

Supporting students with epilepsy in practice

Epilepsy is a condition which affects the brain. A seizure happens when there is a sudden burst of intense electrical activity in the brain causing a temporary disruption to the way the brain normally works. What happens during a seizure depends on the part of the brain it affects, some people can remain alert and some people may lose awareness.



Advice for educators:

- There are programmes for seizure training online: <https://www.epilepsy.com/programs/training-education/nurses>
- Familiarise self with how epilepsy effects learning
- Understand a student's learning support plan
- Treat students with care and compassion, without making them feel different from their peers
- Create a routine around any appointments or medication breaks they may need
- Create a seizure action plan- individual risk assessment
- Encourage the student to let other staff members know so that they are supported
- Ensure there is a space for students to recover if they have a seizure
- Be aware of a student's seizure triggers so they can be avoided if possible

Warning signs for a seizure:

- staring
- jerking movements of arms and legs
- stiffening the body
- loss of consciousness
- breathing problems or stopping breathing
- loss of bladder control
- confusion
- headache

Impact on students learning:

- May impact on memory, understanding and concentration
- May need time out for medical appointments
- Can cause other conditions such as anxiety and depression- this could derive from the fear of having a seizure during placement and worry about impact on others

