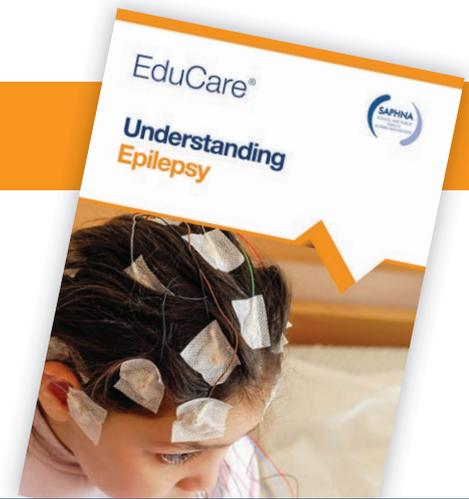


Understanding Epilepsy

This course will help you to understand epilepsy, a lifelong condition that affects around 600,000 people in the UK. At EduCare, we ensure that all of our training courses are written and endorsed by experts. This course has been endorsed by the School and Public Health Nurses Association.



Course details

- **Level 2 course as graded against the nationally accepted levels**
- **One module with a multiple-choice questionnaire**
- **One CPD credit***
- **Optional narration of the course module and questionnaire for accessibility**
- **Personalised downloadable certificate**
- **70% pass mark**
- **Printable module for future reference**

*1 CPD credit equals up to 1 hour of learning

Course content

- A look at what epilepsy is and how it affects the electrical activity in the brain, and information on how epilepsy can start at any age and is usually a lifelong condition.
- Details on what epileptic seizures are and important information on the several different kinds of seizures which includes focal, tonic-clonic, tonic, atonic, absence and myoclonic seizures.
- Information on the common triggers for epilepsy, including missing medication, stress, lack of sleep and many more.
- A useful list of drugs and medications available to help control seizures.
- Information on other treatments for epilepsy including surgery to remove part of the brain that causes the seizures, a special diet called ketogenic, and implanting a small electrical device that links directly to the brain.
- Important information on first aid treatment to help reduce the risks when someone is experiencing a seizure, as well as examples of when you should call an ambulance.
- Procedures for emergency medication and who the medication can be used for.
- Further information for schools such as details on individual healthcare plans and staff who should be aware of symptoms and emergency procedures.

This course is suitable for

Anyone who wants to increase their understanding of epilepsy.

Contents

What are epileptic seizures?

Click each of the + icons to see the six different kinds of seizure.



1. Focal seizures or 'auras'
This is a seizure that arises from activity in one side of the brain. Often the person having a focal seizure will be aware of what is happening during the seizure and remember the seizure afterwards. The effect on the body will depend on the area of the brain where the seizure has arisen.

The seizure can cause:

- jerking of a limb or non-motor symptoms such as changes to vision or hearing, or feeling nauseous
- unusual smells or tastes
- tingling feeling in the arms or legs
- a strange feeling that is difficult to describe.

These seizures are sometimes warnings that another type of seizure is about to happen. After the seizure, the person may be confused and might be tired.

Contents

Treatment for epilepsy

Click the icons below to see more information on other treatments.



Other treatments include:

Surgery to remove a small part of the brain that causes the seizures.

Implanting a small electrical device under the skin in the chest; a wire is linked to a nerve in the neck (vagus nerve stimulation) or directly to the brain (deep brain stimulation).

Contents

Common triggers for epilepsy

There are some triggers that can make people more likely to have an epileptic seizure:



- missing medication
- stress
- alcohol/recreational drugs
- tiredness/lack of sleep
- missing meals
- flashing lights (this is rare).
- high temperature
- menstruation

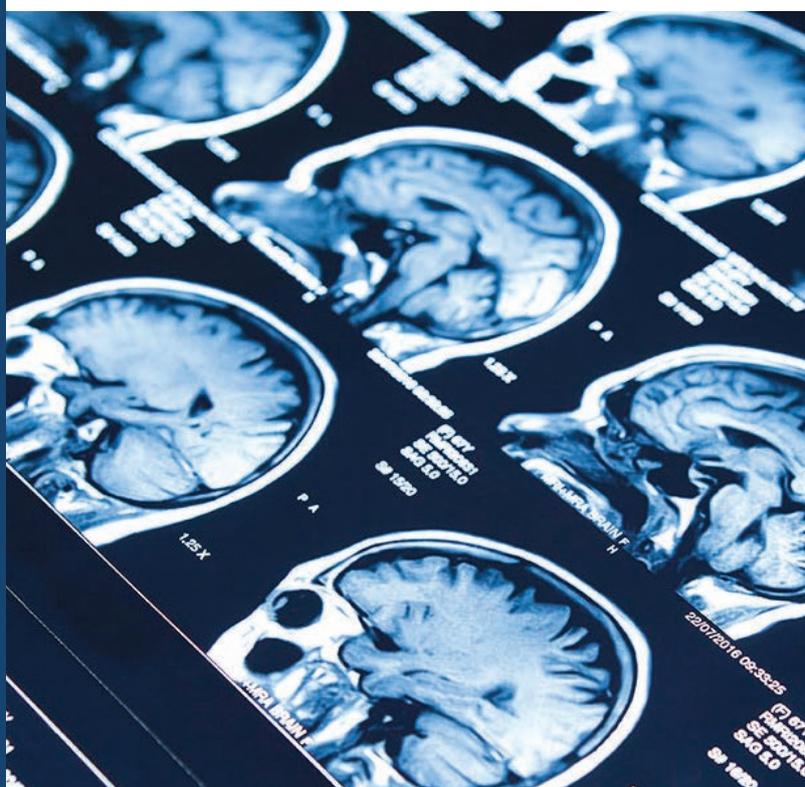
Avoiding known triggers can help to prevent seizures. You have now finished this section, click the 'Home' button to return to the main menu.

Key features

- Visually engaging and highly interactive.
- Answer explanations for those who achieve the pass mark.
- A bank of extra resources to extend learning.

Pricing options

1. Available as a standalone course on the EduCare website.
2. Buy as part of our Health Awareness Bundle. For further information, please call 01926 436212 to discuss purchase options and licences.



Why choose us?



“Our coaches and volunteers are able to complete certified courses in safeguarding and preventing bullying at their own pace and in their own time. They ensure our members are compliant and up-to-date on essential safeguarding.”

Jane Fylan
National Welfare Officer, UK Athletics

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