

Measures have been taken, by the  
Utah Department of Health,  
Bureau of Health Promotions, to  
ensure no conflict of interest in this  
activity

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# Seizures in School

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# Objectives

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- ❖ School nurses will have the tools to train teachers and support staff about seizures and emergency care of students with seizure disorders.
- ❖ School nurses will be able to create IHCP's and ECP's for students with seizure disorders.
- ❖ Attendees will be able to identify and minimize the possible impact of seizures and epilepsy on learning and psychosocial development.

# Utah epilepsy Public Education, Outreach, and Awareness H.J.R. 9

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- ❖ Utah School Nurse Association,  
[www.utahschoolnurses.org](http://www.utahschoolnurses.org)
- ❖ Epilepsy Association of Utah,  
[www.epilepsyut.org](http://www.epilepsyut.org)
- ❖ Epilepsy Alliance of Utah,  
[www.utahepilepsy.org](http://www.utahepilepsy.org)
- ❖ Epilepsy Foundation of America

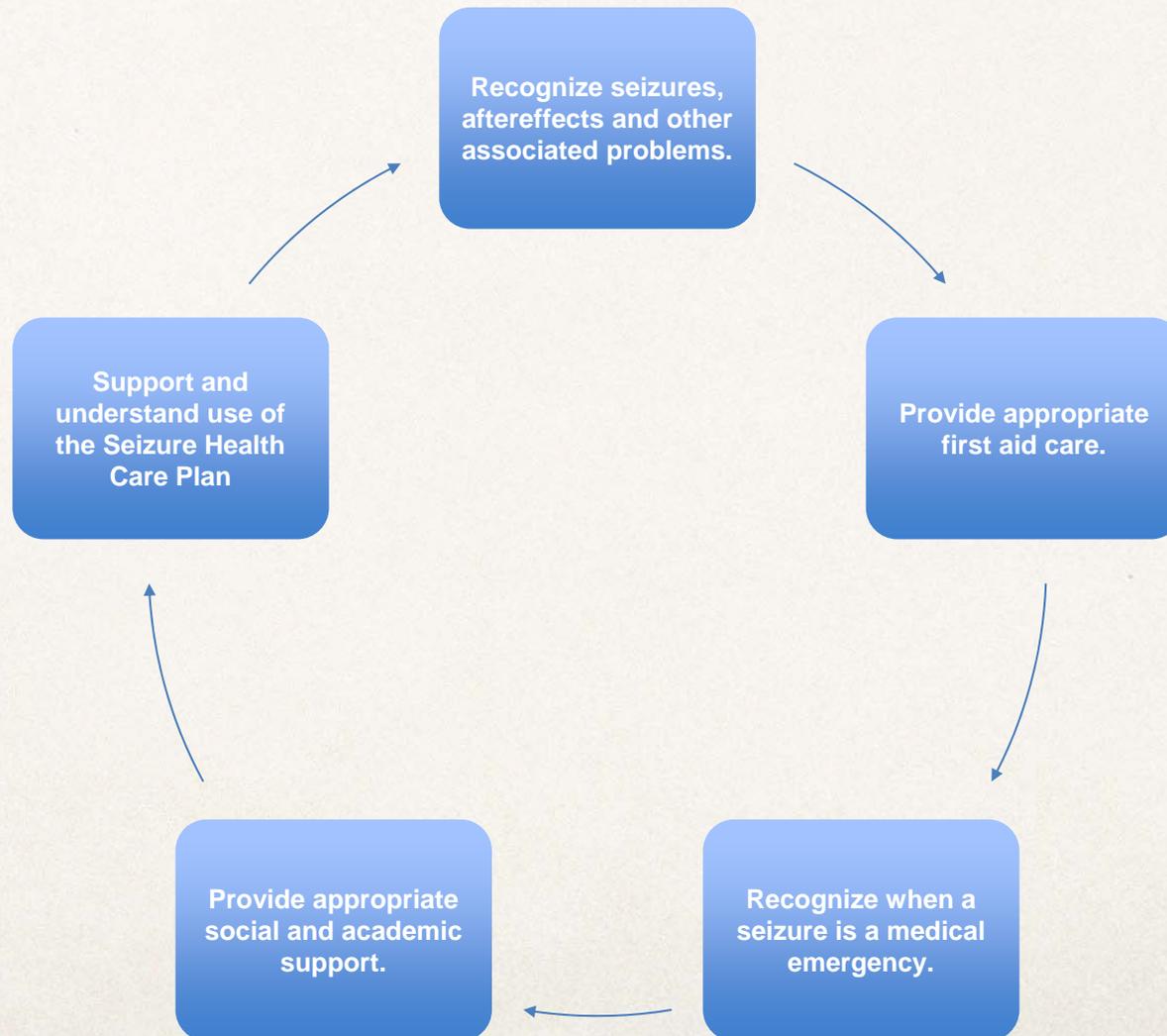
# Importance of Training:

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1. Helps enlist cooperation of school personnel and families
2. Optimizes ability to manage seizures and consequences.
3. Helps ensure full integration of the student in school activities with appropriate accommodations.
4. Minimizes stigma.

# Goals of Training for School Personnel:

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# School Training

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- ❖ Establish a working relationship with your Principals and Administrators
- ❖ Provide information as to what students in their school have a medical diagnosis that requires observation and possible intervention.
- ❖ Sell what nurses do best TEACH and INSTRUCT
- ❖ Choose a time and place where staff members are already gathered
  - ❖ Days set aside for professional development
  - ❖ Safety trainings
  - ❖ In the classroom before or after school (if your lucky during lunch break)
  - ❖ New staff orientations

# Make every second count !

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- ❖ Stress that knowledge is power and confidence in making the right decisions when caring for their students.

# Resources

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- ❖ No need to re invent the wheel!
- ❖ Epilepsy **F**oundation has excellent power points and video selections that have been tried and tested.

# The Health Care Plan

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- ❖ Remember to include in your training the key elements to the students individual Health Care Plan.

# Epilepsy Foundation

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- ✿ Seizure Training Fact Sheet
- ✿ DVD

# Gathering information

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- ❖ HIPPA forms- release of information
- ❖ Teacher/parent interview
- ❖ IEP's
- ❖ IHP in place prior to student attending
- ❖ Classroom education

# Seizure Action Plan

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- ❖ Seizure types/description
- ❖ Triggers
- ❖ Treatment for each type
- ❖ When to call 911
- ❖ Medications/treatments

# Convulsive Seizure in a Wheelchair

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- Do not remove from wheelchair unless absolutely necessary- locks on
- Fasten seatbelt (loosely) to prevent student from falling from wheelchair
- Protect and support head
- Ensure breathing is unobstructed and allow secretions to flow from mouth
- Pad wheelchair to prevent injuries to limbs

# Convulsive Seizures on a School Bus

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- Safely pull over and stop bus
- Place student on his/her side across the seat facing away from the seat back (or in aisle if necessary)
- Follow standard seizure first aid protocol until seizure abates and child regains consciousness
- Continue to destination or follow school policy

# Convulsive Seizure in the Water

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- Support head so that both the mouth and nose are always above the water
- Remove the student from the water as soon as it can be done safely
- If the student is not breathing, begin rescue breathing
- Always transport the student to the emergency room even if he\she appears fully recovered

# Ketogenic Diet

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- ❖ Based on a finding that burning fat for energy has an antiseizure effect
- ❖ Used primarily to treat severe childhood epilepsy that has not responded to standard antiseizure drugs
- ❖ Diet includes high fat content, no sugar and low carbohydrate and protein intake
- ❖ Requires strong family, school and caregiver commitment-no cheating allowed

# Vagus Nerve Stimulator

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- Device implanted just under the skin in the chest with wires that attach to the vagus nerve
- Delivers intermittent electrical stimulation to the vagus nerve
- Used primarily to treat partial seizures when medication is not effective
- Use of special magnet to activate the device
- Train staff in proper use of magnet
- Use caution with magnet and keyboard

# Surgery for Epilepsy

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- Depending on where the seizures start in the brain and what parts of the brain are affected will determine if a person with epilepsy is a candidate for surgery.
- Surgery is considered after other epilepsy treatments.

# Diazepam Rectal Gel

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- Used in acute or emergency situations to stop a seizure that will not stop on its own
- Approved by FDA for use by parents and non-medical caregivers
- State\school district regulations govern use in schools

# Seizure Recording

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- ❖ Sample log
- ❖ Share with parents and physician
- ❖ Effects on learning

# Medications

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- ❖ Epilepsy Foundation
- ❖ Patient Assistance Programs
- ❖ Epilepsy Alliance of Utah-
- ❖ Effects on learning

# The Impact on Learning & Behavior

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- ❖ Seizures may cause short-term memory problems
- ❖ After a seizure, coursework may have to be re-taught
- ❖ Seizure activity, without obvious physical symptoms, can still affect learning
- ❖ Medications may cause drowsiness, inattention, concentration difficulties and behavior changes
- ❖ Students with epilepsy are more likely to suffer from low self-esteem
- ❖ School difficulties are not always epilepsy-related

# Seizures in the Classroom

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- ❖ Stay calm during seizure episodes
- ❖ Be supportive
- ❖ Have a copy of the child's seizure action plan
- ❖ Discuss the seizure action plan in the student's IEP
- ❖ Know child's medications and their possible side effects
- ❖ Encourage positive peer interaction

# Supporting Students with Epilepsy

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- ❖ Avoid overprotection and encourage independence
- ❖ Include the student in as many activities as possible
- ❖ Communicate with parents about child's seizure activity, behavior and learning problems

# Tips for supporting a Bullied Student with Epilepsy

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- ❖ Spend time with the student to get the facts, but not too much support in public
- ❖ Praise for coming forward, and change the situation to one where he\she feels safe.
- ❖ Don't force a meeting between the student with epilepsy and bully
- ❖ Involve parents—
- ❖ Continue to support the student until the bullying stops-not just the one incident

# Tips for Creating a Supportive School Environment

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- ❖ Anti-bullying efforts at your school towards students with epilepsy and other conditions before it begins
- ❖ Increase adult supervision in bullying “hot spots”
- ❖ Provide an in-service training for school personnel on bullying

# More Tips for a Supportive School Environment

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- ❖ Intervene consistently and appropriately if you see students with epilepsy or anyone else being bullied
- ❖ Assess your school's current climate so you can take appropriate steps to address bullying
- ❖ There is no "end date" to prevent bullying

# No cost/ online course

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- ❖ Managing Students with Seizures: course for school nurses. Online under Epilepsy Foundation.
- ❖ CNE: The Centers for Disease Control and Prevention and Epilepsy Foundation. This activity provides 3.2 contact hours.