

Epilepsy

Epilepsy seizures could strike at any time and it is hard to predict how long a seizure could last, or what could happen during it. A person suffering from epilepsy could exhibit minor symptoms in the beginning, and then these symptoms can escalate, causing the person to lose consciousness or fall to the ground.

❖ Epilepsy Seizure Triggers:

Triggers can vary from person to person, but common triggers include:

- Exhaustion and fatigue.
- Lack of sleep.
- Anxiety.
- Psychological stress.
- Fever.
- Too much caffeine.
- Bright lights.
- Alcohol.
- Missing epilepsy medication doses.

❖ Epilepsy first aid measures:

Do's (√):

- Try to keep track of how long a seizure lasts.
- Any harmful objects should be removed from the vicinity of the patient during seizures, and the patient should be moved away from anything that can put them in danger such as stairways.
- Remove glasses if the patient wears them.
- Support the patient's head to protect it from hitting the ground by placing a cloth or a jacket.

Don'ts (X):

- Do not restrain the patient during seizures.
- Do not gather around the patient.
- Do not put anything in the patient's mouth or between their teeth.
- Do not attempt to move the patient during a seizure.

- Do not panic and do not assume that the victim is aware of what is happening or what has happened.
- Do not give the patient any kind of food or drink until they wake up completely.

Seek immediate medical help if the seizure lasts longer than **5** minutes.

❖ **After the seizure ends:**

- Once the seizure ends, gently place the patient in the recovery position and wipe away any excess saliva to prevent it from obstructing the airway, as well as to help the patient breathe more easily.
- Be calmly reassuring.
- Stay with the patient until they have fully recovered.
- Gently check the patient's mouth after the end of the seizure to make sure there is nothing blocking the airway, such as food or fallen teeth.
- If the patient is having difficulty breathing after the seizure stops, you must quickly call an ambulance.

Clinical Health Education Department

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