

Introduction to Epilepsy, Seizures and Seizure First Aid





Mission

The **mission** of the **Epilepsy Foundation Hawaii** is to **lead the fight** to overcome the challenges of living with epilepsy and to **accelerate therapies** to **stop seizures, find cures, and save lives.**

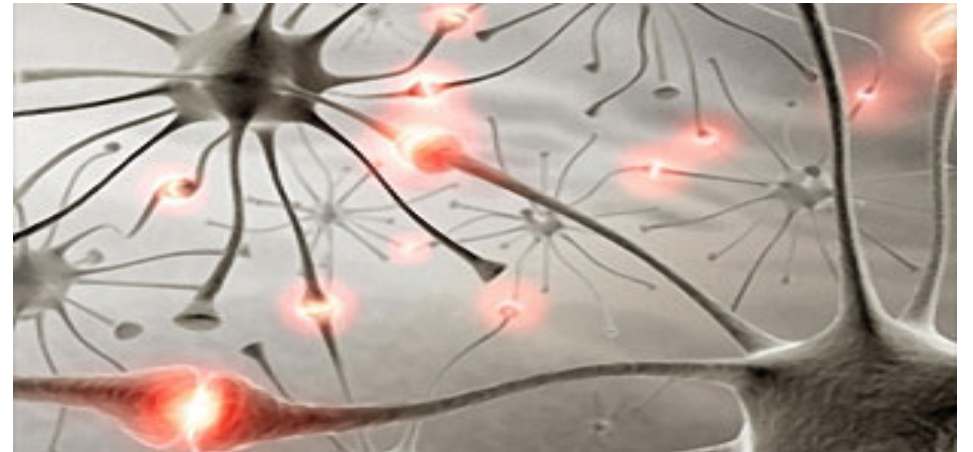
Our goal is to increase public awareness of epilepsy and to build a sense of community, enabling people with epilepsy to participate fully in the community at large.

What is a seizure???

A **seizure** is a sudden, brief disruption of the normal functioning of neurons in the brain – it is a symptom.....

- May start in one place – focal
- May start over entire brain – generalized

An ‘electrical storm’ in the brain



What is epilepsy?

Epilepsy is a neurological condition, a group of diseases that share the occurrence of unprovoked seizures

- Two or more unprovoked seizures within a life span
- One seizure with a high probability of recurrent seizures

A broad range of severity
few seizures over a lifetime
several seizures every day



How common is epilepsy?

1 in 26 individuals in the US will be diagnosed with epilepsy in their lifetime

- Estimated 14,000 people diagnosed in Hawaii
- Epilepsy is the 4th most common neurological condition in the US
- Epilepsy is more common than autism spectrum disorder, Parkinson's disease, multiple sclerosis, and cerebral palsy combined.



Causes of epilepsy

In about 70 percent of cases there is no known cause (idiopathic).

Anyone can have a seizure or develop epilepsy due to brain injury.

Common causes of injury are:

Stroke

Tumor

Poisoning

Chemical imbalances

Severe infections of the brain (meningitis or encephalitis)

Traumatic Brain Injury

Congenital malformation and syndrome – anatomical and metabolic

Common triggers

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Seizure Classifications

Have you witnessed a GTC or convulsion before?

Did you know that confusion, wandering or inability to speak could all be signs of seizure activity?

Understanding Seizure Classification

Generalized Seizure

Seizure starts over entire brain at once

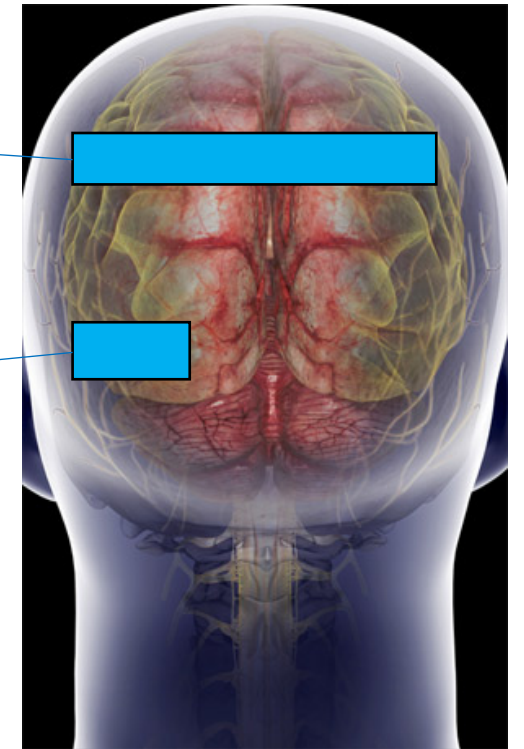
Seizure types – absence and convulsions (GTC)

Partial Seizure

Seizure starts in one location of the brain, may spread

Symptoms relate to the part of the brain affected

Seizure types - Simple and Complex



Generalized Tonic-Clonic

- ✓ May be called Grand mal, GTC or convulsion
- ✓ Characterized by falls, stiffening, and shaking
- ✓ Usually lasts less than 2 minutes
- ✓ Person may lose bladder or bowel control
- ✓ Shallow breathing and drooling may occur
- ✓ Person may be slow to respond; confusion may follow convulsion
- ✓ Sleepiness, headache &/or muscle aches after are common
- ✓ Post Ictal period- should be able to answer questions correctly after a few minutes

GTC Seizure Video



First Aid for Generalized Tonic-Clonic

What you can do to help

- ✓ Stay calm and track time
- ✓ Check for medical ID (bracelet or necklace)
- ✓ Turn person on side, when safe – reduces aspiration and assists breathing
- ✓ Remove harmful objects and cushion head – reduces injury
- ✓ Keep airway open - avoid pillows over mouth or inserting objects into mouth After the seizure ends, remain with the person until consciousness and awareness of surroundings is fully regained
- ✓ Assist them to find transportation if needed, or allow them to continue about their day



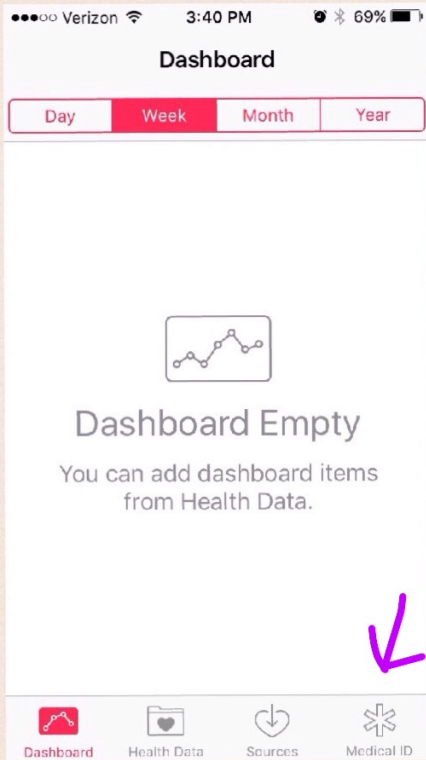
Medical ID

1.



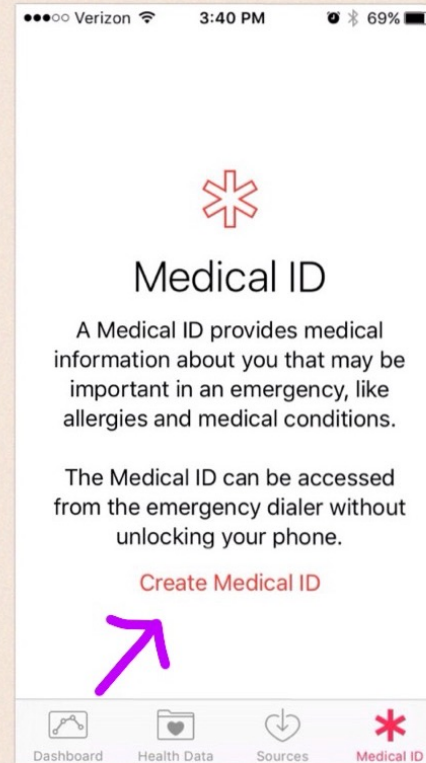
**TOUCH
HEALTH**

2.



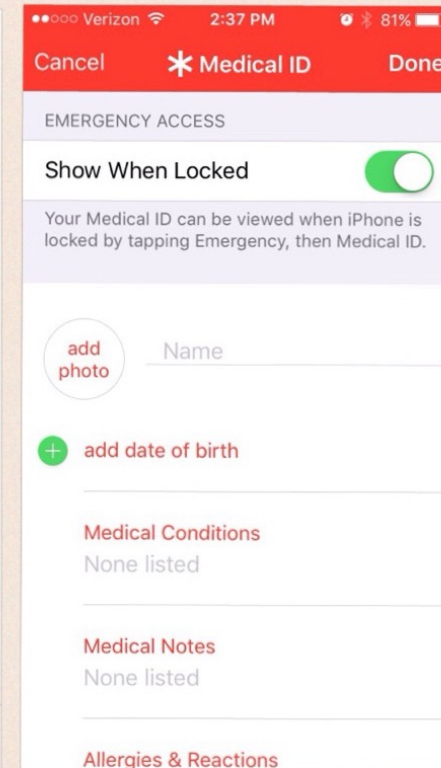
**TOUCH
MEDICAL
ID**

3.



**TOUCH
"CREATE"**

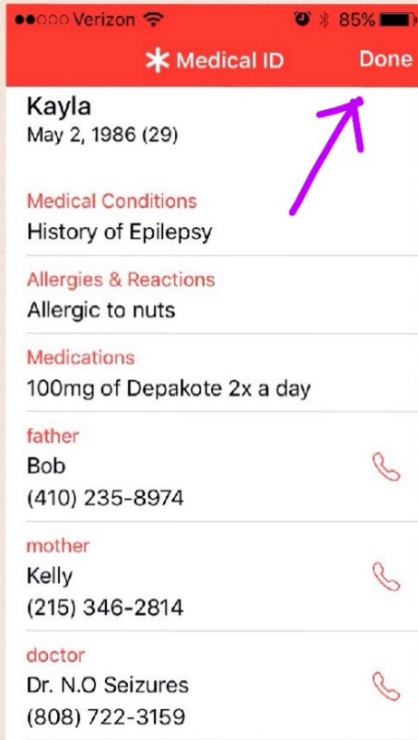
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**FILL IN
INFO**

Medical ID

5.



**COMPLETED
INFO**

6.



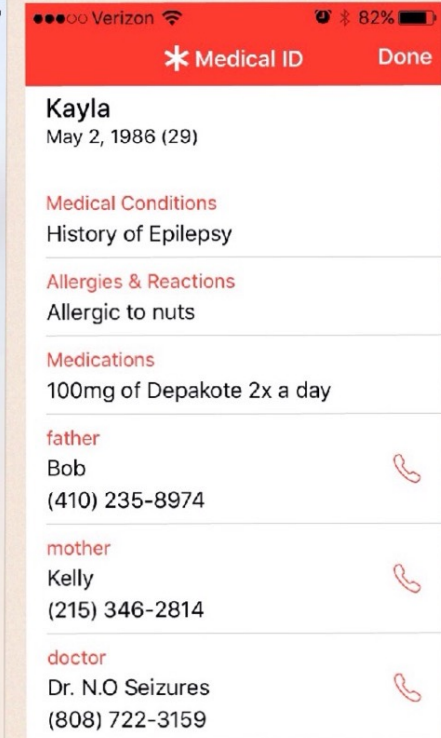
**TOUCH
EMERGENCY**

7.



**TOUCH
MEDICAL ID**

8.



**FINISHED
PRODUCT!**

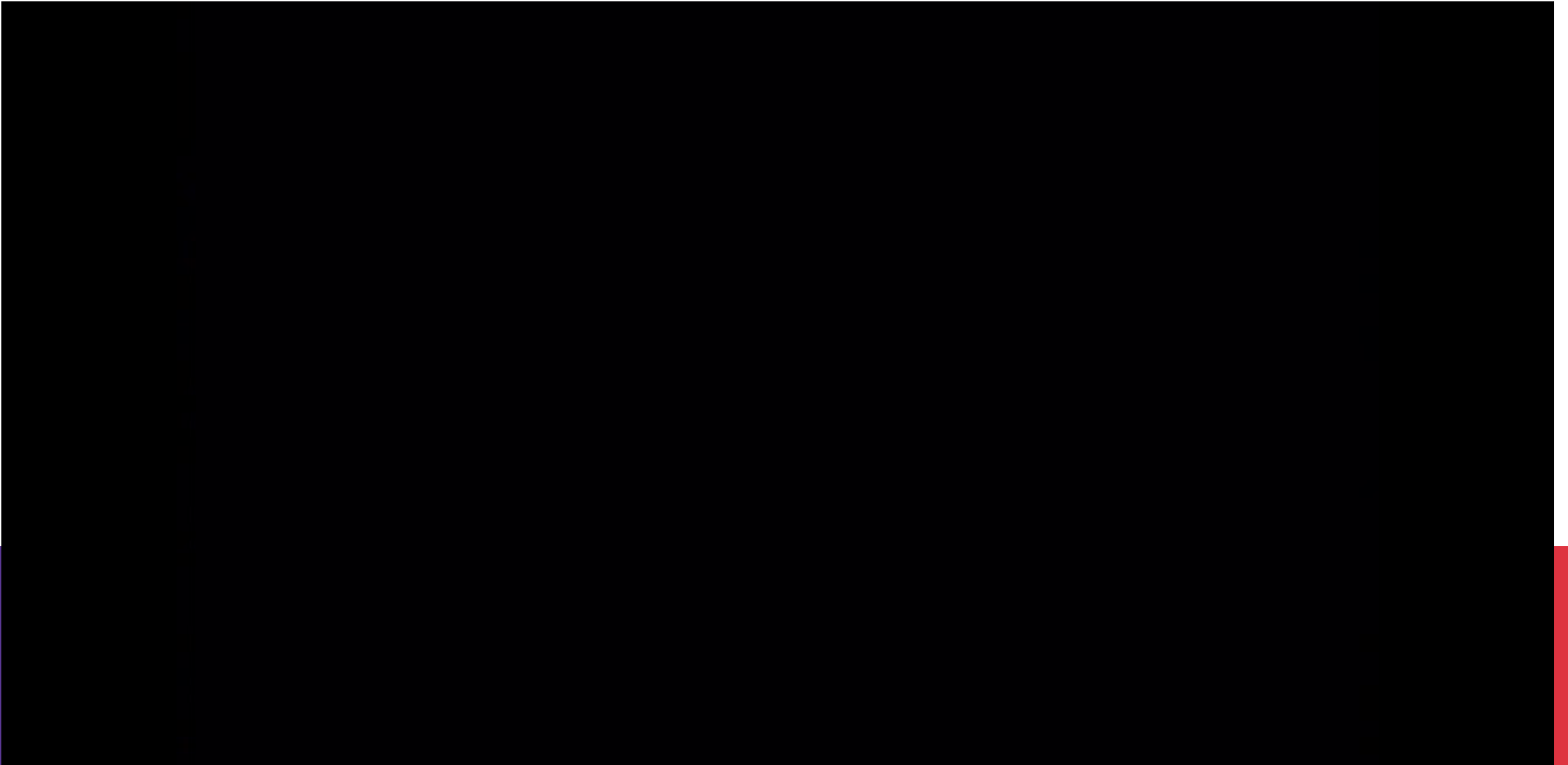
Absence Seizures

- ✓ Previously called petit mal
- ✓ Pause in activity with blank stare
- ✓ Brief lapse of awareness
- ✓ Usually lasts 1 to 10 seconds
- ✓ May occur many times a day

What you can do to help

- ✓ Provide protective environment
- ✓ No first aid is necessary
- ✓ Alert if seizures increases

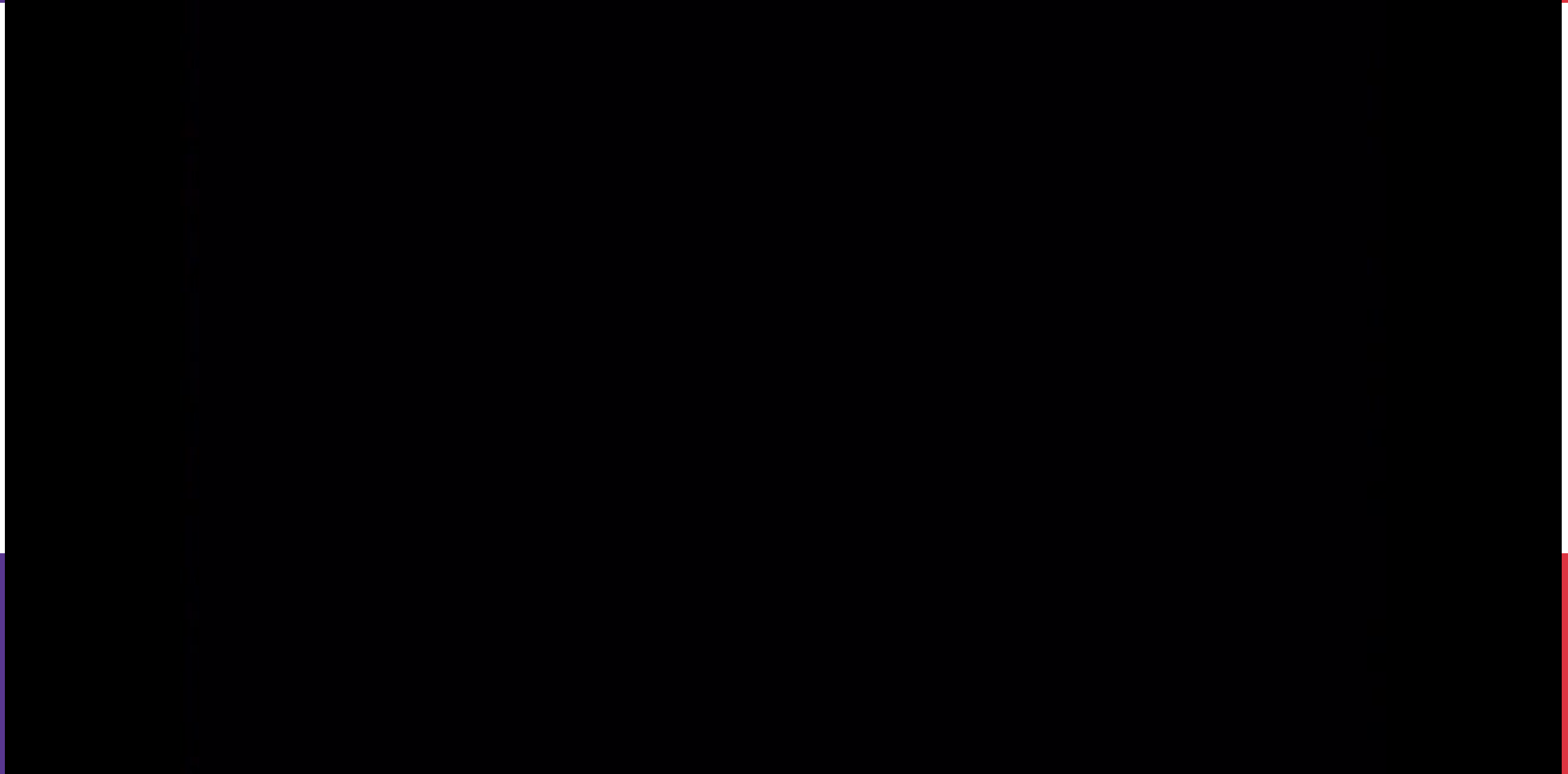
Absence Seizures Video



Complex Partial Seizures

- ✓ Impaired awareness or inability to respond
- ✓ Person may have a warning – Aura (simple partial seizure)
- ✓ Often begins with blank, dazed stare
- ✓ Repetitive purposeless movements
- ✓ Clumsy or disoriented movements, aimless walking, picking things up, lip smacking, chewing, tongue movements
- ✓ May become combative if restrained
- ✓ May be confused with agitated demeanor
- ✓ Usually lasts less than 2 minutes

Complex Partial Seizures Video



First Aid for Complex Partial Seizures

What you can do to help

- ✓ Stay calm and reassure others
- ✓ Track time
- ✓ Check for medical ID (bracelet, necklace or phone)
- ✓ Do not restrain unless immediate harm exists
- ✓ Gently direct away from hazards or remove hazards
- ✓ Do not expect person to respond to verbal instructions
- ✓ Remain with person until fully alert and aware
- ✓ If indicated, assist to a safe location after seizure over

Complex Partial - Challenges

- ✓ Convulsions are easy to recognize. Partial seizures are not.
- ✓ Easily mistaken for an episode of mental illness, intoxication, drug use or anti-social behavior, or purposeful inattention.
- ✓ May produce a kind of dream-state, in which the person appears to be awake but is completely out of touch with surroundings
- ✓ Person will be unable to respond to directions
- ✓ Person may wander – risk for injury
- ✓ Sometimes a person having this type of seizure can cry out, flail their arms, or experience extreme fear/emotion

What NOT to do

- ✓ **Never** place anything in the mouth of someone having a seizure
- ✓ Do NOT restrain, hold down, shake or push
- ✓ Do NOT be aggressive towards an individual in a post-seizure confused state – do not try to reason
- ✓ Do NOT leave a person in a confused state during or after a seizure unless that person is in the care of a family member or other responsible person

When is a Seizure an Emergency?

- ✓ First time seizure
- ✓ Convulsive seizure that lasts longer than 5 minutes
- ✓ Repeated seizures without regaining consciousness
- ✓ Confusion or change in ability to respond longer than 30 minutes
- ✓ Normal breathing does not resume
- ✓ Person is injured
- ✓ Person has diabetes or is pregnant
- ✓ Seizure occurs in water

Most seizures stop without intervention.

Call 911 or go to ER for:

Impact on Learning

- ✓ Most students with epilepsy have IQ's within the normal range
- ✓ Risk of learning problems is 3x greater than average
- ✓ Students who experience seizures may have difficulty with learning, memory, attention and concentration
- ✓ Students may be eligible for special education and related services
- ✓ Students who achieve seizure control quickly, with few medication side effects, have the best chance for normal educational achievement
- ✓ Self-esteem and social stigma can impact learning
- ✓ Ideal environment is for family and class to instill inclusion and normalcy

Impact on Psychosocial Development

There is an association between seizures/epilepsy and the following:

Impaired self-image/self-confidence (shame/embarrassment)

Low self-esteem

Anxiety

Delayed social development

Once seizures are under control, the psychosocial impact may outweigh the medical impact.

I AL  HA

someone
living with
epilepsy!



**EPILEPSY
FOUNDATION**
Hawaii

Talk Story Support Groups - Every 2nd Wednesday of even months



Having epilepsy or caring for someone who does can be challenging.

Sometimes the practical problems of daily living or searching for resources may seem overwhelming.



Talk Story 2019

I AL♥HA
someone
living with
epilepsy!



Held the 2nd Wednesday of even months
5:30 pm - 7:30 pm

- February 13, 2019 • August 14, 2019
- April 10, 2019 • October 9, 2019
- June 12, 2019 • December 11, 2019

200 N. Vineyard Blvd.
5th floor Conference Room
Honolulu, HI 96817

*Tune in to Facebook Live @epilepsyhawaii
* Neighbor Island TBA



The Epilepsy Foundation of Hawaii's Talk Story meetings are designed to provide support to those who are interested in learning from guest speakers on topics associated with epilepsy and connecting with others impacted by seizures.

ALL are welcome to attend these free informational events.

RSVP by calling 528-3058 or email efh@epilepsyhawaii.org



END EPILEPSY

Naomi Manuel & Jennifer Chan
Epilepsy Foundation of Hawaii
(808) 528-3058
www.epilepsyhawaii.org

Group Art

Join the Epilepsy Foundation of Hawaii for



Artistic expression can be powerful for people with epilepsy
Art can say things that words can't
It lets you express yourself



Your Partner
in Epilepsy™



END EPILEPSY

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Sharon's Ride.Run.Walk

January

HONOLULU HAWAII

sharon's
ride.run.walk.

EPILEPSY
FOUNDATION
Hawaii

5K, 10K RUN & 1 M WALK

7:30AM 5K & 10K RUNS | 7:00AM 50K BIKE RIDE
8:30AM 1 MILE WALK

KAPIOLANI COMMUNITY COLLEGE

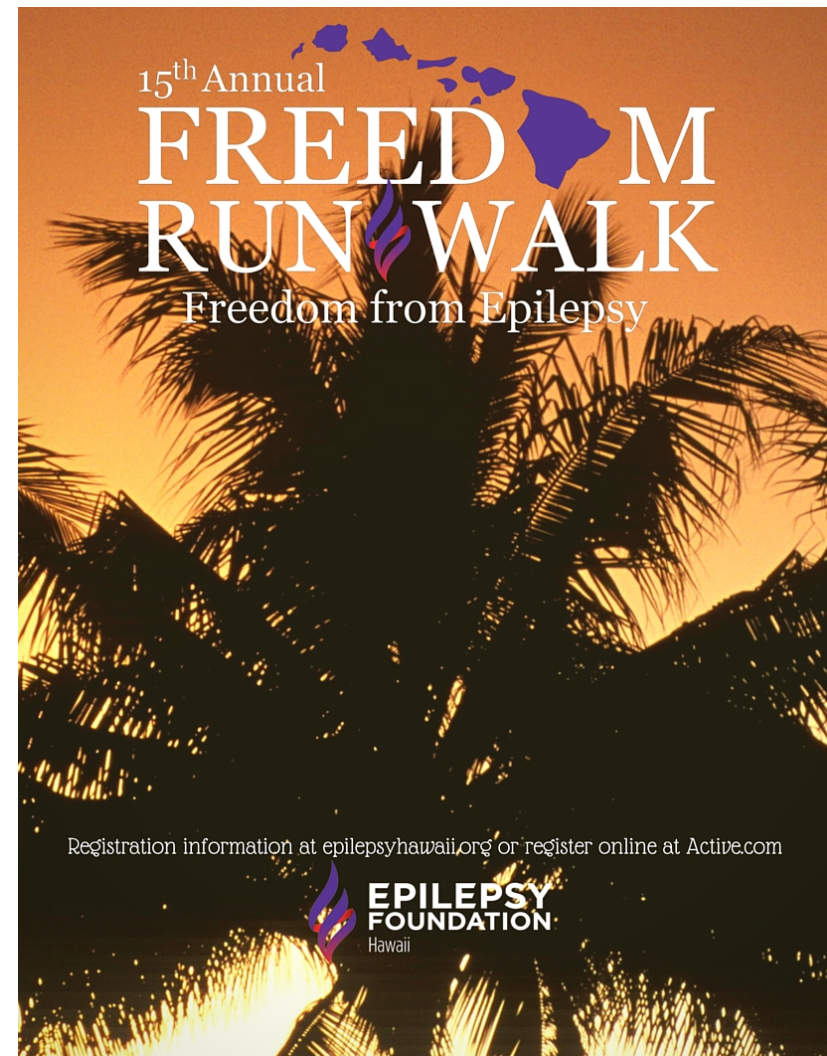
SUNDAY, JANUARY 29
TWO THOUSAND SEVENTEEN

"I aloha someone living with epilepsy"

> **LOADS OF PRIZES!** > **MUSIC!**
> **PROFESSIONALLY TIMED RUN!**
> **AWARDS CEREMONY!**
> **LOTS OF FUN!**

Freedom Run/Walk

July 4th



END EPILEPSY

Naomi Manuel & Jennifer Chan
Epilepsy Foundation of Hawaii
(808) 528-3058
www.epilepsyhawaii.org

'Ohana Activities



EPILEPSY FOUNDATION
Hawaii

Succulent Garden Party

Saturday, May 21, 2016

Join EFH at Once Again Succulents for an afternoon of gardening.

Saturday, May 21
1:30pm to 3:30pm
41-829 Kakaina Street
Waimanalo, HI 96795
RSVP - 528.3058
Succulents, light pupus and good company will be provided.

Meet others living with epilepsy.

Be a part of the #epilepsyhawaii community.

Each participant will plant, decorate and take home their potted succulent.

This is a free event for individuals living with epilepsy and their 'ohana.



November is Epilepsy Awareness Month



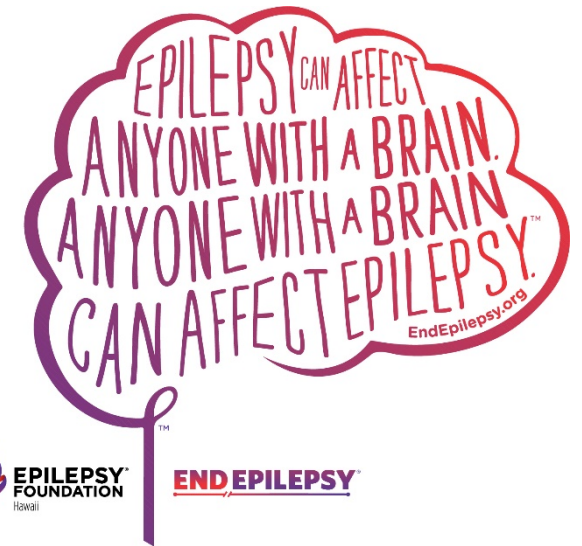
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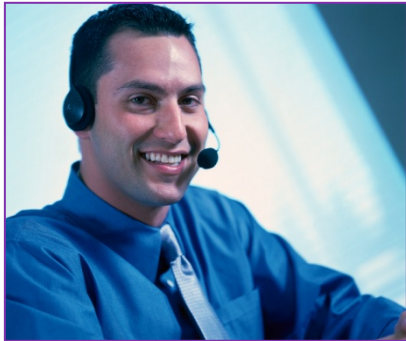
Protect Your Brain

Some epilepsies can be avoided....

- ✓ Mandate helmet use
- ✓ Maintain daily exercise, good nutrition and weight
- ✓ Avoid diabetes, hypertension, stroke
- ✓ Work close with physician to control medical conditions you may have.



People with Epilepsy can....



In summary.....

Epilepsy and seizures are COMMON | You are not alone!

1 in 26 people will develop epilepsy at some point in their life!

There are different types of seizures | Treatment options exist

The Epilepsy Foundation of Hawaii is here to help!

Together we can stop seizures, find cures and overcome the challenges created by epilepsy

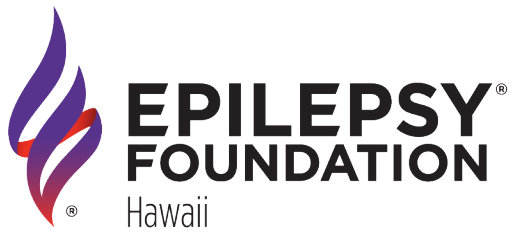
THREE WORDS THAT CHANGED MY LIFE:

You have Epilepsy



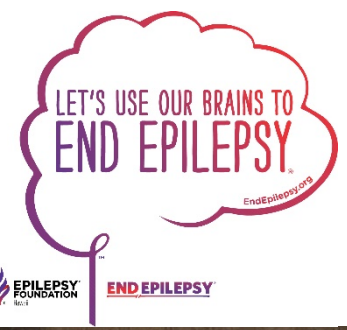
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END EPILEPSY

I AL♥HA
someone
living with
epilepsy!



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