



First fit or seizure

You have been assessed in the Emergency Department and we think that you have had a fit or seizure. Following your assessment, we feel it is safe for you to be discharged home into the care of your family or friend/carer.

A seizure or fit is a short episode of symptoms caused by a burst of abnormal electrical activity in the brain. Typically, a seizure lasts from a few seconds to a few minutes. 1 in 20 people have an isolated seizure at some point in their lives but this does not mean that they have Epilepsy; two thirds of these people will never have another one.

Seizures can occur for many reasons e.g. low blood sugars, alcohol excess, substance abuse, after brain injury or stroke, many occur without an obvious cause.

What happens next?

A referral has been sent to see a neurologist (medical specialist in the nervous system and disorders affecting it) as an outpatient in the First Fit Clinic. If you do not hear anything after a week, please contact your GP. It would be helpful if you could be accompanied to the outpatient appointment by someone who witnessed the fit or seizure.

Advice

- You should not drive or operate dangerous machines until you have seen the neurologist. **You must inform the DVLA that you have had a seizure.**
- Avoid potentially dangerous work or leisure activities i.e. swimming, climbing ladders.
- Bath/shower with supervision and always leave the bathroom/WC door unlocked.
- Do not cycle on busy roads, and avoid consuming alcohol.
- Avoid becoming excessively tired or skipping meals.

First aid

The following checklist explains how to help someone having a seizure (fit) and what to avoid. Once a seizure starts, it will usually stop on its own.

Do:

- Watch the seizure carefully and if possible let it run its natural course.
- Keep calm and note the time the seizure starts and how long it lasts.
- Clear a space around the person.
- Cushion the person's head with whatever is available.
- Loosen any tight clothing round the neck and gently remove glasses if worn.
- Turn the person onto their side into the recovery position once the convulsions stop.
- Stay with the person, if possible, until any confusion passes.
- Video if possible so the specialist can see exactly what happens.

Do not:

- Do not move the person while the seizure is happening unless there is an immediate danger (e.g. in a busy road, at the top of stairs, in water, near a fire or hot radiator).
- Do not try to stop the muscles from jerking or try to restrain the person.
- Do not put anything between the teeth or into the mouth.
- Do not give any medication while the seizure is happening.
- Do not offer the person something to drink during the seizure.

You should dial 999 if:

- One seizure follows another without any recovery in between.
- The seizure lasts longer than five minutes or the person remains unconscious for a longer time than is usual.
- The seizure is a different type or pattern of seizure to what the person normally has.
- The person has been badly injured.
- You do not know the person's history.

Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

If you have any comments about this leaflet or the service you have received you can contact :

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

www.cht.nhs.uk

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔