

Epilepsi (Epilepsy)

Trawsgrifiad o'r sain. Transcript of the audio. English translation below.

Stori Deio

Mae Deio yn 3 oed ac yn byw gyda'i fam Anwen a'i frawd Aled, sy'n 5 oed, ar stad o dai newydd.

Wedi rhai heriau yn fabi – traferth bwydo a chysgu er enghraifft - mae ei fam a'r ymwelydd iechyd wedi bod yn cadw golwg gofalus arno. Mae'r meddyg teulu hefyd yn cadw golwg arno. Efallai ei fod yn dangos symptomau o epilepsi.

Symptomau posibl o epilepsi mewn plentyn ifanc yw syllu, syrthio, traferth anadlu, corff yn stiffio, colli rheolaeth, pî a pŵ.

Ond, gall llawer o blant, heb epilepsi, ddangos rhai o'r symptomau hyn.

Mae Deio wedi setlo'n ddigon hapus yn y cylch er ei fod ychydig yn araf i ddefnyddio iaith.

Mae Anwen yn cytuno bod ei iaith ychydig yn araf ond mae hi'n credu bod Aled yn siarad drosto weithiau. Aled yw bos y chwarae yn eu tŷ nhw.

Pwynt Trafod

Beth yw'r ffactorau sy'n gallu effeithio ar ddatblygiad iaith Deio?

Ydy'r rhain yn gysylltiedig â'i epilepsi?

Beth ddylai'r cylch meithrin ei wneud er mwyn bod yn siŵr bod Deio yn cael ei gynnwys, ei drin fel unigolyn, ei ddiogelu rhag niwed?

Os oes cadarnhad bod gan Deio epilepsi a'i fod yn cadw ei epilepsi dan reolaeth gyda chyffuriau, mae'n siŵr na fydd rhaid gwneud unrhyw ddarpariaeth arbennig ar ei gyfer.

Ond os yw Deio'n cael trawiadau (*seizures*) efallai bydd rhaid gwneud rhai 'addasiadau rhesymol' (*reasonable adjustments*).

Dyma'r term sy'n cael ei ddefnyddio yn y gyfraith i esbonio rhai o'r pethau sydd angen eu gwneud neu fod yn ofalus ohonyn nhw er mwyn gwneud yn siŵr bod Deio yn cael yr un cyfle i chwarae â phlant eraill.

Gwaith Ymchwil

Pa addasiadau ddylech chi eu gwneud yn y cylch meithrin i wneud yn siŵr bod Deio yn cael yr un cyfle â phlant eraill? Oedwch y fideo i ymchwilio a thrafod.

A wnaethoch chi ystyried...

...cefnogaeth ychwanegol i'r cylch? Byddai hyn yn golygu bod Deio'n saff wrth wneud rhai gweithgareddau fel chwarae tu allan, mynd am dro ar lan afon, dringo ffrâm ddringo.

RHEOLI RISG yw'r enw am hyn a thrwy wneud ASESAD RISG mae'n bosibl rhoi hyn ar waith.

Ond y peth pwysicaf yw bod Deio yn cael gwneud yr un gweithgareddau – cael yr un hwyl – â phob plentyn arall yn y cylch.

Rhaid cofio mae gan bob plentyn hawl i urddas a phreifatrwydd a dylai'r cymorth mae Deio'n ei gael ddim tynnu sylw ato a chanolbwyntio ar ei 'gyflwr'.

COFIWCH Nid cyfrifoldeb Deio yw addasu i'r cylch ond cyfrifoldeb y cylch yw addasu i Deio.

Mae'n bwysig sicrhau bod Deio'n saff ond hefyd nad yw'r cylch yn tynnu sylw at ei gyflwr.

Pwy yw'r bobl sy'n gallu helpu'r cylch i gynnig y gorau i Deio?

- Ymwelydd lechyd,
- Nyrs cyfeirio (o'r tîm plant ag anabledau efallai),
- Athro ymgynghorol – efallai trwy Dechrau'n Deg,
- Swyddog Cynllun Cyfeirio lleol y Mudiad Meithrin
- neu Nyrs Arbenigol Epilepsi.

Pwy sy'n adnabod Deio orau? Pwy yw'r person pwysicaf?

Ie. Anwen yw'r person pwysicaf, hi sy'n adnabod Deio orau. Rhieni yw'r bobl bwysicaf a rhieni sy'n 'nabod eu plentyn orau.

Bydd Anwen yn gallu cynghori'r cylch ac mae'n bwysig iawn bod y cylch yn sefydlu perthynas dda gyda hi. Bydd Anwen yn gallu rhannu...

- Stori a hanes Deio: pa feddyginiaethau mae Deio'n cymryd,
- beth yw'r symptomau, pa mor aml mae'n debygol o gael trawiad,
- beth yw'r arwyddion bod trawiad ar fin cychwyn,
- pa mor hir bydd trawiad, sut i gadw Deio'n saff.

Anwen yw'r 'go-to' ar bob dim!

Bydd Anwen hefyd yn gallu nodi beth sy'n tanio neu trigro trawiad Deio, er enghraifft: pryder sy'n dod o newid sefyllfa, digwyddiadau dieithr, rhywbeth annisgwyl.

Mae cadw cofnodion cywir a manwl yn bwysig iawn fel bod Anwen a meddyg Deio yn cael darlun llawn o sut mae Deio'n setlo.

Cofiwch bod cofnod neu broffil Deio – fel un pob plentyn arall - yn ddogfen sensitif a phreifat. Mae pob proffil fel hyn yn gorfod cael eu cadw yn dilyn cyfraith a rheolau diogelwch a phreifatrwydd.

Bydd y cofnodion hyn yn bwysig pan ddaw hi'n amser i Deio symud ymlaen i'r ysgol. Bydd rhannu'r wybodaeth gyda'r ysgol yn golygu bod Deio yn trosglwyddo'n ddiogel i'r cam nesaf yn ei fywyd.

Pwynt trafod

O ystyried Confensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn, pa hawliau sylfaenol sydd gan Deio yn y cylch meithrin? Oedwch y fideo i drafod.

A wnaethoch chi ystyried ...?

- Erthygl 15: hawl Deio i gyfarfod â ffrindiau ac ymuno a grwpiau a chlybiau ;
- Erthygl 16: hawl Deio i breifatrwydd
- Erthygl 31: hawl Deio i gael chwarae
- ac Erthygl 37: hawl Deio i gael ei drin yn deg.

Deio's Story

Deio is 3 years old and lives with his mother, Anwen and his brother Aled on a new housing estate. After some challenges as a baby - difficulty feeding and sleeping for example - the mother and health visitor have been keeping a close eye on him.

The family doctor has also been keeping a close eye on him. Maybe he's showing some signs of epilepsy. Possible symptoms of epilepsy in a child are - falling, difficulty breathing, body stiffening, losing control - pee and poo. But lots of children, who don't have epilepsy, can show some of these symptoms.

Deio has settled happily in the nursery even though he is a bit slow to use language. Anwen agrees that his language is a bit slow but she believes Aled talks over him sometimes. Aled is the boss when it comes to playing in their house.

Discussion Point .

What factors can affect Deio's language development?

Are these connected to his epilepsy?

What should the nursery do to ensure that Deio is .. included, treated as an individual and protected from harm.

If it's confirmed that Deio has epilepsy and that he keeps it under control with drugs then it's probable that no special arrangements have to be made for him. But if Deio has seizures it may be necessary to make reasonable adjustments.

This is a legal term used to explain things that need to be done or that need to be considered carefully in order to ensure that Deio has the same opportunities as everyone else.

Research work

What reasonable adjustments should you do in the nursery to ensure that Deio has the same opportunities as everyone else.

Pause the video to research and discuss.

Did you consider...?

Extra support for the nursery. This would mean that Deio would be safe when participating in activities such as playing outside, going for a riverside walk, climbing a climbing frame.

This is called 'managing risk' and by doing a 'risk assessment' it's possible to put this to work.

But, the most important thing is that Deio is allowed to participate in the same activities - and have the same fun - as every other child in the nursery.

It must be remembered that every child has the right to dignity and privacy and the support that Deio receives should not draw attention to him and focus on his 'condition'.

REMEMBER. It's not Deio's responsibility to adapt to the nursery but the nursery's responsibility to adapt to Deio.

It's important to keep Deio safe and also for the nursery not to draw attention to his condition.

Who are people that can assist the nursery to give Deio the best opportunities?

- Health visitor.
- Nurse (possibly from the children with disabilities team), Consultation
- Advisory Teacher (maybe through Dechrau'n Deg),
- the local Mudiad Meithrin Cynllun Cyfeirio Officer
- or the Specialist Epilepsy Nurse.

Who knows Deio best? Who's the most important person?

Yes. Anwen is the most important person, she knows Deio best.

Parents are the most important people, they know their child the best.

Anwen can advise the nursery and it's very important that the nursery establishes a good relationship with her.

Anwen can share

- Deio's story and history.
- What medicines he takes
- what are the symptoms

- how often is he likely to have a seizure,
- what are the signs that a seizure is about to begin
- how long a seizure is likely to last
- how to keep Deio safe.

Anwen is the go-to on everything.

Anwen can also note what triggers Deio's seizures. For example, anxiety arising from a circumstantial change, strange events, or something unexpected.

Keeping accurate and detailed records is very important so that Anwen and Deio's doctor have the full picture of how Deio is settling.

Remember. Deio's profile or record - like every other child's - is a sensitive and private document. Every profile has to be kept following legal and privacy and security regulations.

These records will be useful when Deio moves on to school. Sharing the information with the school will ensure that Deio's transition to the next step in his life is secure.

Discussion Point

Considering the United Nations' Convention on the Rights of the Child, what basic rights does Deio have in the nursery? Pause the video to discuss.

Did you consider...?

Article 15: Deio's right to meet friends and join with groups and clubs

Article 16: Deio's right to privacy.

Article 31: Deio's right to play

Article 37: Deio's right to be treated fairly