



Information about Epilepsy

- Epilepsy is a common neurological disorder causing seizures. It affects 1% to 2% of the population.
- The cause of epilepsy can be due to severe head injury, strokes, birth trauma, brain tumours, toxins, brain infection, brain diseases, genetic condition or drug abuse. In 70% of cases the cause is unknown.
- The most commonly recognised seizure is a Tonic Clonic Seizure, in which the person may stiffen and fall, give a loud cry and have rhythmic jerking of the limbs.
- A Complex Partial Seizure starts in a specific area of the brain. The person has an altered state of consciousness and may carry out automatic movements, often repetitive, and will not be aware of events after the seizure.
- Most people manage their Epilepsy well with the aid of medication. However there are certain 'triggers' – tiredness, stress, poor diet, hormonal changes, flashing lights and caffeine.

What to do if a student has a seizure:

- Stay calm, the seizure will usually last about 5 minutes. Start timing.
- Move any dangerous objects away.
- Protect their head.
- Loosen clothing so they can breathe more easily.
- Do not try to put anything in their mouth – it is impossible to swallow the tongue.
- When the seizure has stopped, roll the student onto their side (recovery position). Tilt the head to assist breathing.
- When the seizure is over, they may be confused. Be reassuring.
- Help them to a place where they can rest.
- Observe them while resting.
- If the seizure is still continuing after 5 minutes call an ambulance (dial 111 from any phone).
- If at all concerned about a person's condition always seek medical help.

Information has been sourced from:

www.everybody.co.nz

www.epilepsy.org.nz

CONTACTS FOR MORE INFORMATION OR SUPPORT

Disability Services

Room 036 Basement

ClockTower Building

22 Princes Street

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Ph: +64 9 9 373 7599 ext 82936

Fax: +64 9 308 2354

www.eo.auckland.ac.nz

www.disability.auckland.ac.nz

disabilities@auckland.ac.nz

University Medical Services

City Campus Clinic

Level 3, Student Commons Building

2 Alfred Street

Ph: +64 9 373 7599 ext 87681

Grafton Campus Clinic

The "White House"

151 Park Rd

Ph: +64 9 373 7599 ext 86962

Tamaki Campus Clinic (Registered Nurse Clinic only)

Building 730.110

Morrin Road

Ph: +64 9 373 7599 ext 86677

Epsom Campus Clinic

R Block, Gate 4

60 Epsom Avenue, Epsom

Ph: +64 9 373 7599 ext 48526

Student Learning Centre

Ph: +64 9 373 7599 ext 88850

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