

Vg1 Helse og oppvekstfag, Vg2 Helsearbeiderfag, Vg2 Ambulansefag og Vg2 Helseservicefag

## First Aid for an Epileptic

A class of Norwegian secondary school students are on a study trip to London at the end of their first year on the Healthcare, Childhood and Youth Development course. Today, they are going to visit a few of the main London attractions together with some English students. They are walking around in groups of three. Jonathan, from England, Trond and Anne are heading towards the Westminster area, where they are going to visit Westminster Abbey, the Houses of Parliament, and they will of course have a ride on the giant Ferris wheel, the London Eye. They have promised their English teacher to speak as much English as possible.

**Trond:** Wow! London is much bigger than I thought. If we had known it was this far to walk, we could have hailed a black cab instead!

**Anne:** I like walking actually. It's a great way to get to know the area..... What do you want to do first? There are probably long queues at all the places we plan to visit.

**Trond:** I think, I would like to take the Ferris wheel ride first, and get a view of the whole area from the top. What about you guys?

**Jonathan:** Good idea, Trond. I haven't been up in the London Eye yet. We can do the Abbey and the Houses of Parliament afterwards.

**Anne:** I don't quite understand why it is called the *Houses* of Parliament when it apparently is only one house?

**Jonathan:** Well, there are two different chambers of the Parliament, the House of Commons and the House of Lords. We should get the opportunity to see both parts on a guided tour.

**Anne:** Oh, look at that queue for the Ferris wheel! This will take at least an hour!

**Jonathan:** No problem! I'm sure we can keep each other entertained..... And there are some of the other students just ahead of us. But what's the matter with Andreas? What is he doing on the ground?

**Trond:** He's having an epileptic seizure! Come on, I know what to do. Jonathan, get everyone to move back and Anne, give me your jacket to put under his head.

**Jonathan:** *(loudly)* Move back, everyone, please, and give him space. He will be okay soon.

**Anne:** It looks scary, Trond.

**Trond:** Yes. This is a big seizure, but don't worry, it will go over.

*(A few minutes later)*

**Jonathan:** It has lasted about five minutes, now, Trond. Shall I call for an ambulance?

**Trond:** Yes, I think we should.

## PART TWO

*(After Andreas has been taken to hospital, Trond, Anne and Jonathan are talking about what happened.)*

**Anne:** You were great, Trond. I know that we learned about epileptic seizures at school, but how did you realize what was happening so quickly?

**Jonathan:** *(interrupts)* Yes, you were quick off the mark.

**Trond:** Well, you see that I am wearing this chain around my neck with a symbol resembling a torch? I am an epileptic, too, and this symbol is to show people in case I should have an epileptic seizure.

**Anne:** I didn't know that. How long have you had epilepsy?

**Trond:** I had the first seizure when I was around 3.

**Jonathan:** It's a kind of brain condition, isn't it?

**Trond:** Yes. During a seizure I have a kind of electric crash in the brain. Some seizures are small, and people around me will not notice, but sometimes I have a big seizure where I get cramps and lose consciousness. My jaws may jerk uncontrollably, and there may be froth around my mouth. I may even make a wailing sound or scream. I usually wake up after a few minutes, but then I am quite exhausted.

**Anne:** What can we do to help you if you should have a seizure?

**Trond:** Well, the most important thing is to calm down the people around me and get them out of the way. When my jaw is jerking you should never put anything in my mouth to stop it. It might damage my teeth. As soon as my body is relaxed enough, you should put me on my side in the recovery position to ensure free airways.

**Anne:** Well. I am glad that you were here today, Trond. It's not always easy to remember the right thing to do in such a situation, but we will be prepared another time.

**Jonathan:** Yes, and we can check up on Andreas this evening and see how he is feeling. Look, now there are only two capsules to go, and we will be in the third one. Seems we will be together with some Asians. Good way to get to know people.

*(They climb into the capsule)*

**Trond:** Here we go. This is really thrilling! Wow! Look at the Parliament building. It's enormous! And over there we can see the reconstruction of Shakespeare's Globe Theater. Isn't that right, Jonathan?

**Jonathan:** That's right! Look, we have all of London at our feet!