

Antelope Valley Union High School District Emergency Health Plan – Seizures

Understanding Seizures:

- All seizures are caused by a sudden change in the way the brain sends signals.
- Seizures cause a momentary disruption of senses (staring spells) to short periods of unconsciousness (convulsions).
- Epilepsy is a common chronic neurological condition involving recurring and unexpected seizures because the timing of them is unknown.

Nursing Diagnosis:

- Risk for impaired electrical signals in the brain, causing deficits in safety and judgment during the occurrence.

Health Goals:

- Receives appropriate and adequate intervention during the seizure.
- Participates in school activities to the fullest extent possible with accommodations.

Signs of Non – Convulsive Seizures

Signs of Non – Convulsive Seizures	Interventions
<ul style="list-style-type: none"> • Abrupt onset • Momentary lapse of awareness • Blank staring spells • Random activity (chewing / picking) • Usually lasting 3-5 seconds followed by rapid return to normal function 	<ul style="list-style-type: none"> • Remain calm and clear the area • Allow the seizure to run its course • Provide for privacy • Guide the student away from dangerous areas or objects • Stay with the student until seizure stops and student returns to activity

Signs of Convulsive Seizures

Signs of Convulsive Seizures	Interventions
<ul style="list-style-type: none"> • Abrupt loss of consciousness • Stiffness and jerking or falling • When stiffness and jerking stops, the student may be sleepy and confused • Typically lasts 1-5 minutes 	<ul style="list-style-type: none"> • Remain calm and clear the area • Provide for privacy • Time the movements of the body • Allow the seizure to run its course • Keep airway clear • Watch for normal breathing • Let student rest when seizure stops

For the student **without previous history** of seizures, call 9-1-1

For the student **with previous seizures**, when do I call 9-1-1?

- **If the student is pregnant**
- **If the student has diabetes**
- **If the student has been injured**
- **If it lasts longer than 5 minutes**
- **If another one starts before the student regains consciousness**
- **If student does not respond to voices, attempt to open their eyes, or speak within 10 minutes after the seizure stops**

What is Status Epilepticus?

- A condition where there is not complete recovery between seizures
- When a single seizure lasts more than 30 minutes
- Consequently, the situation is life-threatening