

# Convulsions

## What are Convulsions?

- Convulsions also can be described as “fits’ or ‘seizures’ and can be caused by a few reasons

## Why do people have Convulsions?

**This can be multi-faceted; they could be having a convulsion due any of the following: -**

- This could be an event before the patient has a Cardiac Arrest, send someone to get the AED (Automatic External Defibrillator)
  - A drop in blood pressure (Faint),
  - Lack of Oxygen to the brain (Hypoxia),
  - Low carbohydrate levels (especially in diabetics),
- Epilepsy (especially if they have forgotten to take their medications or have consumed excess alcohol) or
- A bleed on the brain through trauma (head injury) or medical (stroke).
  - Heat induced

## What can I do?

- Call 999 & send someone to get the AED
- If the patient is stood or sat in a chair & it is safe to do so, assist them to the floor.
  - Make sure that the area is clear of anything that may cause extra injuries, e.g., the patients arms hitting tables, chairs etc.
- DO NOT put anything in the patient’s mouth (they may bite their own tongue), protect their head from hitting anything
- Try and gain any medical details from friends/relatives of the patient, i.e., are they epileptic or diabetic?

## What happens when they stop the convulsion?

- The patient may be confused, tired and disorientated. Try to reduce the crowd and stay calm and listen to the patient. 9/10 they will know why they had a convulsion.

Thank you and stay healthy. Please visit my webpage as I provide the necessary, 1 day emergency First Aid at Work courses, needed for the qualification of Fencing Coaches.

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