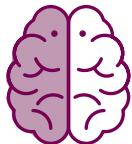




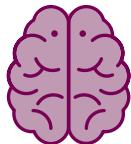
The following information applies to all people with epilepsy and is not specific to the IDD population

A seizure is a sudden, uncontrolled electrical disturbance in the brain, which can cause changes in your behavior, movements or feelings, and levels of consciousness<sup>1</sup>



### Focal seizure

begins on one side of the brain<sup>2</sup>



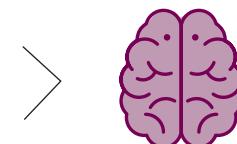
### Generalized seizure

begins on both sides of the brain<sup>2</sup>



### Focal to bilateral tonic-clonic seizure

a focal seizure followed by a generalized seizure<sup>3</sup>



General warning signs of a seizure may include<sup>4</sup>

- Staring
- Jerking movements of the arms and legs
- Loss of awareness or consciousness
- Not responding to noise or words for brief periods
- Loss of bowel or bladder control
- Stiffening of the body

After the seizure, the patient may seem sleepy or confused<sup>4</sup>

### Some possible seizure triggers



Stress<sup>5,6</sup>



Fever or acute medical illness<sup>5,6</sup>



Tiredness or lack of sleep<sup>5,6</sup>



Bright and flashing lights<sup>5</sup>



Not taking medicine as prescribed<sup>5,6</sup>

Triggers can differ from person to person, and some people may have no known triggers<sup>7</sup>

Remember to refer to your facility's protocol indicating how to respond to suspected seizure activity and how to document the event.

This educational tool is not a substitute for your independent medical judgment.

**References:** 1. Mayo Clinic website. <https://www.mayoclinic.org/diseases-conditions/seizure/symptoms-causes/syc-20365711>. Accessed November 8, 2019.

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3. Epilepsy Foundation website. Focal to bilateral tonic-clonic seizures. [www.epilepsy.com/learn/types-seizures/focal-bilateral-tonic-clonic-seizures-aka-secondarily-generalized-seizures](http://www.epilepsy.com/learn/types-seizures/focal-bilateral-tonic-clonic-seizures-aka-secondarily-generalized-seizures). Accessed March 3, 2020. 4. Johns Hopkins Medicine website. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/epilepsy/evaluation-of-a-firsttime-seizure>. Accessed November 8, 2019. 5. Kumar A, Sharma S. Complex Partial Seizure. In: *StatPearls*. Treasure Island, FL: StatPearls Publishing; 2019 Jan. <https://www.ncbi.nlm.nih.gov/books/NBK519030/>. Updated April 1, 2019. Accessed August 19, 2019.

6. Kumar A, Sharma S. Simple partial seizure. In: *StatPearls*. Treasure Island, FL: StatPearls Publishing; 2019 Jan. <https://www.ncbi.nlm.nih.gov/books/NBK500005/>. Updated April 2, 2019. Accessed August 15, 2019. 7. Frucht MM, Quigg M, Schwaner C, Fountain NB. Distribution of seizure precipitants among epilepsy syndromes. *Epilepsia*. 2000;41(12):1534-1539.