



# EPILEPSY WA & SCHOOLS

Working Together to Support Students Living With Epilepsy

# Who Are Epilepsy WA?

- Epilepsy WA was founded in 1963 by Ruby Hutchison – the first woman to be elected to the Legislative Council in WA and the founding chairperson of CHOICE.
- We are WA's only state based epilepsy charity.
- A member of the National coalition of epilepsy organisations in Australia – Epilepsy Australia
- We provide a range of services:
  - Support groups
  - Information and support telephone line
  - Compassionate Ear Listening Service
  - Free information sheets and resources
  - Epilepsy Training
  - Providing information to patients and their families through our free seminar program and conference days
  - Providing pathways to other services and useful community resources
  - Community events and awareness raising
  - Helmet & Seizure Alert Device display and free seizure mat loan service for members
  - Epilepsy Smart Schools Program

# Facts about Epilepsy

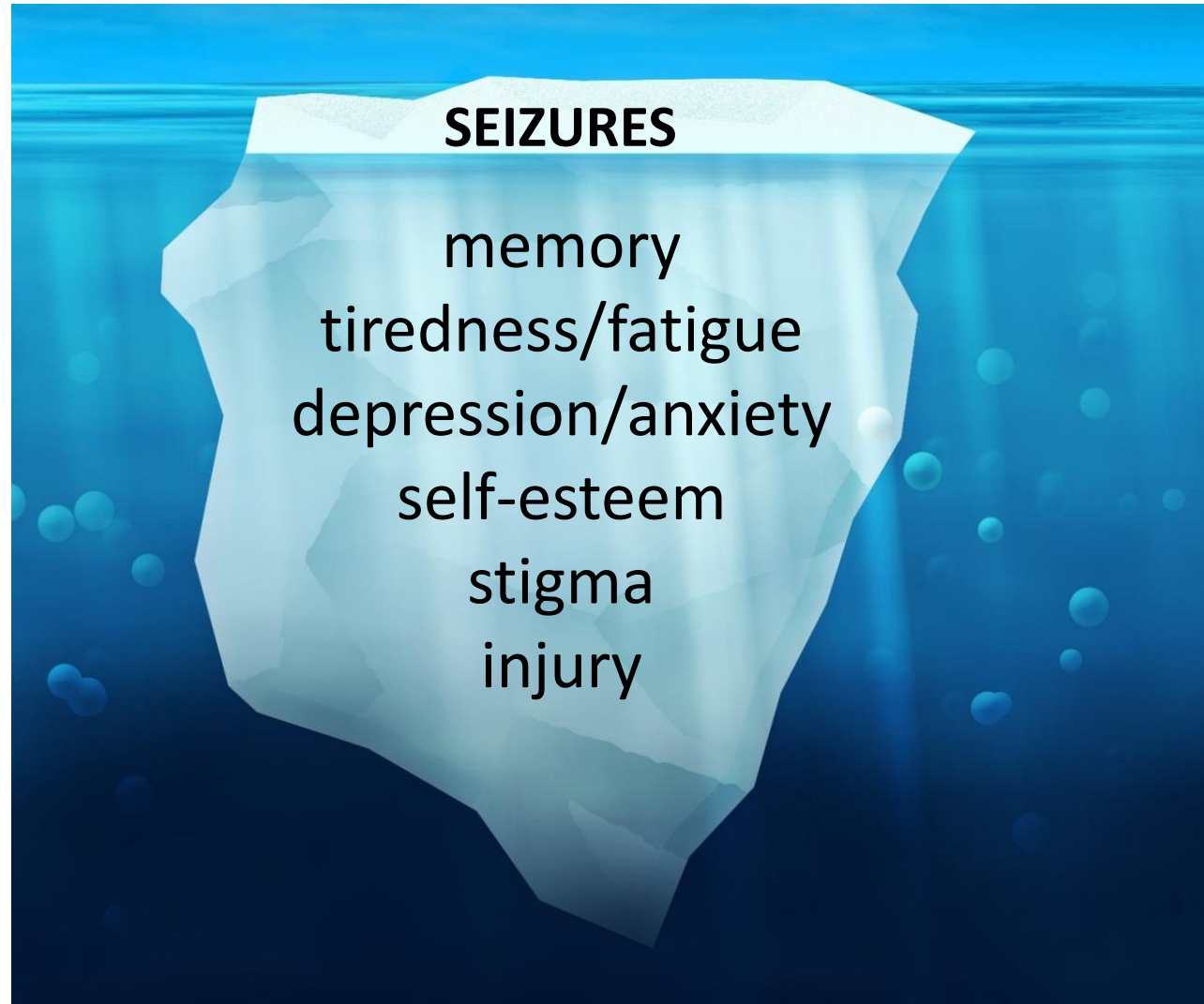
- **1%** of people in Australia are currently living with epilepsy. In WA there are approximately 26,000 and a further 1400 presenting for the first time with a seizure each year.
- **10%** of Australians will have a seizure during their lifetime, while **3–4%** will be diagnosed with epilepsy.
- **1 in 200** children live with epilepsy.
- **1 in 20** children will have a seizure during childhood.
- Up to **50%** of people living with epilepsy will experience anxiety and depression, not to mention the impact on families.



## Further Facts

- Epilepsy doesn't discriminate on basis of age, race or gender.
- The highest rate of new diagnosis is in the over 60s age bracket.
- Up to 70% of people with Epilepsy will have their seizures controlled by medication, which is the most common treatment.
- Seizures are involuntary, are generally self resolving and most last for only a brief period.
- There are 40+ different types of seizures.
- People with epilepsy have a mortality rate 2–3 times that of the general population and Epilepsy is ranked in the top five causes of avoidable death in the 5–29 age group in Australia.

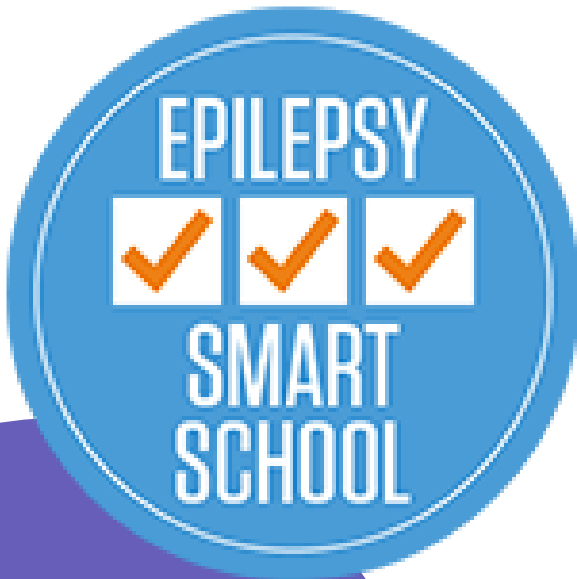
# The Impact of Epilepsy





## The Epilepsy Smart Schools Initiative - Supporting Students, Teachers & the Broader School Community

- The Epilepsy Smart Schools initiative is being rolled out Australia wide.
- To become an accredited Epilepsy Smart School there are 3 simple steps:



- 1) Ensure each student with epilepsy has a current Epilepsy Management plan.
- 2) All teachers receive training in understanding and managing epilepsy.
- 3) Promote epilepsy awareness with the school community.

# The Role of Training

- We support teachers and support staff by providing nationally recognised, evidence based training to ensure they feel confident and empowered in meeting their duty of care. The training ensures they have a thorough understanding of this common condition, can safely provide seizure first aid and if required, provide emergency medication as detailed in the Students Health Care plan with confidence.
- We provide training using a variety of modalities enabling us to reach schools all throughout WA: online, face to face or over the internet using ZOOM (an online meeting portal).
- Our training is federally endorsed by the Australia Government, nationally accredited and has been independently evaluated. The courses are run throughout Australia by members of the National Coalition that is Epilepsy Australia.
- Most of our courses can be completed within an hour.
- All training is certified to last 2 years before staff are encouraged to refresh their training.

# Clear Care Plans are Key!

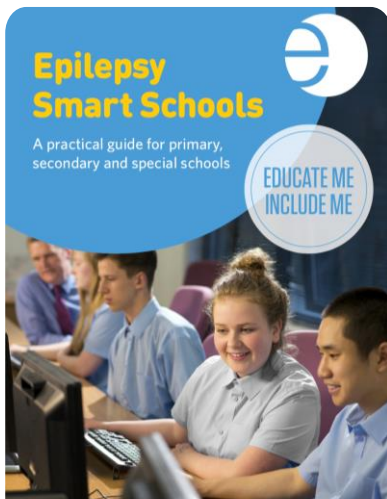
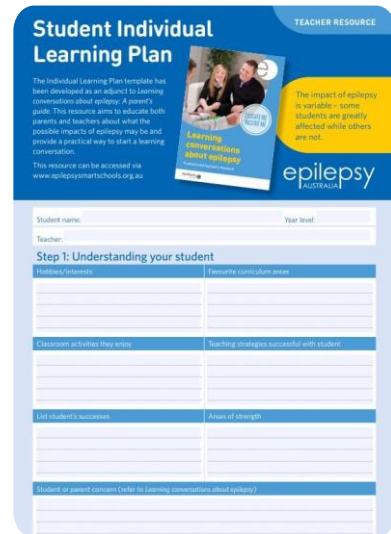
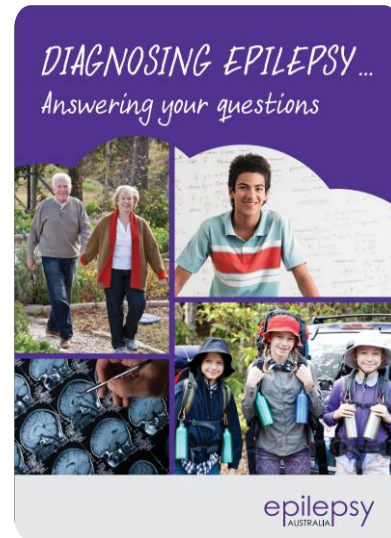
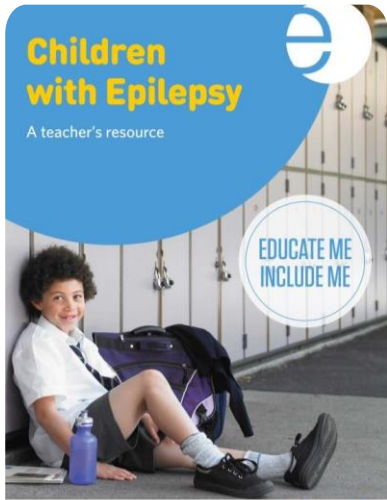
- Function of the Epilepsy Management Plan (EMP) - documents the seizure description, appropriate response, the impact of seizures on the student and support required post seizure.
- Function of the Emergency Medication Management Plan (EMMP) – provides clear detailed information as to the method of administration, dosages, when to provide the medication, maximum dosage, what to do after and when to call an ambulance
- Benefits - ensures appropriate care is provided in the event of a seizure, provides staff with clear direction, reduces risk and increases confidence in dealing with epilepsy and other seizure related conditions in the school environment.
- Templates for each of these plans are available on our website [www.epilepsywa.asn.au](http://www.epilepsywa.asn.au)



# Free Access to Resources

The Epilepsy Smart Schools website is the only purpose-built portal with school specific information to support school communities. It provides free, detailed resources for teachers, nurses, parents and other interested parties.

- Information about Epilepsy.
- Information for schools about the Epilepsy Smart Schools program, student learning plans and how to encourage inclusivity.
- EMP and EMMP templates.
- Fact sheets providing information on the potential impacts of epilepsy on the different facets of learning.
- They also provide practical strategies to help teachers maximise learning outcomes for the student.
- Lesson Plans to encourage open discussion with the students about epilepsy.



<https://www.epilepsysmartschools.org.au/>

# Seizure First Aid

- What **NOT** to Do When Someone Has a Seizure
  - **DO NOT** try to stop the seizure (restrain etc).
  - **DO NOT** put anything in the persons mouth.
  - **DO NOT** try to move them from their position, in some cases the seat or desk etc. provides some support.
- Key principles of Seizure First Aid (for any seizure type)
  - Time the seizure – as mentioned, most resolve within a minute. If a seizure lasts for more than 5 minutes, an ambulance should be called.
  - Keep the person safe from injury
  - Stay calm and reassure the person throughout.

# Seizure Specific Tips

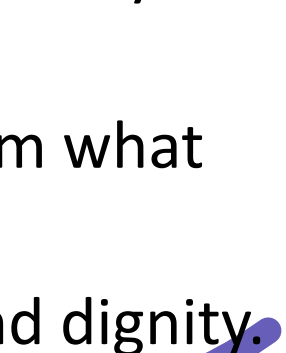
## Tonic Clonic Seizures

- Protect the persons head.
- Remove any objects that could cause injury
- Roll the person onto their side, when possible.

## Focal Seizures with Impaired Awareness

- Don't restrain the person
- Guide them safely around objects

## Post Seizure Care

- Monitor breathing and ensure the airway is clear
  - When they are alert enough, ask them what support they would like/need.
  - Help them maintain their privacy and dignity.
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**QUESTIONS?**