

THE SOCIETY OF SPORTS THERAPISTS



Sports Trauma Management

9. Exposure, Environment & Everything Else

c. Medical Emergencies

iii. Seizures

SEIZURES

- Abnormal, sudden, involuntary muscle clonus caused by:-
 - Head injury (immediate or delayed)
 - Intracerebral bleed
 - Hypoglycaemia
 - Meningitis/ encephalitis
 - Metabolic disturbance e.g. low sodium
 - Cerebral Tumour
 - Epilepsy



Seizures

- Sx
 - Preceded by aura (minutes)
 - Generalised or local tonic +/- clonic activity
 - Urinary +/- faecal incontinence
 - Tongue biting
 - Post ictal period (low GCS minutes to hours)



Seizure Management

- SAFE approach (do not restrain)
- AIRWAY
 - Priority
 - Obstructed
 - NP airway if trismus
 - O₂ via NRBM
- BREATHING
 - Check post seizure
- CIRCULATION
- DEFG
 - Check BM



- For persistent or prolonged seizures
 - Rectal or IV Diazepam 10mcgs
 - OR
 - IV Midazolam
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- But prepare for respiratory depression/arrest with benzodiazapines