Is this a febrile seizure?

Consider alternative diagnoses

Educate and inform parents

Definition:
- Childhood seizure
- After one month of age
- Child has febrile illness
- No previous neonatal or unprovoked seizures
- Doesn’t meet criteria for other acute symptomatic seizures

= International League Against Epilepsy

Recurrence:
Overall recurrence is thought to be about 1 in 3. Parents can be reassured that recurrence is rare in children with no risk factors.

Seizure types:

<table>
<thead>
<tr>
<th>Simple</th>
<th>Complex</th>
<th>Febrile status epilepticus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 15 mins</td>
<td>More than 15 mins</td>
<td>More than 30 mins</td>
</tr>
<tr>
<td>Generalised</td>
<td>Focal</td>
<td></td>
</tr>
<tr>
<td>No recurrence within 24 hours</td>
<td>May have repetitive seizures</td>
<td></td>
</tr>
<tr>
<td>No postictal pathology</td>
<td>Todd’s paresis may be present</td>
<td></td>
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</tbody>
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Red flags suggestive of CNS infection:
- Antibiotic treatment
- Complex febrile seizures
- History of irritability, decreased feeding or lethargy
- Incomplete immunisation:
  - Haemophilus influenzae B
  - Streptococcus pneumoniae
- Postictal symptoms lasting more than 1 hour
  - Limited social response
  - Altered consciousness
  - Neurological deficit
  - Drowsiness

Risk factors:
- Age at onset under 18 months
- Fever less than 39°C
- First degree relative has history of febrile seizure
- Shorter duration of fever before seizure (<1 hour)
- Multiple seizures during the same febrile illness
- Day nursery attendance

Epilepsy:
Most children with FS do not develop an epilepsy.

Risk factors:
- Family history of epilepsy
- Complex febrile seizure
- Neurodevelopmental impairment

Having all three risk factors increases risk of epilepsy to 50%.

Advice for Parents:
- Protect child from injury
- Do not restrain child
- Do not put anything in their mouth
- Check airway
- Place child in recovery position
- Explain that the child may be sleepy for up to an hour
- Seek medical advice
- Call an ambulance
- Administer rescue treatment

Rescue medications:
For children with high risk of recurrence, parents should be provided with benzodiazepines (midazolam or rectal diazepam) on discharge.

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