



Coláiste na Tríonóide, Baile Átha Cliath Trinity College Dublin

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Guidelines for responding to Epilepsy Seizure

During a Seizure Do Not:

- put anything in the mouth
- restrain or restrict movement during the seizure
- give anything to eat or drink
- move the person unless they are in danger

During a Seizure:

- note the time
- clear a space around the person
- cushion the head to prevent head and facial injury
- remove spectacles, if worn
- loosen tight neckwear
- loosen chest and leg safety straps on wheelchairs
- turn on side if possible, to aid drainage
- reassure others and explain what you are doing

At the end of a Seizure:

- reassure the person and tell them what has happened
- check for signs of injury and apply first aid if necessary
- observe the person and stay with them until recovery is complete (they may need assistance to return to their routine)
- provide privacy and offer assistance if there has been incontinence
- record appropriately



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Call an Ambulance:

- if it is the person's first seizure
- if a seizure lasts more than 5 minutes and you do not know the usual length of the person's seizure
- if a seizure lasts 2 minutes more than is usual, and rescue medication isn't prescribed
- if a tonic clonic seizure follows another without full recovery in between, and rescue medication has not been prescribed or been effective
- if concussion/head injury is suspected
- if you are concerned about the person's colour/breathing
- if water is inhaled
- when directed by organisational policy