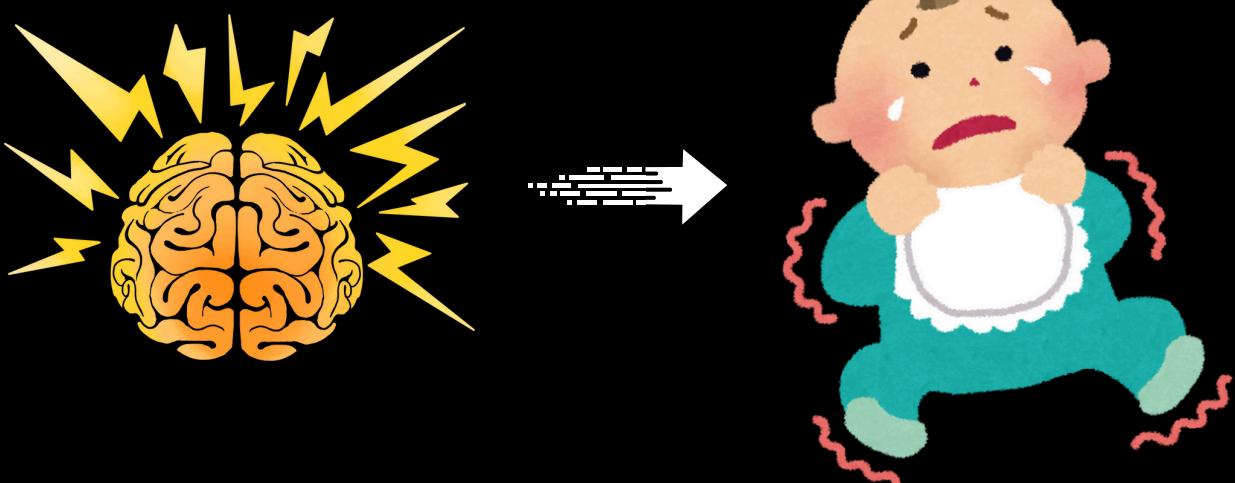
A seizure is a **sudden surge of electrical activity** in the brain, leading to **changes in behavior, movements, feelings, or levels of consciousness**. Seizures can result from various conditions, including epilepsy, infections, head injuries, or other underlying medical issues.

Seizures **can affect anyone**, regardless of age or health status. They are **symptoms, not diseases**, and can be triggered by numerous factors such as high fever, sleep deprivation, or certain medications.



## Fun Fact:

The term “epilepsy” originates from the Greek word “epilambanein,” which means “to seize or attack.”



# TYPES OF SEIZURES

## 1. Generalized Seizures:

Affect both sides of the brain  
and include:

Absence  
Seizures

Tonic-Clonic  
Seizures

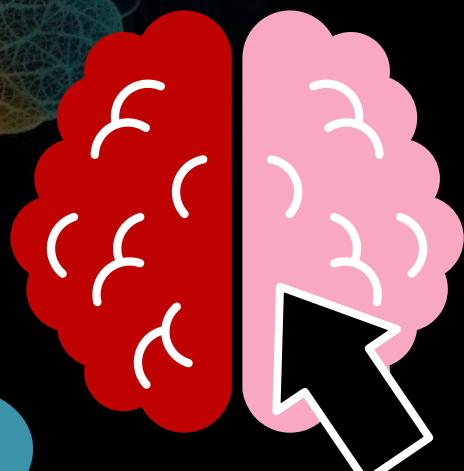


## 2. Focal Seizures:

Affect only one part of the brain  
and include:

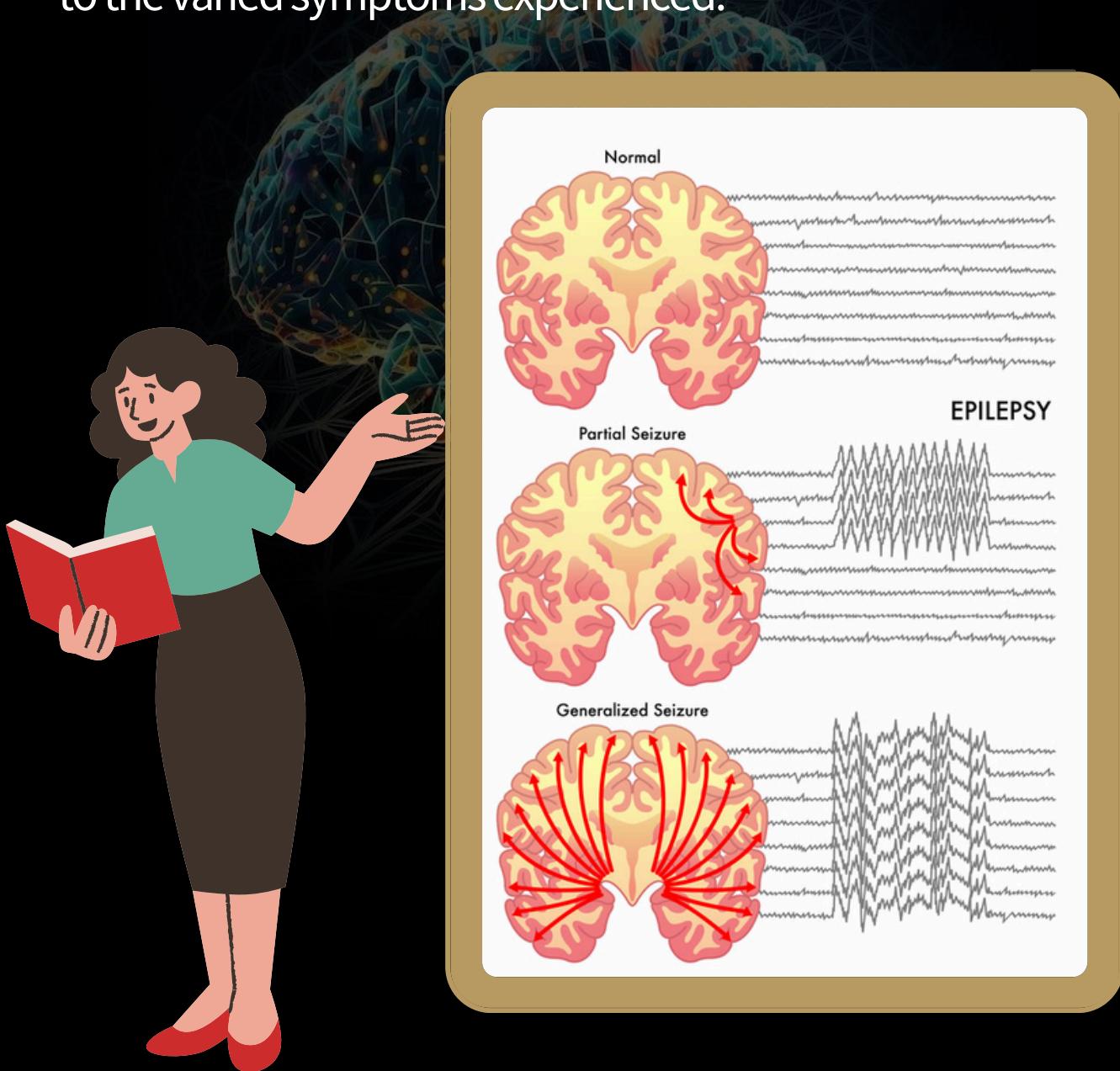
Simple Focal  
Seizures

Complex Focal  
Seizures



# HOW IS THE BRAIN AFFECTED?

Seizures result from abnormal electrical activity in the brain. Neurons communicate through electrical impulses, and during a seizure, these impulses are disrupted, leading to the varied symptoms experienced.



# RECOGNIZING THE SIGNS

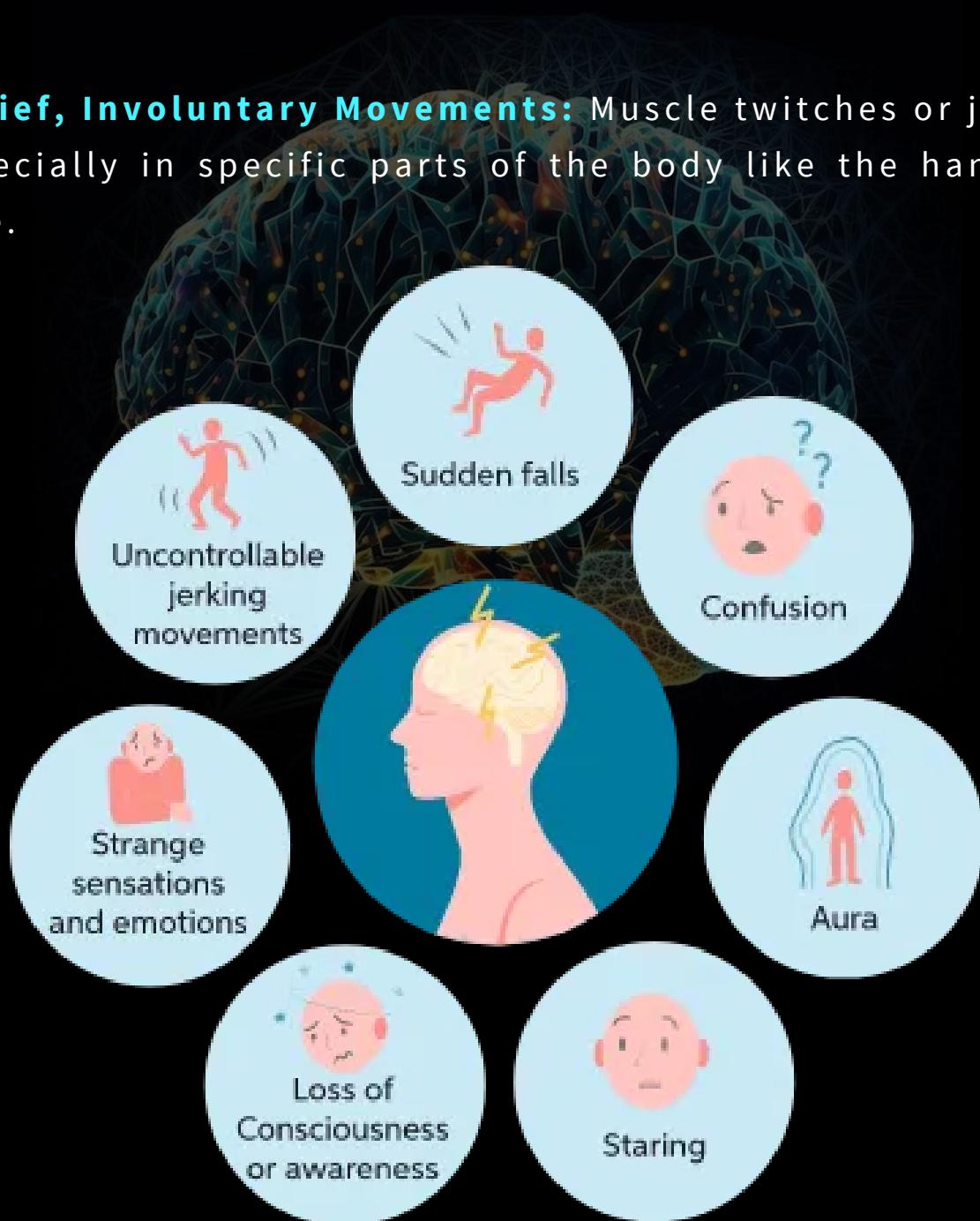
## COMMON SYMPTOMS

- **Tonic-Clonic Seizures:** Sudden cry, fall to the ground, muscle stiffening, followed by rhythmic jerking movements, possible loss of bladder control, or biting the tongue.
- **Absence Seizures:** Brief episodes of staring, often lasting a few seconds, appearing as if the person is daydreaming.
- **Simple Focal Seizures:** Involuntary jerking of a limb, changes in sensory perception, such as a strange smell or taste.
- **Complex Focal Seizures:** Confusion, repetitive movements, unawareness of surroundings.



# ATYPICAL SYMPTOMS

- **Emotional Changes:** Sudden onset of emotions like fear or joy without a clear cause.
- **Unusual Sensations:** Experiencing odd smells, tastes, or feelings not present in the environment.
- **Brief, Involuntary Movements:** Muscle twitches or jerks, especially in specific parts of the body like the hand or face.





# WHAT TO DO DURING A SEIZURE

## STEP BY STEP RESPONSE

1. **Stay Calm:** Your calm presence will help others stay composed and prevent panic.
2. **Protect the Person:** Clear the area of any objects that might cause injury. Place something soft under their head.
3. **Do Not Restrain:** Let the seizure run its course. Trying to hold the person down can cause harm.
4. **Time the Seizure:** Use a watch or phone to track the seizure's duration. This information is vital for medical personnel.
5. **Turn Them on Their Side:** If possible, gently roll the person onto their side to keep their airway clear and prevent choking.
6. **Stay with Them:** Provide comfort and support as they regain consciousness. They may be disoriented or confused.
7. **Do Not Put Anything in Their Mouth:** This is a common myth and can lead to choking or injury.

# WHAT NOT TO DO DURING A SEIZURE

- Do not **attempt to hold the person down**.
- Do not **place any objects in their mouth**.
- Do not **give them food or drink** until they are fully conscious.
- Do not **try to move the person** unless they are in immediate danger.

**SEIZURES**  
*Dos and Don'ts*

**Do:**

- ✓ Do remove sharp or dangerous objects from the area
- ✓ Do check for fluid or vomit in their mouth that could choke them
- ✓ Do time the seizure and check their breathing

**Don't:**

- ✗ Don't offer food or water until the seizure has stopped
- ✗ Don't put anything in their mouth
- ✗ Don't try to restrain the person or stop the jerking

**ACT Government | ACT Health**

# AFTER THE SEIZURE-

## POSTICTAL CARE

### IMMEDIATE AFTERCARE



- **Check for Breathing and Responsiveness:** Ensure the person is breathing normally and check for any signs of distress.
- **Stay with the Person:** Continue to provide comfort and support as they regain their bearings. The postictal state can be disorienting and frightening.
- **Offer Support:** Explain what happened in a gentle manner, as they may not remember the event. Provide reassurance and let them know help is on the way if needed.

## WHEN TO SEEK EMERGENCY HELP



- 5 The seizure lasts more than 5 minutes.
-  The person has another seizure soon after the first.
-  The person does not regain consciousness after the seizure.
-  The person has difficulty breathing or shows signs of injury.
-  The seizure occurs in water, or the person is pregnant



Check for  
breathing and responsiveness



Turn them to their side



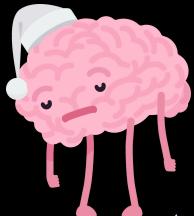
## EMOTIONAL SUPPORT

**Understanding Reactions:** The person may feel embarrassed, confused, or frightened after a seizure. Offer reassurance and support without making them feel self-conscious.

**Encouraging Dialogue:** Ask if they need anything and offer to contact someone on their behalf. Respect their need for privacy or additional support.

# TRIGGERS AND PREVENTION

## COMMON TRIGGERS



**Sleep Deprivation**



**Emotional or physical stress**



**Alcohol and Drug Use.**



**Flashing Lights:** For those with photosensitive epilepsy

## HOW TO HELP PREVENT TRIGGERS

**Encourage Regular Medication**



**Promote Healthy Habits**

Emphasize the importance of regular sleep, a balanced diet, and stress management.



**Reduce Trigger Exposure**

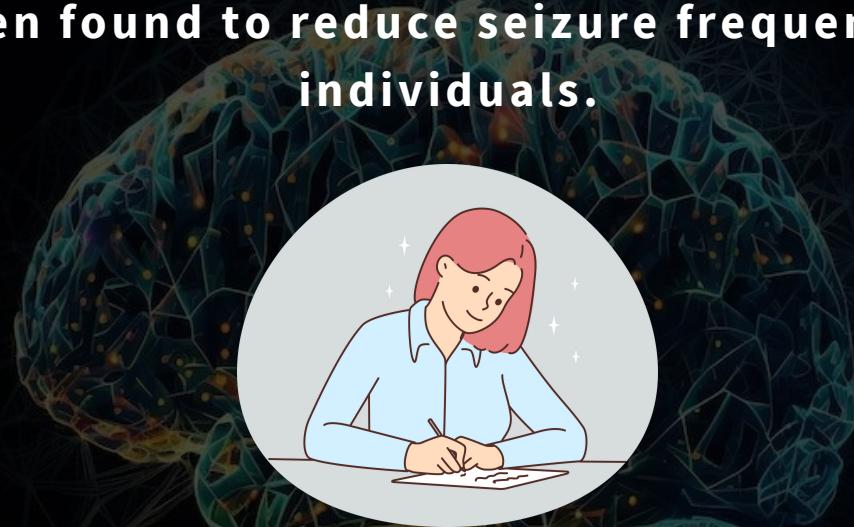


# LIFESTYLE CHANGES



## Diet and Nutrition:

Certain diets such as **ketogenic diets**, have been found to reduce seizure frequency in some individuals.



## Avoiding Known Triggers:

Keeping a seizure diary can help identify and avoid specific triggers.



## Exercise and Fitness

Regular physical activity can help manage stress and improve overall health, potentially reducing seizure frequency.

# DEBUNKING COMMON MYTHS ABOUT SEIZURES



## MYTH

You should put something in their mouth to prevent them from swallowing their tongue.



Only people with epilepsy have seizures.



People having a seizure can be stopped if you hold them down.



Seizures are always life-threatening.



## FACT

This is dangerous and can cause choking or injury. The tongue cannot be swallowed during a seizure.



Seizures can occur in anyone under certain conditions, such as high fever or head injury.



Restraining someone during a seizure can cause injury. It's important to let the seizure run its course while keeping the person safe.



While seizures can be serious, many are not life-threatening. Proper management and care can ensure safety.



# IMPORTANT FACTS TO KNOW

**Not all seizures involve convulsions.**

**Some seizures are subtle and involve only brief changes in behavior or consciousness.**

**Example: Absence seizures may only cause brief staring spells without any convulsions.**



**Seizures are a symptom, not a disease.**

**They are caused by various conditions affecting the brain.**

**Example: Seizures can result from infections, head injuries, or genetic factors, not just epilepsy.**



**People with epilepsy can lead full, active lives. With proper treatment, many individuals with epilepsy manage their condition effectively.**

**Example: Many famous athletes, actors, and public figures have epilepsy and lead successful, active lives.**



# SPECIAL CONSIDERATIONS FOR CHILDREN

## HOW TO HELP CHILDREN WITH SEIZURES



### Create a Safe Environment

Ensure the child's surroundings are free of potential hazards.

### Educate School Staff

Ensure teachers and caregivers understand how to recognize and respond to seizures.

### Support Social Integration

Encourage participation in social activities while ensuring safety.

## SCHOOL AND SOCIAL INTEGRATION

### Creating a Seizure Action Plan

Work with the school to develop a seizure action plan detailing steps to take during a seizure and when to seek emergency help.

### Supporting Peer Understanding

Educate classmates and friends about epilepsy and seizures to foster understanding and acceptance.



# SEIZURE FIRST AID KIT

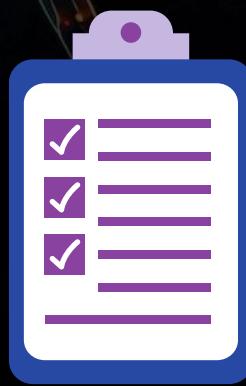
ESSENTIAL ITEMS TO HAVE ON HAND



**Emergency Contact Information**  
Include names and phone numbers of caregivers, doctors, and family members.

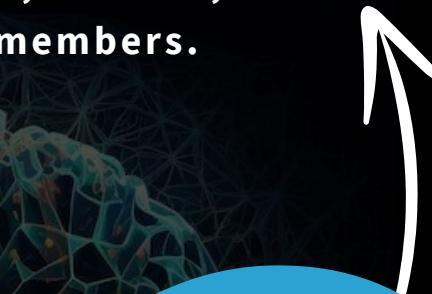
## Medical Information

List medications, allergies, and any other relevant medical information.



## Seizure Response Plan

A written plan detailing what to do during a seizure and when to seek emergency help.



# CREATING A PORTABLE KIT



## Carry Essentials

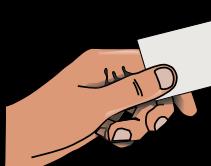
Ensure emergency information and necessary items like medicines are easily accessible when traveling or away from home.



## Inform Travel Companions

Share your seizure action plan and educate travel companions on how to respond in case of a seizure.

# EMERGENCY CONTACT CARDS



## Key Information

Include emergency contact numbers and essential medical details on a wallet-sized card.

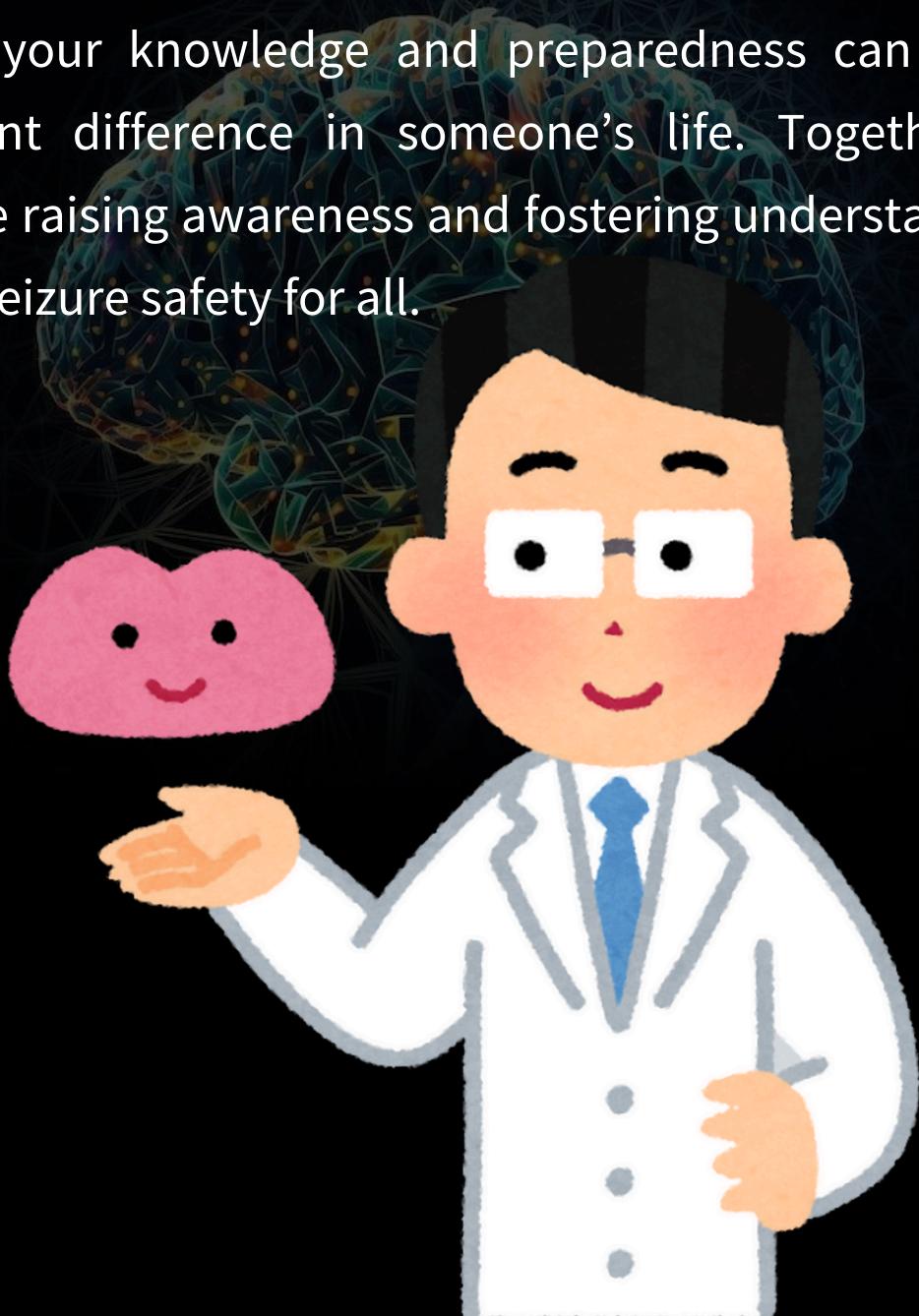


## Accessible Information

Ensure emergency responders can quickly access vital information in case of a seizure.

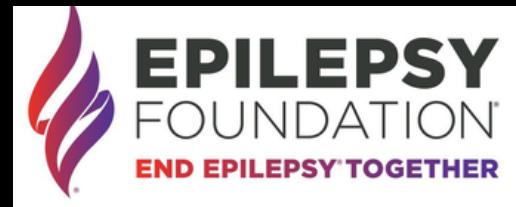
# CONCLUSION

In conclusion, understanding seizures empowers you to respond effectively and compassionately in critical moments. By debunking myths, providing practical guidance, and promoting supportive environments, we can create a safer, more inclusive community for individuals living with epilepsy. Whether at home, school, or in public spaces, your knowledge and preparedness can make a significant difference in someone's life. Together, let's continue raising awareness and fostering understanding to ensure seizure safety for all.



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**VALIDATED BY**

# OUR TEAM



**P B BHARATH CHANDRA**

Founder, Editor,  
Content creator.

Batch 2021

Apollo Institute of Medical  
Sciences and Research,  
Hyderabad.



**NAVADEEP ASHWINI**

Co-founder, Supervisor

Batch 2020

Kakatiya Medical College,  
Warangal.



**MANASWINI MALLADI**

Head of content creation  
team

Batch 2021

Mamata Academy of Medical  
Sciences, Hyderabad.



**SUNAISHA ADDANKI**

Head of Designing Team,  
Designer-in-chief.

Batch 2021

Gandhi Medical College,  
Secunderabad.



**SRIJANJALI BALAGONI**

Head of Designing Team &  
Social media handle.

Batch 2022

Malla Reddy Medical College  
for Women, Hyderabad.



**ATIKA ZAINAB**  
Co-Head Designing & Content  
creation team.  
**Batch 2023**  
**Gandhi Medical College,**  
**Secunderabad.**



**HEMA SREE N**  
Co-head Designing & Content  
Creation Team.  
**Batch 2023**  
**Gandhi Medical College,**  
**Secunderabad.**



**B.SAI MADHAV**  
Content Creator  
**Batch 2022**  
**Government Medical College,**  
**Mahabubnagar.**



**KM KUNDANA SREE**  
Editor in cheif  
**Batch 2023**  
**TRR Medical College**

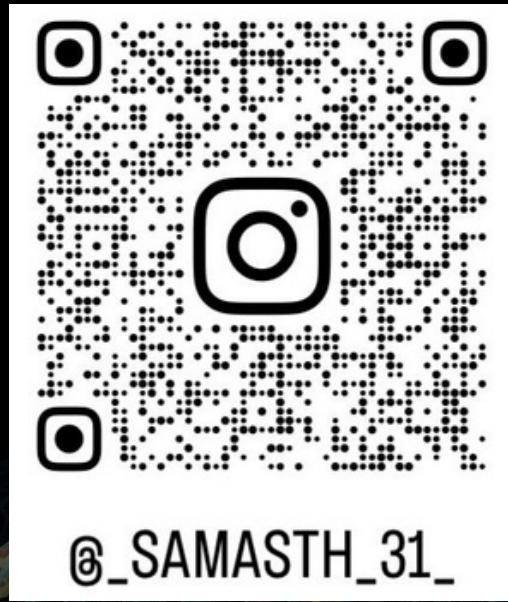


**VEEKSHITHA SAMINENI**  
Module designer.  
**Batch 2022**  
**Sarojini naidu vanita pharmacy**  
**maha vidyalaya.**  
**Hyderabad.**



**HIRANYA TADURI**  
Module designer.  
**Batch 2022**  
**Sarjojini naidu vanita pharmacy**  
**maha vidyalaya.**  
**Hyderabad.**

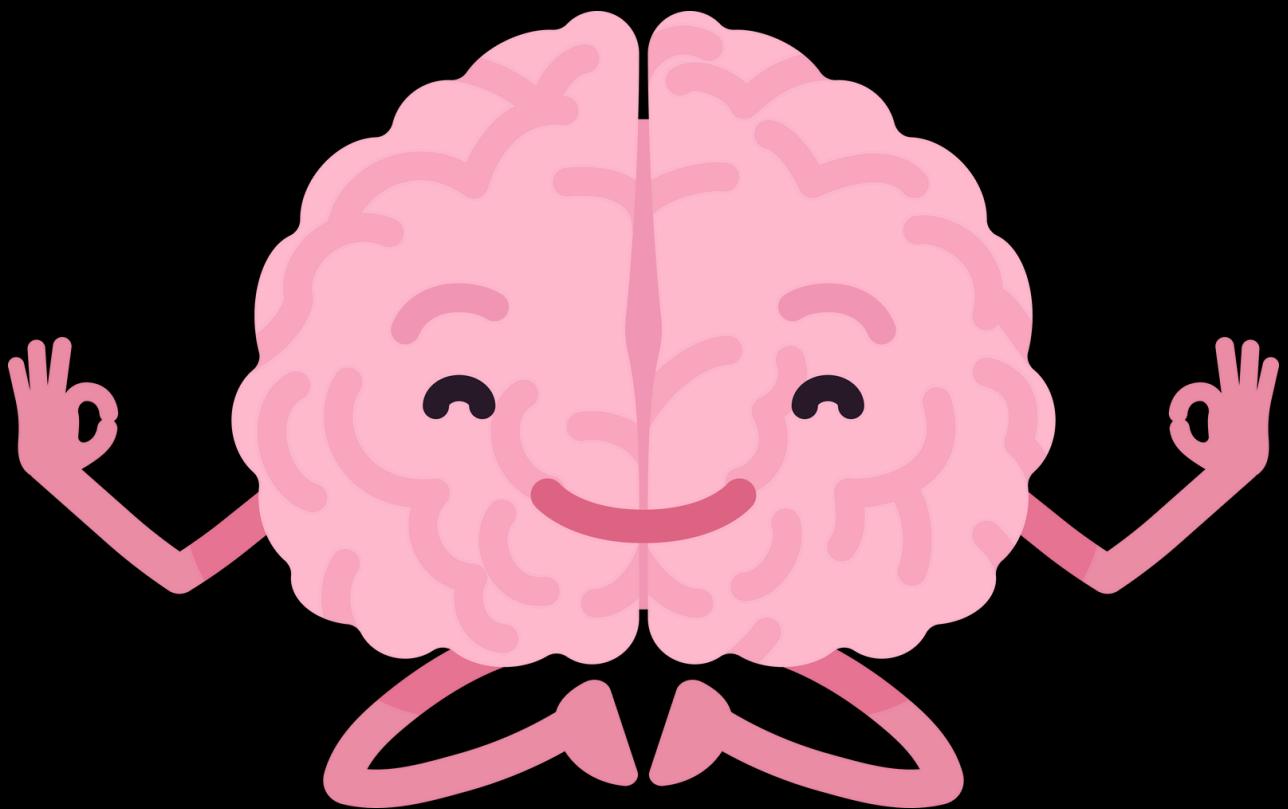
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Stay informed,  
stay prepared,  
stay seizure-free!