

ንሕማም ምንፍርፋር ዝኸውን ናይ መጀመርታ ረድኤት

ቶኒክ-ክሎኒክ ምንፍርፋር/ TONIC CLONIC SEIZURE

አካላት ዝተርር ሕማም ምንፍርፋር (ቶኒክ ፋዝ/ደረጃ) ስዒቡ ጭዋዳታት ምንቅስቃስ (ክሎኒክ ፋዝ ደረጃ)



ምግባር

- ✓ ምስቲ ሰብ ምጽናሕ
- ✓ እቲ ምንፍርፋር ዝግበረሉ ግዜ
- ✓ ድሕንነቶም ምሕላው፡- ካብ ጉድኣት ብፍላይ ከኣ ካብ ርእሲ ተኸላኸል
- ✓ ምንቅስቃስ ምስ ኣቋረጸ ናብ ጎድኒ ተንከባለሉ (ብቐጥታ ምግባ/ፈሳሲ/ ተምላስ ኣብ ኣፍ እንተሃልዩ)
- ✓ ምስትንፋስ ምክትታልን ምቀጽጻርን
- ✓ ክሳብ ዝሓውዩ ብህድኣት ኣጸናንዑ

ዘይትገብር

- ✗ ዝኸውን ደኹን ነገር ኣብ ኣፍ እቲ ሰብ ኣእትዎ
- ✗ ነቲ ሰብ ምቀጽጻር
- ✗ ነቲ ሰብ ኣብ ሓደጋ እንተ ዘይከውይኑ ኣንቀሳቕሶ

ምንፍርፋር ይካል

ናይ ምድንጋራት ምልክት ምስዘለዎ ምላሽ ወይ ዘይኣግባብ ብዘይኹነ ጠባይ ምንፍርፋር፡፡

- ምስ ሰብ ምጽናሕ
- እቲ ምንፍርፋር ዚግበረሉ ግዜ
- ኣድላዩ እንተ ኸውይኑ ካብ ጉድኣት ቐስ ኣቢሉ ንክርሕቕ ሜላይ ምሓብ
- ክሳብ ዝሓውዩ ብህድኣት ኣጸናንዎ
- ኣብ ሓደጋ እንተ ዘይኣትዩ ነቲ ሰብ ኣይትገድዶ

ኣምቡላንስ ንምርካብ ብስልኮ 000 ምድዋል፡-

- ርግጸኛ ኣይከውንካን
- ሓደ ጉድኣት ኣጋጢሙ
- ኣብ ኣፍ ምግባ/ፈሳሲ/ተምላስ ኣሎ
- እቲ ምንቅስቃስ ኣብ ማይ እዩ ዚፍጸም
- በቲ ሰብ ናይ ምንቅስቃስ ምስ ኣቋረጸ ናይ ምስትንፋስ ጸገም ኣለዎ
- ካልእ ምንፍርፋር ብቕልጡፍ ይመጽእ
- እቲ ምንቅስቃስ ካብ 5 ደቂቕ ንላዕሊ ይጸንሕ
- እቲ ምንፍርፋር ምስ ተወድኦ እቲ ሰብ ናይ ምንፍርፋር ካብ 5 ደቂቕ ንላዕሊ ምላሽ ኣይህብን እዩ



እዚ ናይ ሕክምና ምክሪ ወይ ምሉእ ዝርዝር ምንፍርፋር ምላሽ ንምሃብ ዝኸእል መገድታት ኣይከውን፡፡ እዚ መምርሒ እዚ ንሕማም ምንፍርፋር ብኸመይ ምላሽ ከም እትህበሉ ንክትሓስብ ክኸግዘካ ይኸእል እዩ፡፡ እንታይ ክትገብር ከም ዘሎካ ርግጸኛ እንተ ዘይኳንካ ኣምቡላንስ ካብ ምጽዋዕ ድሕር ኣይትበል፡፡



FIRST AID FOR SEIZURES

TONIC CLONIC SEIZURE

Convulsive seizures where the body stiffens (tonic phase) followed by rhythmic muscle jerking (clonic phase).



DO

- ✓ Stay with the person
- ✓ Time the seizure
- ✓ Keep them safe: protect from injury especially the head
- ✓ Roll onto side after jerking stops (immediately if food/fluid/vomit in mouth)
- ✓ Observe and monitor breathing
- ✓ Gently reassure until recovered



DO NOT

- ✗ Put anything in the person's mouth
- ✗ Restrain the person
- ✗ Move person unless in danger

FOCAL SEIZURE

Non-convulsive seizures with possible signs of confusion, inappropriate responses or behaviour.

- Stay with the person
- Time the seizure
- Gently guide away from harm if necessary
- Gently reassure until recovered
- DO NOT restrain the person unless in danger

CALL 000 FOR AN AMBULANCE IF:

- You are in any doubt
- Injury has occurred
- There is food/fluid/vomit in mouth
- Seizure occurs in water
- Person has breathing difficulties after jerking stops
- Another seizure quickly follows
- Seizure lasts longer than 5 mins
- The person is non-responsive for more than 5 mins after the seizure ends



This is not medical advice nor an exhaustive list of responses to seizures. This is a guide to help you consider your response to seizures. If you are in any doubt about what to do, do not hesitate to call an ambulance.