

A large, faint, stylized graphic in the background of the slide. It depicts a person with their arms raised in a 'V' shape, enclosed within a circular arc. The entire graphic is rendered in a lighter shade of blue than the background.

Epilepsy & Seizures at School

Healthy Schools
September 2026

What We Will cover:

- What is a seizure?
- What is epilepsy?
- Common causes
- How to recognize
- How to help
- When to call 911
- Responsibility
- Questions



What is a **Seizure**?

A brief, temporary disturbance in the electrical activity of the brain and may affect:

- Muscle control and movement
- Speech
- Vision and/or eye movement
- Awareness and/or behaviour

Seizures can be:

- Convulsive or non-convulsive
- Vary in frequency and severity



What is a **Seizure**?



- Seizures are often symptoms of another health problem such as:
 - diseases
 - fever
 - temporary medical, neurological or neurosurgical illness
- Often, after the person is treated and the illness has resolved, the seizures do not occur again.



Signs of a **Seizure**

Signs of a seizure vary from person to person, but the following signs can occur:

- Shaking, jerking or tic-like movements
- Auras
- Stare into space
- Unresponsive
- Unconscious
- Confusion
- Eye blinking or eye rolling



Types of Seizures

Focal (partial)

Occurs in part of the brain

- Simple Partial
- Complex Partial



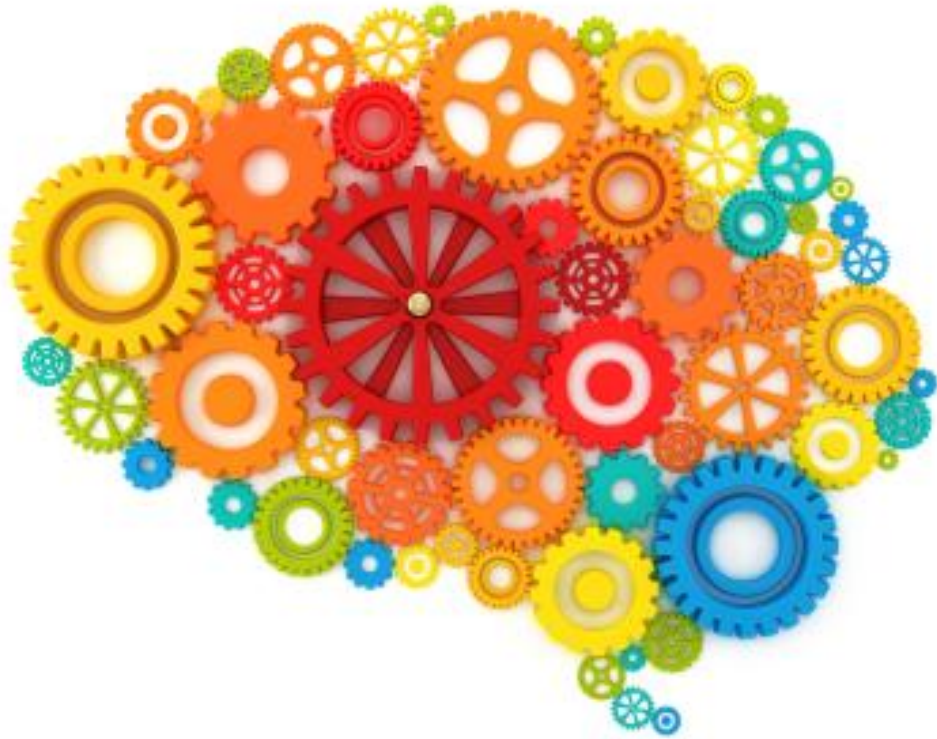
Generalized

Occurs in the whole brain

- Tonic
- Atonic
- Tonic-Clonic
- Myoclonic
- Absence

Review Video: [Epilepsy and Seizure Information for Schools \(7 min\) - YouTube](#)





What is the difference between Seizures and Epilepsy?

Seizures

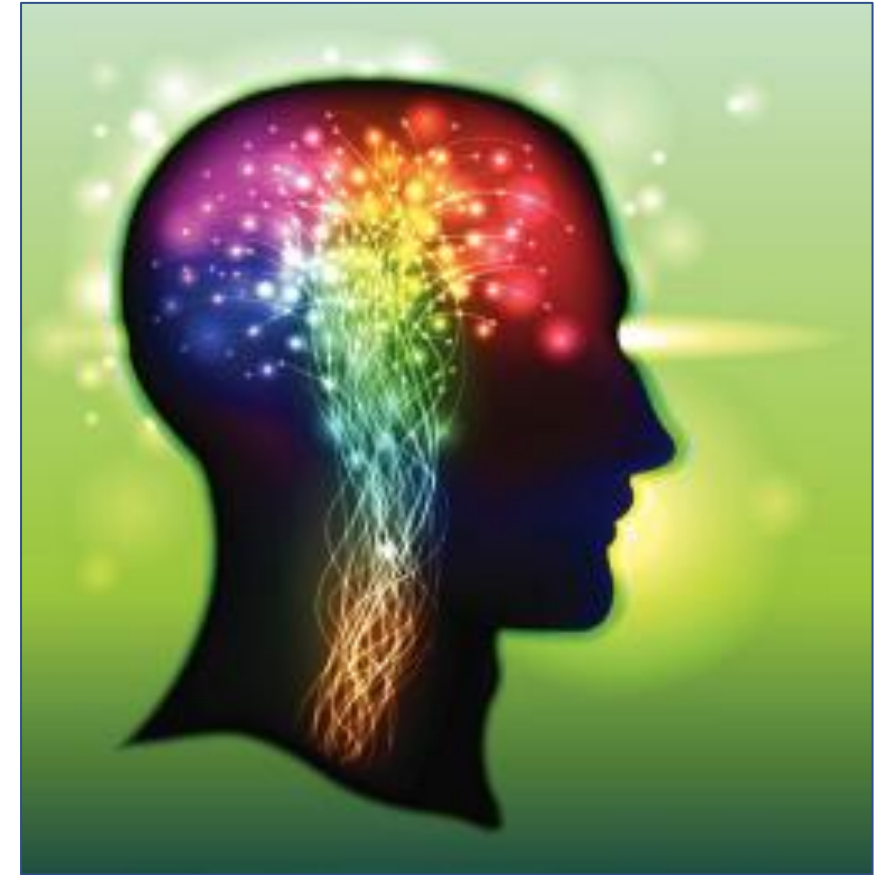
A seizure happens when there is a sudden surge of abnormal electrical activity in the brain, causing temporary changes in a person's movements, behavior, feelings, or awareness.

Epilepsy

Epilepsy is a chronic disorder of the brain in which repeated, unprovoked seizures occur because of sudden disruptions in normal brain electrical activity.

What is **Epilepsy**?

- Neurological disorder that makes people susceptible to seizures
- Sometimes called a seizure disorder
- Can develop at any age
- Seizures are chronic (ongoing and frequent)
- Seizures can often happen without known cause
- Many People with epilepsy experience more than one type of seizure.





Common **CAUSES** of Seizures

- Epilepsy (most common)
- Head injuries
- High fever (in young children)
- Low blood sugar or dehydration
- Infections
- Intracerebral injuries
- Birth Injury
- Alcohol Withdrawal



Common **Triggers** for Seizures

- Stress
- Poor nutrition
- Missed medication
- Flickering lights
- Skipping meals
- Illness, fever and allergies
- Lack of sleep
- Emotions such as anger, worry, fear and others
- Heat and/or humidity

Treatment

- Medication
 - Most common treatment
 - Seizures can be completely controlled in about 70% of all cases
 - Is a control, not a cure
- Surgery may be effective for some children
- Special diet may be used in some cases



How to **RESPOND**

Stay Calm

Time the seizure

Protect from harm

Notify parent/guardian



First Aid

1. Stay calm

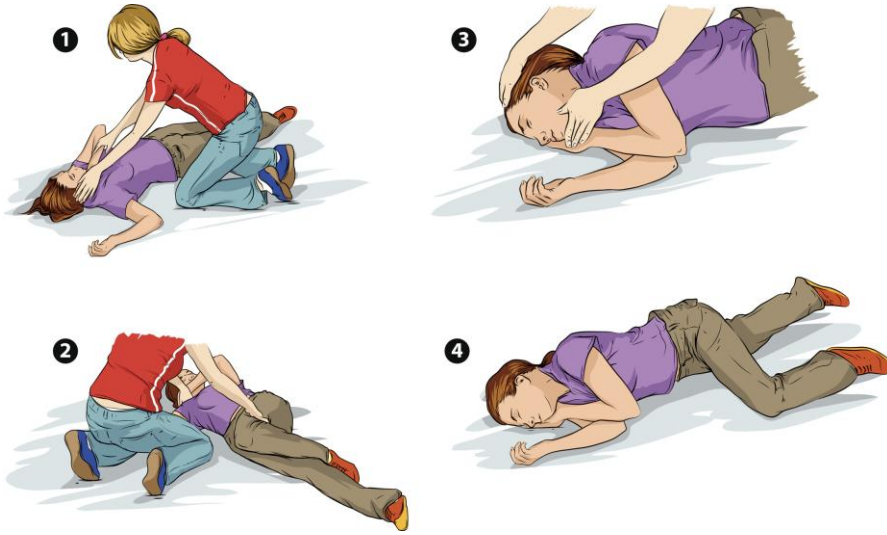
2. Time the seizure

- Note the time that the seizure starts and ends
- Most seizures last less than 5 minutes

3. Protect from harm:

- Move hazardous objects out of the way
- Do not** put anything in students' mouth

[First_Aid_Poster.pdf](#)



First Aid

4. Put the child into the recovery position:

- Place something soft under their head.
- Roll child on their side once the seizure has ended and it is safe to do so.
- Loosen tight clothing, remove objects such as glasses.

5. Document on the Seizure Record Form

- Describe the seizure
- How long did the seizure last?
- How did the person act immediately before and after the seizure?



Recovery

1. Reassure and Provide Comfort

- Talk gently to comfort and reassure the student.
- Stay with them until they are re-oriented.

2. Post Seizure Period

- Check for Injuries
- Call parents as per instructions on the care plan
- Allow student to rest or sleep and change clothes as needed.
- Student may complain of a headache or be confused
- No food or drink until the student is fully awake and alert
- Have someone remain with the student until they are fully recovered

When to call 9-1-1

Seizures do not always require urgent care.

Call 911 immediately if:

- The **person stops breathing** for longer than 30 seconds.
- If you find someone convulsing and are unsure of how long the seizure has lasted
- The **seizure lasts longer than 5 minutes.**
- **More than one** seizure occurs within 24 hours
- This is the student's **first seizure**
- If the seizure has occurred in water
- If the person is injured, pregnant or has diabetes



After the SEIZURE



Reassure and
provide comfort



Check for
injuries



Call parents if
necessary/as
per care plan



Allow student
to change
clothing if
necessary



Allow student
to rest or sleep



No food or drink
until the
student is fully
awake and alert



Student may
complain of
headache or be
confused



Have someone
remain with the
student until
fully recovered





Family Responsibility

- Provide information about their child, complete seizure action plan, medical alert plan, and request for medication forms from the school.
- Consult with their Doctor and provide the school with an annual **Medical Alert Planning Protocol**
- Supply labelled medications
- Make treatment decisions
- Ensure student wears a Medic Alert identification
- Communicate with the school regarding medical changes



School Responsibility

- 1. Ensure that school staff are aware of :**
 - which students have seizures
 - seizure management protocol and seizure first aid
 - School District policy regarding medical conditions at school
- 2. Medical Alert Planning and Request for Medication forms** have been received from the family
- 3. Safely store** the student's labelled medications
- 4. Document** seizures in a seizure record
- 5. Communicate** with the family

Classroom Considerations for Students with Epilepsy

Accommodations to consider:

- Quiet work areas & regular breaks
- Clear and visual instructions
- Schedule important activities after breaks
- Present one idea at a time
- Provide notes in advance or recorded lessons
- School work time extensions

Resource: [Supporting Students With Epilepsy Section 3 \(epilepsyontario.org\)](https://www.epilepsyontario.org/supporting-students-with-epilepsy)



Resources

- [Epilepsy and Seizure Information for Schools \(7 min\)](#)
- [First Aid Poster.pdf](#)
- [Seizures | HealthLink BC](#)
- [BC Epilepsy Society – Supporting those with Epilepsy in British Columbia](#)
- [Medical Conditions at School | Interior Health](#)
- [Nursing Support Services Clinical Resources | BC Children's Hospital](#)



Questions?

