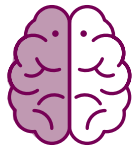




## Epilepsy Allies Refresher

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>

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### 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>**

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### 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.

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