



## Seizures

Epilepsy, also known as *Seizure Disorder*, is a common disorder of the brain that causes recurring seizures. Epilepsy affects people of all ages, but children and older adults are more likely to have epilepsy. About 6 students out of 1000 have epilepsy. For many children, epilepsy is easily controlled with medication and they can do what all the other kids can do, and perform as well academically. For others, it can be more challenging.

### Types of Seizures:

- **Focal Onset-** (formerly known as partial)
  - Occurs when only side of the brain is affected
  - Can be awake and aware during the seizure or they may have some confusion
  - **Motor symptoms:** May have repeated automatic movements, like clapping or rubbing of hands, lip smacking or chewing, or running.
  - **Nonmotor symptoms:** May have changes in sensations, emotions, or thinking, or autonomic functions (such as gastrointestinal sensations, waves of heat or cold, goosebumps, heart racing, etc.)
- **Generalized Onset**
  - Occurs when cells in both sides of the brain are involved
  - **Motor symptoms** may include **sustained rhythmic** jerking movements (**clonic**), muscles becoming weak or limp (**atonic**), muscles becoming tense or rigid (**tonic**), brief muscle twitching (**myoclonus**), or epileptic spasms (body flexes and extends repeatedly)
  - **Non-motor symptoms** are usually called **absence seizures**. These can be typical or **atypical absence seizures** (staring spells). Absence seizures can also have brief twitches (**myoclonus**) that can affect a specific part of the body or just the eyelids.
- **Unknown Onset**
  - **Motor symptoms** are described as either tonic-clonic or epileptic spasms.
  - **Non-motor symptoms** usually include a behavior arrest. This means that movement stops – the person may just stare and not make any other movements.

### Common Triggers

- Specific time of day or night
- Sleep deprivation – overtired, not sleeping well, not getting enough sleep
- At times of fevers or other illnesses
- Flashing bright lights or patterns
- Alcohol or drug use

- Stress
- Hormonal changes
- Not eating well, low blood sugar
- Specific foods, excess caffeine or other products that may aggravate seizures
- Use of certain medications

### **Basic Seizure First Aid**

#### **[Basic Seizure First Aid Link](#)**

<https://www.cdc.gov/healthyschools/npao/epilepsy.htm>

<https://www.epilepsy.com/learn/about-epilepsy-basics/what-epilepsy>