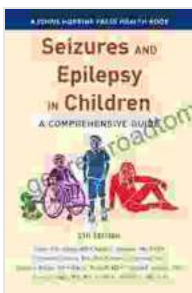


# Seizures and Epilepsy in Children: A Comprehensive Guide for Parents and Educators

As a parent, the well-being of your child is your top priority. It can be daunting when they experience seizures, which may leave you feeling overwhelmed and unsure of how to help. Understanding seizures and epilepsy in children is crucial to ensure timely intervention and provide optimal care.



## Seizures and Epilepsy in Children: A Comprehensive Guide (A Johns Hopkins Press Health Book)

★★★★★ 5 out of 5

Language : English

Text-to-Speech : Enabled



This comprehensive guide provides in-depth information on seizures and epilepsy in children, empowering you with essential knowledge and support strategies. Whether you're a parent or an educator, this resource will help you navigate the journey with confidence and understanding.

### What are Seizures?

A seizure is a sudden, uncontrolled electrical disturbance in the brain that causes changes in behavior, movement, sensation, or consciousness. It can range from a brief lapse of awareness to a full-blown convulsion.

# PEDIATRIC SEIZURES & EPILEPSY

WITH DR. JOHN GATTANS



## Febrile Seizures (6 months to 5 years old)

### Simple:

- Generalized
- <15 minutes
- Single episode in 24h

### Complex:

- Focal
- ≥15 minutes
- Multiple episodes in 24h



### Simple febrile seizure + normal neurologic exam:

- Lumbar puncture
- Antipyretics (for comfort)
- EEG
- Neuroimaging
- Antiepileptic drugs

## Seizure Differential Diagnosis



- Benign neonatal sleep myoclonus
- Infantile spasms
- Breath-holding spells
- Sandifer syndrome/GERD
- Syncope
- Psychogenic nonepileptic seizures



Ask parents for videos of the episodes or show them examples online



## Types of Seizures

There are various types of seizures, each with its unique characteristics:

- **Generalized seizures** affect the entire brain and can cause loss of consciousness, shaking, and stiffening of the body.

- **Focal seizures** involve only a specific part of the brain and can cause a variety of symptoms, such as jerking movements of the limbs, facial contortions, or sensory disturbances.
- **Absence seizures** are brief episodes of staring or blankness without awareness. They typically last for a few seconds.

## **What is Epilepsy?**

Epilepsy is a neurological disorder characterized by recurrent seizures. It is diagnosed when a person has two or more unprovoked seizures that are not caused by a specific underlying condition, such as a brain injury or infection.

## **Causes of Epilepsy**

The exact cause of epilepsy is often unknown, but it can be associated with various factors, including:

- Head injury
- Brain tumors
- Genetic disorders
- Metabolic disorders
- Prenatal complications

## **Symptoms of Seizures and Epilepsy**

The symptoms of seizures and epilepsy can vary depending on the type of seizure. However, common symptoms include:

- Loss of consciousness

- Shaking or jerking movements
- Staring or blankness
- Confusion
- Difficulty breathing
- Loss of bowel or bladder control

## **Diagnosis and Treatment**

Diagnosing seizures and epilepsy involves a thorough medical history, physical examination, and neurological evaluation. Electroencephalography (EEG) is a test that measures brain activity and can help confirm the diagnosis of epilepsy.

Treatment for seizures and epilepsy typically involves medications to control seizures. Other treatment options may include surgery, vagus nerve stimulation, or diet therapy. It is essential to work closely with a neurologist to determine the most appropriate treatment plan.

## **Supporting Children with Seizures and Epilepsy**

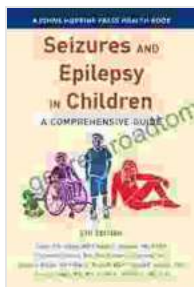
Supporting children with seizures and epilepsy involves creating a safe and supportive environment. Here are some key strategies:

- **Educate yourself** about seizures and epilepsy to better understand your child's condition.
- **Talk to your child** about their seizures and epilepsy to help them understand and cope with their condition.

- **Create a seizure action plan** that outlines what to do if your child has a seizure.
- **Be patient and understanding** with your child, as they may experience emotional and behavioral challenges.
- **Encourage your child** to participate in activities they enjoy and support their educational and social development.

Seizures and epilepsy in children can be a daunting experience for families and educators, but understanding the condition can empower you with the knowledge and strategies to provide optimal support. By seeking timely medical intervention, collaborating with healthcare professionals, and implementing support strategies, you can help children with seizures and epilepsy live full and meaningful lives.

If you are concerned about your child's seizures, do not hesitate to reach out to a healthcare professional for evaluation and guidance.



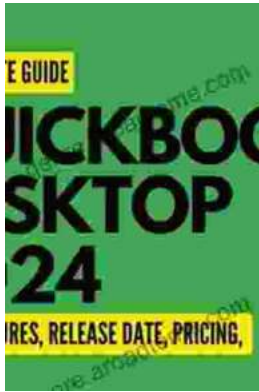
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