

# First fit or seizure

**You have been assessed in the Emergency Department and we think that you have had a fit or seizure. Following your assessment, we feel it is safe for you to be discharged home into the care of your family or friend/carer.**

## What happens next?

A discharge letter will be sent to your GP informing them of your attendance and to ask them to arrange an appointment for you to see a neurologist (medical specialist in the nervous system and disorders affecting it) as an outpatient in the First Fit Clinic. If you do not hear anything after a week, please contact your GP. It would be helpful if you could be accompanied to the outpatient appointment by someone who witnessed the fit or seizure.

## Advice

- **You must not drive or operate dangerous machines** until you have seen the neurologist.
- Avoid potentially dangerous work or leisure activities i.e. swimming, climbing ladders.
- Bath / shower with supervision and always leave the bathroom / toilet door unlocked.
- Do not cycle on busy roads, and avoid consuming alcohol.

## First aid

The following checklist explains how to help someone having a seizure (fit) and what to avoid. Once a seizure starts, it will usually stop on its own.

### Do:

- Watch the seizure carefully and if possible let it run its natural course.
- Keep calm and note the time the seizure starts and how long it lasts.
- Clear a space around the person.
- Cushion the person's head with whatever is available.
- Loosen any tight clothing round the neck and gently remove glasses if worn.
- Turn the person onto their side into the recovery position once the convulsions stop.
- Stay with the person, if possible, until any confusion passes.

### Do not:

- Do not move the person while the seizure is happening unless there is an immediate danger (e.g. in a busy road, at the top of stairs, in water, near a fire or hot radiator).
- Do not try to stop the muscles from jerking or try to restrain the person.
- Do not attempt to lift the person up.
- Do not put anything between the teeth or into the mouth.
- Do not give any medication while the seizure is happening.
- Do not offer the person something to drink during the seizure.

## **You should dial 999 if:**

- One seizure follows another without any recovery in between.
- The seizure lasts longer than five minutes or the person remains unconscious for a longer time than is usual.
- The seizure is a different type or pattern of seizure to what the person normally has.
- The person has been badly injured.
- You do not know the person's history.
- Or you are at all unsure.

## **Tell us your views**

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

You can also pick up a copy of the Trust leaflet called 'Patient Advice and Liaison Service (PALS)' which explains how you can raise concerns or give feedback on your experience at the hospital

## **Friends and Family Test**

Whatever your experience you can give feedback by answering the Friends & Family test question – 'Overall, how was your experience of our service?' – by going online [www.royalberkshire.nhs.uk/get-in-touch/friends-and-family-survey.htm](http://www.royalberkshire.nhs.uk/get-in-touch/friends-and-family-survey.htm).

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

Emergency Department, June 2022.

Next review due: June 2024