



## **DO YOU KNOW WHAT TO DO WHEN YOU WITNESS AN EPILEPSY ATTACK?**

March is Epilepsy Awareness Month in Canada

As students who will go into healthcare, caring for vulnerable population requires readiness in reacting to a medical emergency such as an epileptic seizure. Epilepsy is a neurological disorder characterized by repeated seizures of various types and severity (1).

### **WHAT TRIGGERS SEIZURES? (1)**

- Seizures can be triggered by an isolated incident such as high fever, infection, exposure to toxin, and metabolic abnormalities like hypoglycemia, but are frequently evidence of an underlying medical condition

### **WHAT TO DO IN CASE OF CONVULSIVE SEIZURES? (2)**

- Ease the person to the floor.
- Turn the person gently onto one side. This will help the person breathe.
- Clear the area around the person of anything hard or sharp. This can prevent injury.
- Put something soft and flat, like a folded jacket, under his or her head.
- Remove eyeglasses.
- Loosen ties or anything around the neck that may make it hard to breathe.
- Time the seizure. Call 911 if the seizure lasts longer than 5 minutes.

### **WHAT NOT TO DO IN CASE OF CONVULSIVE SEIZURES? (2)**

- Do not hold the person down or try to stop his or her movements.
- Do not put anything in the person's mouth. This can injure teeth or the jaw. A person having a seizure cannot swallow his or her tongue.
- Do not try to give mouth-to-mouth breaths (like CPR). People usually start breathing again on their own after a seizure.
- Do not offer the person water or food until he or she is fully alert.

(1) <https://www.epilepsy.ca/what-is-epilepsy>

(2) <https://www.canadianepilepsyalliance.org/about-epilepsy/epilepsy-safety/seizure-first-aid/>

## **WELCOME TO THE DRAKE MEDOX FAMILY KHIARA!**



Khiara Villanueva is Drake Medox College's new Student Services & Marketing Coordinator! You will find her at our Surrey Campus from Wednesdays to Mondays.

## **MARCH REMINDERS:**

### **DAYLIGHT SAVINGS TIME STARTS**

On March 12, clocks will go forward an hour. Reminder to adjust your clocks and don't be late for class!



### **T2202 TUITION AND ENROLLMENT CERTIFICATE FOR INCOME TAX FILING**

If you were eligible to receive a tuition credit for year 2022, you should have received an email allowing you to access and download your T2202 form. If you have any questions call us at 604-629-0196.



## HERE2TALK: FREE COUNSELLING SERVICES FOR COLLEGE STUDENTS

Mental health support is available 24 hours a day, seven days a week via [Here2Talk](#), a free online and virtual counselling service offered by the BC provincial government.

Students can speak to a counsellor by phone, toll free at 1 877 857-3397 or direct 604 642-5212. Students can also chat with a trained counselor by downloading the Here2Talk app

<https://news.gov.bc.ca/releases/2021AEST0064-001934>

## MAY 19TH GRADUATION CEREMONY



RSVP by March 15th  
email [drakemedoxcollege@gmail.com](mailto:drakemedoxcollege@gmail.com)  
or call Mirat at 640-629-0196

### EVENT DETAILS:

Where: Italian Cultural Centre  
When: May 19th 2023 5pm - 10pm  
Tickets: \$75 adult and \$40 child  
***All attendees must have a paid ticket***

## WHERE ARE THEY NOW?



### AN INTERVIEW WITH JOVELYN ESPANOL 2019 HCA GRAD

What is your current job title?

*"Community Health Worker/Care Aide."*

Where are you working right now?

*"Vancouver Coastal Health."*

What do you enjoy the most at your current job?

*"I really enjoy having the chance to get to know each of my clients and their families from different walks of life listening to their stories and experiences. I also like making friends with my colleagues, and seeing different places day by day. Most of all it is very rewarding to support vulnerable clients with their needs."*

What is your favourite memory from your time at Drake Medox College?

*"My favorite memories are when we gathered for lunch and shared everyone's speciality dish. I made friends for keeps!"*

What is your advice to current students?

*"Just keep on going, stay focused, have fun and I know you will make it to the finish line. It is indeed true that your future looks bright with Drake Medox College"*