

## Seizures (Low Risk)

Seizures are symptoms of a brain problem. They happen because of sudden, abnormal electrical activity in the brain. When people think of seizures, they often think of convulsions in which a person's body shakes rapidly and uncontrollably. Not all seizures cause convulsions. There are many types of seizures and some have mild symptoms. Seizures fall into two main groups. Focal seizures, also called partial seizures, happen in just one part of the brain. Generalized seizures are a result of abnormal activity on both sides of the brain.

### Risks for seizures include but are not limited to:

- Medicines and medicine changes
- High fevers
- Head injuries and certain diseases such as cerebral palsy and diabetes (low blood sugar episodes)
- People who have had past seizures or recurring seizures due to a brain disorder called epilepsy.

*(NIH: National Institute of Neurological Disorders and Stroke)*

When an individual has never had a seizure or has not had a seizure in a long period of time and their seizure is considered inactive by their health care provider they are considered to be at a **low risk**.

**If a person without a known seizure disorder or who has not had a seizure recently has a seizure call 911!**

### Symptoms of a seizure/epilepsy include but are not limited to:

- Unusual sensations, emotions and behaviors
- Twitching or muscle spasms in one or more parts of the body
- Staring in to space
- Convulsions (full body involvement)
- Loss of consciousness (blacking out)

### Risks associated with seizures include but are not limited to:

- Falls and other injuries
- Choking and other respiratory problems
- Status epilepticus: a prolonged seizure or multiple seizures in a row that can lead to death.
- Loss of oxygen to the brain and other organs (Anoxia)
- Drowning

**Recommendations:** Awareness of risk is important. **Be alert** to medication changes or other past triggers if known that might activate an underlying seizure disorder.

### References:

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