

Fever Fits Febrile Convulsions Discharge Advice

Children's Services

Lincoln County Hospital

Pilgrim Hospital, Boston

Grantham and District Hospital

www.ulh.nhs.uk

Aim of the leaflet

This leaflet aims to provide parents with advice and information on febrile seizures (convulsions).

Your child has a febrile convulsion

We know it was a very frightening experience for you. However, febrile convulsions are mostly harmless and do not pose a threat to a child's health.

What is a febrile convulsion?

It is a fit brought on by a high temperature in a child usually aged between 6 months and 4 or 5 years of age.

What is a convulsion?

A convulsion is when the child becomes unconscious and usually stiff, with jerking of the arms and legs. It is caused by a storm of electrical activity of the brain. The words convulsion, fit and seizure mean the same thing.

What should I do if my child has another convulsion?

Lay him/her flat on his side with the head at the same level or slightly lower than the body. It is not necessary to do anything else. Wait for the convulsion to stop and seek medical advice. If the convulsion lasts longer than 5 minutes call 999 for an ambulance. If it lasts less than 5 minutes phone your GP or NHS 111 for advice.

Is regular treatment with tablets or medicine necessary?

Usually not. The doctors will explain to you if your child is thought suitable for regular treatment.

Are febrile convulsions common?

Yes, about one child in 20 will have one and are most common in children between six months and 5 years of age.

Is it epilepsy?

No. The word epilepsy is applied to convulsions without fever.

Will it happen again?

Possibly. Of 10 children who will have a febrile convulsion, about 3 or 4 will have more than one. The risk of having another gets rapidly less after the age of 3 years.

Does the child suffer discomfort or pain during a convulsion?

No. The child is unconscious and unaware of what is happening.

What should I do if my child has a fever?

Keep him/her cool. Do not over clothe him/her or overheat the room. Give plenty of fluids to drink.

Give children's paracetamol medicine, e.g. Calpol to get his/her temperature down and give according to manufacturer's or doctor's instructions.

Repeat the dose every 6 hours for a maximum of 4 doses every 24 hours until the fever subsides.

Alternative: Nurofen for Children maximum 3 doses every 24 hours.

If your child is ill, let your doctor see him/her in case other treatment such as antibiotics is needed. (For most children with fever due to viral infection, antibiotics are not necessary).

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Following discharge from the ward if you are concerned, it is important that your child is seen by a doctor.

Telephone:

Safari Day Unit, Lincoln	01522 573172
Rainforest Ward, Lincoln	01522 573786
Children's Ward Boston	01205 445563

Or contact your hospital Accident and Emergency department or your GP.

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at patient.information@ulh.nhs.uk