

THE EPILEPSY MONITORING UNIT

Montreal Neurological Hospital



Bedside table

Please leave this space free of personal items. EEG technicians and nurses may need this space for care.

Monitor

The monitor must always be easily accessible by healthcare professionals.

Your locker

This is where you should keep your personal items.



Attention

- Please leave the area around the bed clear at all times.
- Ask staff before moving any furniture.

The Epilepsy Monitoring Unit (EMU)

The Epilepsy Monitoring Unit (EMU) at the Montreal Neurological Hospital evaluates what happens when you have a seizure or epileptic event.

At the EMU, we monitor you 24 hours a day while you are hospitalized here. We use video and EEG (electroencephalogram) to record your seizures.

The information we get helps us:

- Find out where your seizures are coming from.
- Find out what type of seizures you are having.
- Decide if you need more tests.
- Find a treatment plan for you.

The Unit has 5 beds on the 3rd floor in an area called 3 North. There are always two nurses at our nursing station.



What should I bring?

Please bring your:

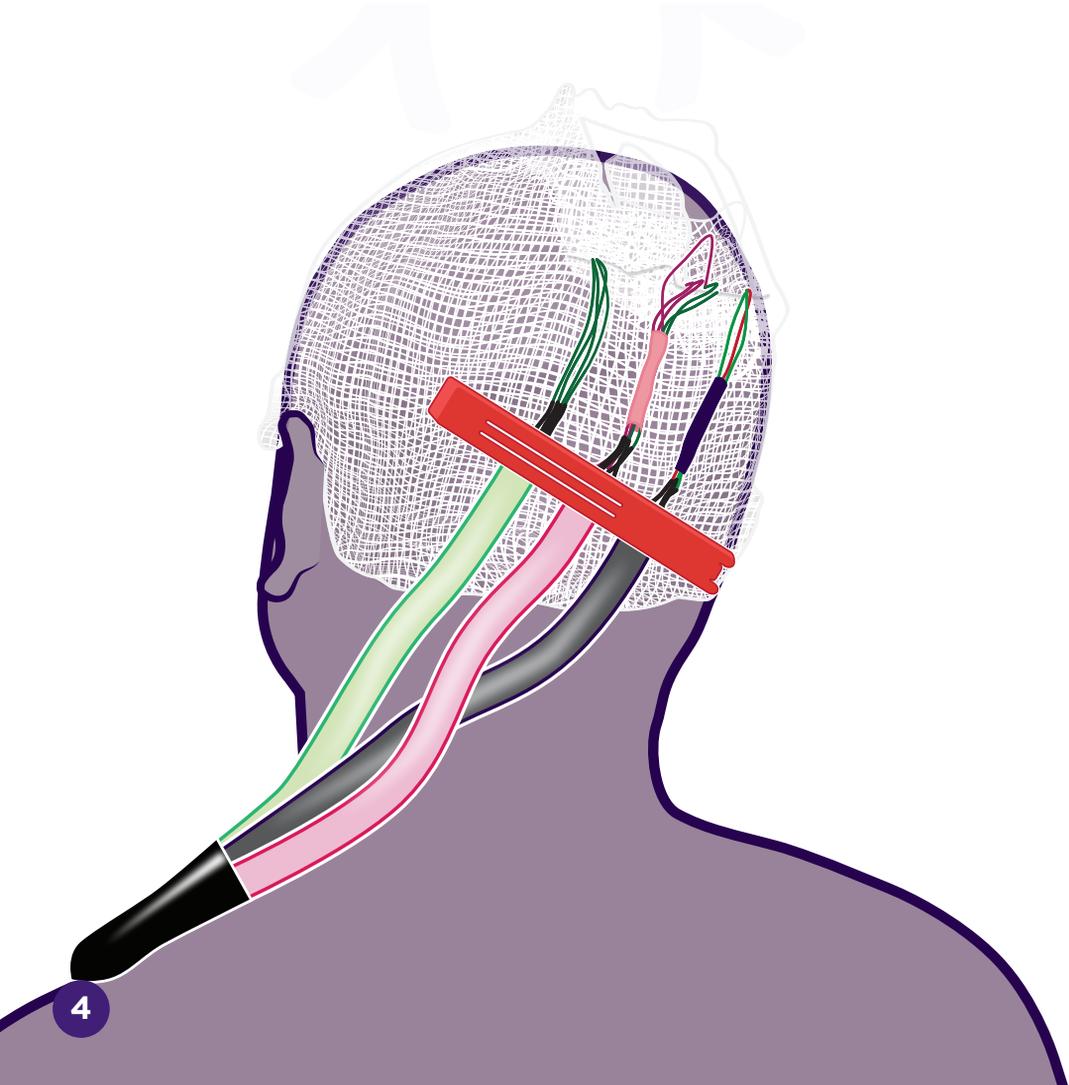
- Medicare card and hospital card.
- Medications that you are taking.
- Comfortable clothes and shoes.
- A lock (There is a locker in each room for your wallet, purse, phone and other valuable items).
- Personal care items like soap, shampoo, toothbrush, toothpaste, tissues, etc.
- Books, magazines, games, iPad, laptop etc.

Please keep the area around your bed clear.
This will help to keep you safe.

What will happen at the Epilepsy Monitoring Unit ?

EEG monitoring and Video

You will have sensors (electrodes) with wires attached to your scalp while you are in the unit. These are EEG (electroencephalogram) sensors.

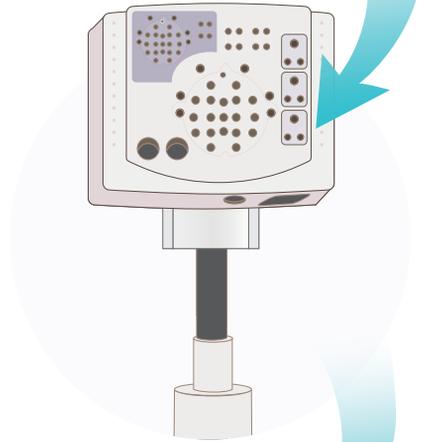


An EEG records electrical activity from your brain.

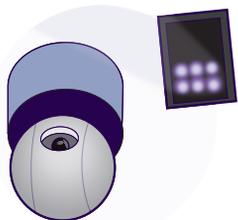
The sensors are connected to a small recording box that you can carry over your shoulder.



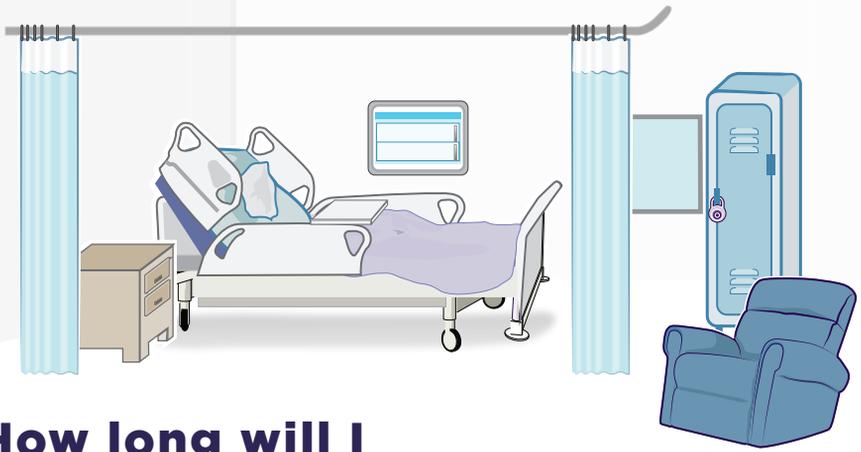
The box sends brain wave information to a receiver. The box and the receiver are connected with a cord. This cord must always be plugged in to the receiver so that we do not miss any information.



The receiver is connected to the computer in your room. Once a week, we remove the sensors and wires from your head so that you can wash your hair.



The camera over your bed also records sound and video 24 hours a day.



How long will I stay in the Unit?

Normally a patient stays in the EMU 7 to 10 days. The amount of time you spend in the Unit depends on the number and types of seizures we record.

While you are here, you may have fewer seizures than you have at home. We may ask you to take less medication than normal. Or, we may ask you to stay awake at night later than you normally would. This is to try to make seizures happen. We will ask you to stay in your room and stay connected to the EEG recording equipment as much as possible, particularly when your medication is reduced. This may shorten the amount of time you stay in the hospital.

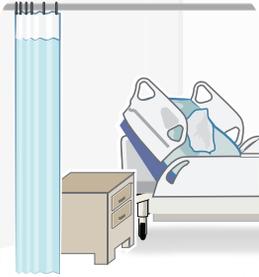
While you are here, please continue to take your medications normally unless the doctor treating you decides differently.

Safety

Please stay in your room as much as possible.

This is more important when you are taking less medication than normal. When the amount of medication in your body is low, you are more likely to have a seizure, to fall, and to get hurt.

At night, the nurse will lift up the 3 side rails on your bed. This is for your protection.



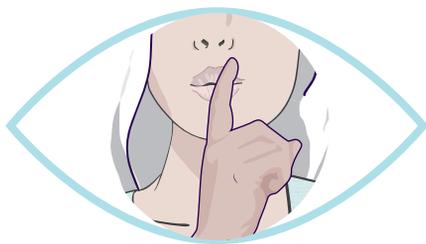
The curtains around the end of your bed must stay open while you sleep. The nurses must be able to see you and make sure that the recording equipment is attached and working. The room door needs to stay open.

We would like you to stay in your room as much as possible. If you need a break from being in your room or want to leave your room, tell a staff member where you are going.



Please take only 15 minute breaks. You must always use a wheelchair when you leave the Unit.

If you choose to leave the Unit for a break, you must accept the risk of having a seizure or a fall while you are away from our staff.



Privacy and respect

The patients in the EMU are men and women of all ages. Most rooms are semi-private.

We ask everyone to respect each other's space and privacy.



When I can leave the hospital?

We will usually tell you when you will be able to leave the hospital 1-2 days ahead of time.

Sometimes, you may have less notice.

If you need time to organize your return home, please tell the Nurse Clinician for the Epilepsy Program as soon as possible during your stay.

Your health care team

These are the people who will be caring for you during your stay:



2-3 Days

Epileptologist

This is the specialized neurologist who is in charge of your care.

The epileptologist will review your EEG results daily. They will visit you every few days to discuss your progress and answer your questions. You may have more than one epileptologist look after you during your stay.



Every day

Neurology Fellow or Resident

This is a doctor who is continuing their education in neurology.

They will see you every day.



Nurses

There will always be 1 or 2 nurses in the Epilepsy Monitoring Unit (EMU). They will make sure that you are safe during a seizure. They will watch your behaviour during seizures.

These are the people who will be caring for you during your stay:



Nurse Clinician for the Epilepsy Program

This nurse will provide care and information to you and your family. They are the person to contact if you have any problems or questions after you leave the hospital.



Neuropsychologist

This specialized psychologist examines your thinking skills like attention, memory and language.



EEG technologist

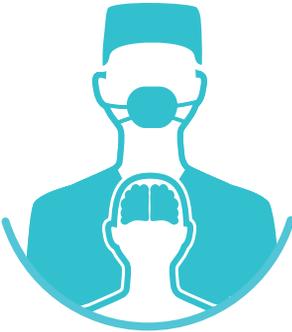
The EEG technologist is the person who will connect and remove the sensors (electrodes) and test the recording system every day.



Social Worker

The social worker will meet with you to make sure that you have the resources and support you need.

Other team members you may meet:



Neurosurgeon

This doctor will visit you if surgery is an option to treat your epilepsy.



Neuropsychiatrist

This doctor may visit you to figure out if psychological factors are part of your condition.

Hospital Policies

Visitors are welcome in the unit from 9am to 9pm.

Family members cannot normally stay overnight. In special cases, we can arrange for a family member to stay overnight. This needs to be discussed with the medical team and the Nurse Clinician for the Epilepsy Program.

Smoking:



No smoking or vaping is allowed anywhere on hospital grounds. The policy includes tobacco, cannabis and herbal smoking or vaping. If you need to go out for a smoke, please discuss it with your medical team and nurse.



Questions :

If you have any questions or concerns, please contact the Nurse Clinician for the Epilepsy Program at: 514-398-5797

Acknowledgements:

Developed by Chun Ip Koo, Nurse Clinician for the Epilepsy Program.

Editor: Eileen Beany Peterson, Librarian

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