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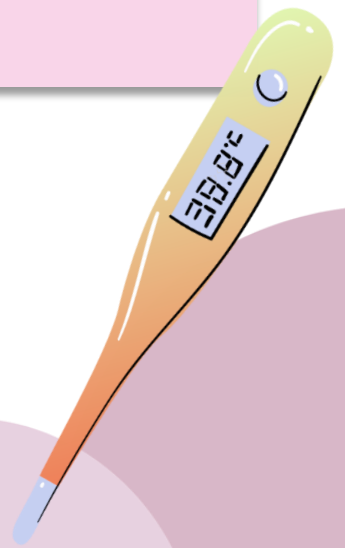
Febrile Seizure



What is a Febrile seizure?

- **Febrile seizure** are a common condition that affects children between the ages of six months to 5 years. occurs when child's body temperature is high $>38^{\circ}\text{C}$, and seizure are repeated only in this case.
- **Febrile seizures** may present as loss of consciousness and involuntary movements in children, with body stiffening or shaking.

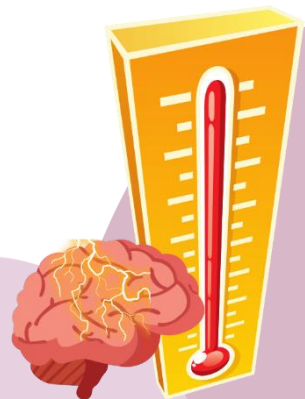
Although these seizures may seem alarming to some parents, they are usually harmless and don't pose any danger to the child's health.



What's the difference between Epilepsy and Febrile seizure?

There are several differences between Febrile seizure and Epilepsy, the important ones are:

- **Simple Febrile seizure** doesn't occur unless the body temperature is high. In contrast, seizures in children with epilepsy may happen with or without fever.
- **Simple Febrile seizure** is a condition that may occur several times through the year, or it might never occur again and usually subsides after the age of 5, **whereas Epilepsy** is a chronic condition that may requires treatment.



What are the symptoms of Febrile seizure?

The following are some symptoms that might be observed in children with febrile seizure:

1. Loss of consciousness.
2. Shaking movement in the arms, legs, or face.
3. Typically, febrile seizure last **less than 5 minutes**.
4. After the seizure, a state of sleepiness and tiredness may occur for a short period of time.

In some cases, the seizure might **last longer than 5 minutes**, in this state urgent medical intervention is required.



How to diagnose and follow-up children with Febrile seizure?

- It is sufficient to take the patient's medical history and perform clinical examination to diagnose the condition.
- Usually, the child does not need advanced examinations such as blood tests, EEG, or MRI scans, except in very special cases after the full medical examination.



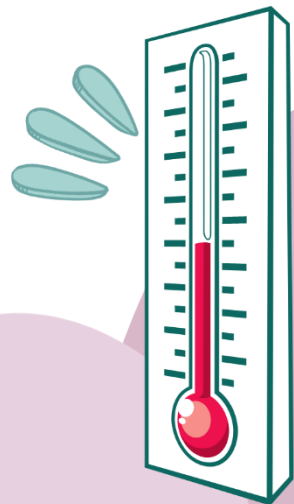
What to do during a Febrile seizure?

- Handle the situation with carefulness.
- During the seizure make sure the surroundings of the child are safe and clear of any danger.
- place the child in the recovery position (on their side).
- Don't put anything in the child's mouth or even try to open his mouth.
- No need to try to stop the involuntary movement.
- Call the emergency **991** In case the seizure **last longer than 5 minutes**.



What are the ways of preventing Febrile seizure?

- A Febrile seizure isn't Epilepsy, so there is no need to use any of (Epilepsy Medication) to prevent seizure from happening again. Moreover, it doesn't have a long-term effect on the child's perception or cognition.
- Giving an anti-fever medicine might help with the actual problem, but it does not appear to reduce the risk of febrile seizures.
- There is no need for the parents to accompany the child during sleep, as it doesn't prevent the febrile seizure.



What are the treatments of Febrile seizure?

- If the Febrile seizure stops, no treatment is required.
- If it last longer than 5 minutes, a doctor might need to use antiseizure medication to stop it.



Is there a risk of a future seizure after the 1st Febrile seizure?

It is possible, Children who had a Febrile seizure are at risk of having another febrile seizure. However, it doesn't necessarily occur every time the child has a fever. So, it is very important to learn the right ways of dealing with febrile seizure.



Sources and references:

Uptodate.com

All photo used from Canva.com

Review and audit:

The content of this booklet has been reviewed by Pediatric Neurology consultants at King Fahd University Hospital.

Pediatric Neurology Unit

Health Awareness Unit

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