

# Fits, faints and funny turns - Advice Sheet

Advice for parents and carers



There are many reasons for childhood “funny turns”. Your medical practitioner will have given you a likely diagnosis and this leaflet contains links for further information on some of the commonest causes of funny turns in childhood. This leaflet is designed to alert you should your child’s symptoms change and advice as to where to get help. It helps to have video of your child’s episodes to take to any medical appointments.

## When should you worry?



RED

If your child has any of the following at anytime:

- If they become unconscious and do not recover after 5 minutes
- If they have a seizure lasting more than 5 minutes
- If they have >3 episodes in one day
- Becomes confused or unaware of their surroundings (for longer than 30 mins)
- Develops difficulty speaking or understanding what you are saying
- Develops weakness in their arms/ legs or starts losing their balance
- Develops problems with their eyesight
- Collapses during exercise/ strenuous activity

**You need urgent help.**

Go to the nearest Hospital Emergency (A&E) Department or phone 999



AMBER

If your child has any of the following at anytime:

- If they have more than one convulsive seizure in a week (Convulsive = unconscious with arms and legs stiff, sometimes shaking)
- Loss of consciousness but has quick recovery (less than 5 minutes)
- Change in their behaviour or excessive tiredness
- Develops a persistent headache that doesn't go away (despite painkillers such as paracetamol or ibuprofen)
- Develops a headache that wakes them from sleep

**You need to contact a doctor or nurse today.**

Please ring your GP surgery or call NHS 111 - dial 111

Try to capture your child's episodes on video to take to the medical appointment



GREEN

Your child may have been diagnosed with one of the below conditions that requires no medical treatment.

Here are links for further information.

Breath holding attacks: [www.nhs.uk/conditions/breath-holding-spells-in-children/](http://www.nhs.uk/conditions/breath-holding-spells-in-children/)

Simple faint: [www.nhs.uk/conditions/fainting/](http://www.nhs.uk/conditions/fainting/)

Reflex anoxic seizures: [www.heartrhythmalliance.org/stars/uk/reflex-anoxic-seizures-ras](http://www.heartrhythmalliance.org/stars/uk/reflex-anoxic-seizures-ras)

Night terrors <https://www.nhs.uk/conditions/night-terrors/>

Sleep myoclonus (Brief jerks of one or more limbs. Occurs only in sleep. No treatment needed)

### Self Care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 – dial 111

Try to capture your child's episodes on video to take to future medical appointments