

Epilepsy Australia  
**trivia**  
 CHALLENGE

**For years 4-7**



## SEIZURE FIRST AID

Giving help to a person who is having a seizure

### What is epilepsy?

- Epilepsy is the world's most common serious brain disorder affecting 2% of the population.
- Epilepsy can affect anyone, at any age, at any time. Usually most seizures first occur before adolescence.
- Epilepsy can be treated effectively; most often with medication, sometimes with special diets or surgery.
- It is a disorder that causes sudden, uncontrollable electrical surges in the brain. These brief interruptions in the brain activities cause periods of altered awareness, known as seizures. They may involve changes in consciousness, involuntary movement, muscle spasms or convulsions. "Absence seizures" can look like daydreaming.
- Myths, ignorance and fear often pose more problems than the disorder itself.

The World Health Organisation identified epilepsy as the most misunderstood, most stigmatised and most under-resourced health condition in the world today.

### Epilepsy Queensland Inc

Epilepsy Queensland Inc is a not-for-profit organisation founded in 1969.

We appreciate government support, however rely on fundraising from the community for at least 50% of our income so that we are able to:

- Provide vital services, programs and information for those living with epilepsy, their carers and families.
- Provide training for health, disability and education workers.
- Promote community awareness to *bring epilepsy out of the shadows.*



### In a convulsive seizure (eg. Tonic-Clonic seizure)


- Stay calm
- Time the seizure from the beginning
- Do not put anything in the person's mouth
- Do not try to restrain the person
- Protect the person from injury, remove any hard objects
- Place something soft under the head and shoulders and loosen any tight clothing
- Roll the person onto their side to keep the airway clear
- Stay with, and reassure the person until they have recovered

### In a non-convulsive seizure (eg. Complex Partial seizure)

- Time the seizure from the beginning
- The person may behave strangely or appear disorientated
- Avoid restraining the person if possible. Talk to them, try to guide them to safety and protect them until they recover

### Call an ambulance – 000

- If the convulsive seizure continues for more than 5 minutes
- In a convulsive seizure, if the seizure stops but the person does not regain consciousness within 5 minutes, or if another seizure begins
- In a non-convulsive seizure if the person has not begun to recover in 10-15 minutes
- As indicated by the seizure management plan
- When a serious injury has occurred, if the seizure occurs in water, or if you believe the woman is pregnant



Epilepsy Queensland Inc  
 PO Box 1457  
 Coorparoo BC QLD 4151  
 Ph: 07 3435 5000  
 Fax: 07 3435 5025  
[www.epilepsyqueensland.com.au](http://www.epilepsyqueensland.com.au)

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- Curriculum aligned • Cooperative learning •
- Community involvement •

# Trivia Challenge

## What is Trivia Challenge?

A fun general knowledge quiz which is curriculum based. It is also designed to develop an understanding of epilepsy. All materials are supplied free of charge.

## Who participates?

Primary schools from all sectors are invited to participate in this national competition. Students compete in teams of four, either in individual year groups, single classes or all students from years 4-7.

## How relevant is it to the curriculum?

Trivia Challenge aligns with the Queensland P-12 Curriculum Framework. The quiz consists of stimulating and challenging questions in all key learning areas.

## Why epilepsy?

Approximately 86,000 Queenslanders are living with epilepsy, many of whom are diagnosed in their school years. It is quite likely someone at your school is affected or could be diagnosed with epilepsy. This program assists with understanding and removing the stigma long associated with epilepsy as well as providing practical advice on seizure first aid.

## How does it help students?

Apart from gaining an understanding of epilepsy and enhanced learning, students will develop an appreciation of living with health conditions or disabilities. Students are recognised and rewarded for their valued involvement.

## How does it help teachers?

Trivia Challenge is a fully planned and resourced cross-curricular activity ready for use by busy teachers. Epilepsy Queensland aims to make it easy and provide the support required to implement a successful learning experience.

## How does it help schools?

All participating schools receive a complimentary epilepsy resource kit which includes a CD-ROM and important information to assist teachers, school nurses and students.

Epilepsy Queensland can also provide training, further information and back up support on epilepsy.

In addition, winning teams are recognised and rewarded at state and ultimately national level.

## When is it held?

The 45 minute quiz can be taken at any time to suit individual schools prior to the end of August. Winning teams from years 4-7 are invited to participate in the October State Final.

The year 7 winning team then has the opportunity to represent Queensland in the National Grand Final in November.

## Is there fundraising involved?

Yes. This program has been developed to raise both awareness and much needed funds so that Epilepsy Queensland can continue its vital programs and services for those affected by epilepsy. Assistance is provided to encourage fundraising activities by individuals and/or school-based activities such as gold coin collection, selling Epilepsy Queensland merchandise or through sponsorship.

## Any prizes?

Schools and students are rewarded for their valued fundraising efforts with incentive gifts and great prizes for high achievers!

## How do we get involved?

Complete and return a registration form available at [www.epilepsyqueensland.com.au/site/trivia](http://www.epilepsyqueensland.com.au/site/trivia) or via email [trivia@epilepsyqueensland.com.au](mailto:trivia@epilepsyqueensland.com.au) or phone **1300 852 853**

\* SAMPLE \*

Questions	Answers	Curriculum outcomes
1. In which book is there a farmyard character named Wilbur?	Charlotte's Web	N.B. Through students working in teams, Trivia Challenge directly encourages the building of social relationships and working in teams Discipline-based learning ● English: Reading
2. If a tractor costs \$25,000 how much will ten tractors cost?	\$250,000	Discipline-based learning ● Mathematics: Working mathematically
3. What letter is to the right of G on a computer keyboard? a) L b) A c) S	a) L	Interdisciplinary learning ● Thinking process: Reasoning, processing and inquiry
4. Is epilepsy contagious?	No	Physical, personal and social learning ● Health and Physical Education: Health knowledge and promotion

Each question and answer is matched to one of the learning areas

