



Shedding Light on Shadows: Demystifying Pediatric Seizures and Their Lookalikes

Mac Manuel, MD

Pediatric Neurologist and Epileptologist

Our Lady of the Lake Children's Hospital | Baton Rouge, LA

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I have not used artificial intelligence in the development of this presentation.

Objectives

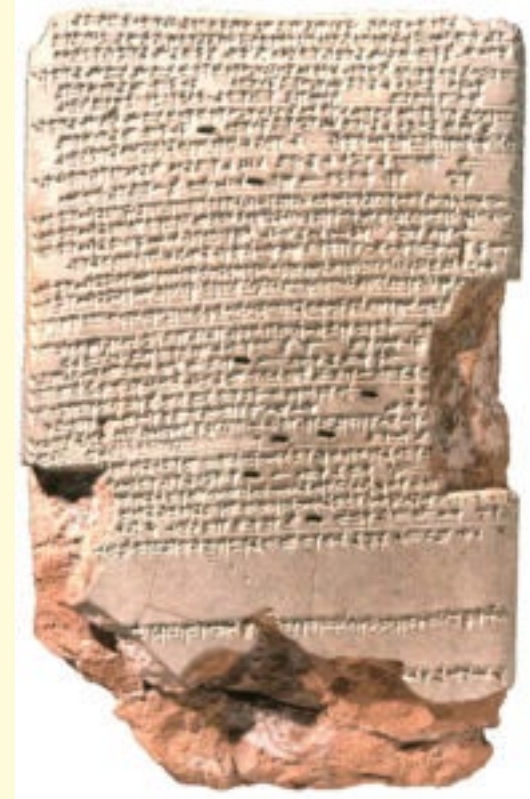
- At the conclusion of this activity, learners will be able to:
 - Explain general rules regarding seizure vs. mimics
 - Be more comfortable when dealing with “seizure-like activity”
 - Have a better understanding of when to send to neurology and how urgent it needs to be

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What Is A Seizure?

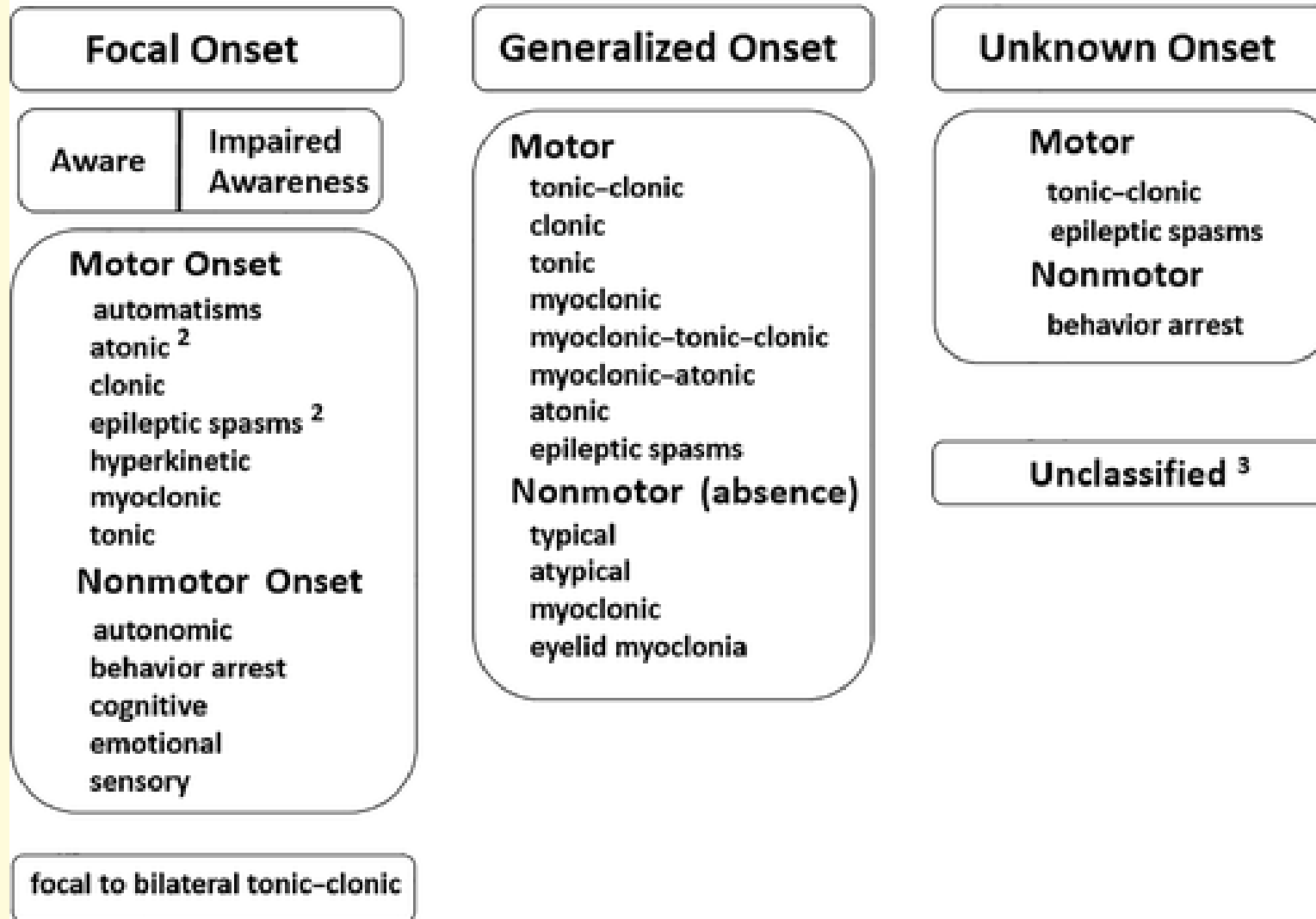
- The oldest description of a seizure was included in a clay tablet from 2500 BC found in Mesopotamia:
 - “his neck turning left, hands and feet are tense, and his eyes wide open, and from his mouth froth is flowing without him having any consciousness.”



Current ILAE Definition of Seizure

- A seizure is defined as “a transient occurrence of signs and/or symptoms due to abnormal excessive or synchronous neuronal activity in the brain.”
- It is the clinician's first task to determine that an event has the characteristics of a seizure and not one of the many imitators of seizures.

ILAE 2017 Classification of Seizure Types Expanded Version ¹



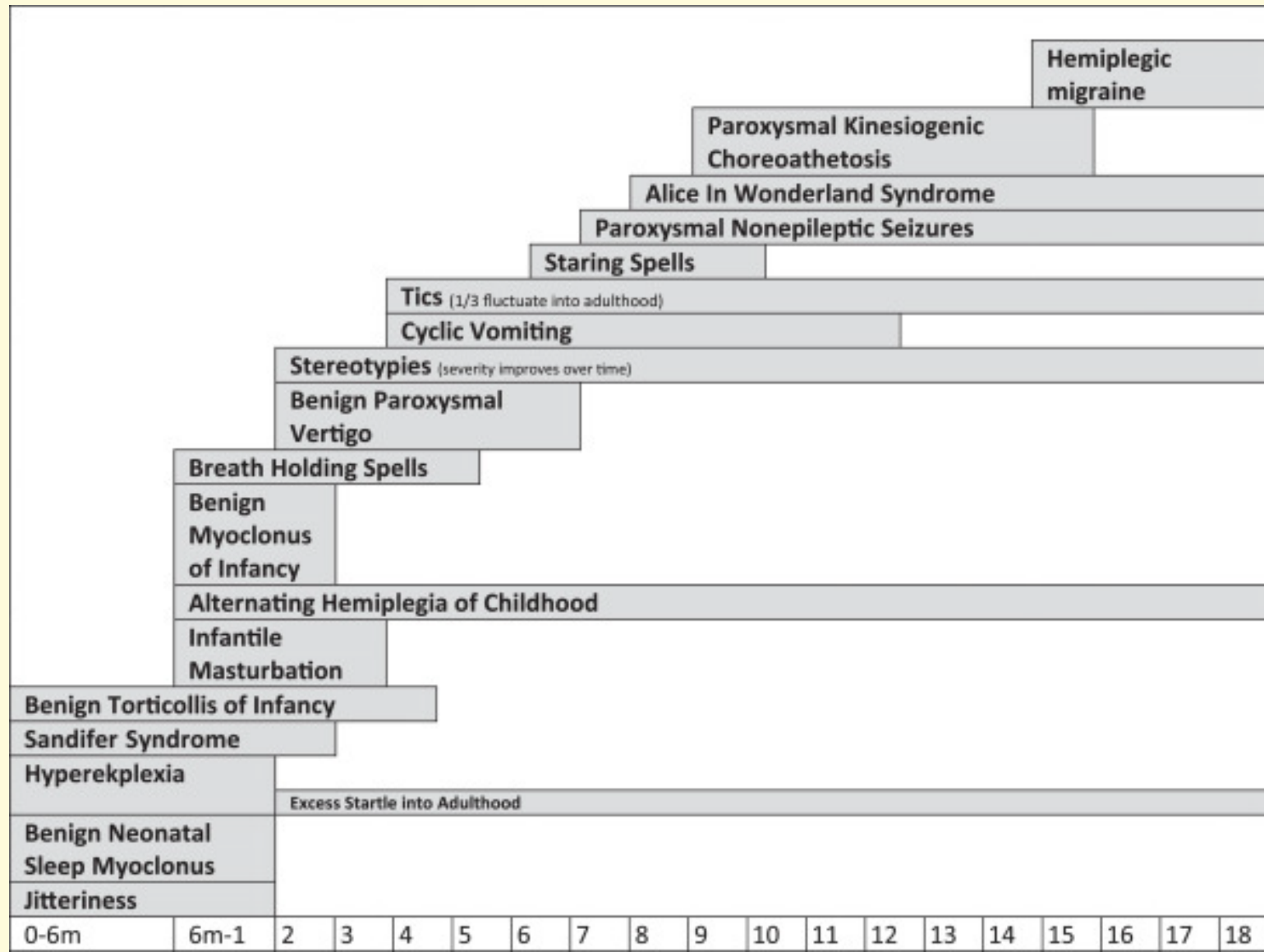
General Rules for Seizures

- Stereotyped
- Rhythmic
- Not suppressible or distractible
- Not triggered by specific emotions/events/etc.
- Needs to be localizable

Helpful History Pearls

- Incontinence
- Starting from sleep
- Eyes open
- Grunting/gagging/vocalizations
- Post-ictal state
 - Especially speech difficulty and balance problems

Common Mimics



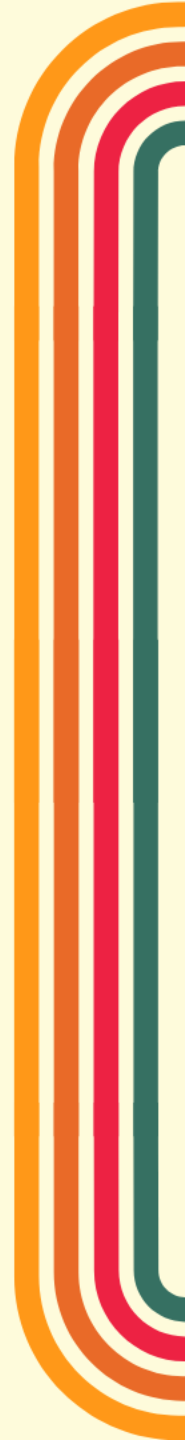
Infantile Spasms and Mimics

- Planning on inserting videos for most of the following slides...

Breath Holding Spells



Staring Spells



Stereotypes and Tics



Non-Epileptic Spells



MOC Questions in Slido (3 slides)

- Chapter staff will add these slides to your presentation once

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Action Items

- Video the episodes
- Try to stop them/distract the patient
- Pay attention to timing and situations

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What Is A Seizure?

- Seizures can be tricky!
- It is never wrong to send them to neurology when you are concerned!
- Videos are very helpful!

References and additional reading (1-2 slides)

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- [History of Epilepsy – Neuropedia](#)
- Christos P. Panteliadis, Photios Vassilyadi, Julia Fehlert, Christian Hagel, Historical documents on epilepsy: From antiquity through the 20th century, *Brain and Development*, Volume 39, Issue 6, 2017, Pages 457-463, ISSN 0387-7604, <https://doi.org/10.1016/j.braindev.2017.02.002>.
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Contact Information

- Chad “Mac” Manuel
- Chad.manuell@fmolhs.org

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