

Epilepsy Monitoring Unit (EMU)

What You Need to Know About Your Admission to the EMU



What is the Epilepsy Monitoring Unit (EMU)?

The EMU is a 3-bed mixed gender inpatient unit for adults where patients' seizures are monitored over a few days.

The EMU is located in the Neurology (Neuroscience) Unit on Kidd 7 at the Kingston General Hospital.

During your stay, we continuously monitor and record your seizure activity.

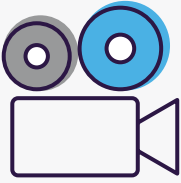
This information helps the doctor to:

- Learn more about your seizures/spells and type of epilepsy.
- Identify the area of the brain where your seizures start.
- Safely adjust your anti-seizure medication if needed.
- Provide the best possible care for you.

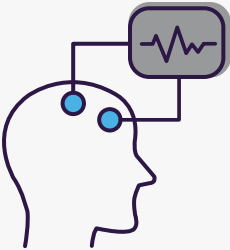
To record your seizures, we use a video camera, microphones and continuous EEG (electrical brain activity) recording.

Why do I need this type of long-term recording?

A routine EEG lasts about an hour and offers a 'snapshot' of the brain's activity during that time. Long-term video EEG monitoring provides an extended examination of the brain's activity and includes the following three components:



Video: A camera will record all your physical activity while your brain waves are being recorded on the EEG. By videotaping your seizures we can see exactly what you are doing before, during and after one of your events. This allows us to have a detailed description of your seizures. *The video will not record you while you are in the washroom.*



EEG Recording: You will also have a continuous EEG recording. This allows us to detect any seizure activity that occurs, even if you are not aware it is happening. The EEG helps us learn the location in your brain where your seizures begin, and gives us information about your brain wave activity between seizures. It also will help us decide if your seizures are due to epilepsy or some other cause. Sometimes, we find that the seizure events are not related to epilepsy.



Audio: There are also microphones in the room to help us fully understand what happens during your seizure.

A special monitor for measuring heart rate and oxygen saturation is routinely included as part of the EEG recording.

The Day of Your Admission

On the day you are admitted to the Hospital, please go to the EEG Department on Connell 7.

Please notify us before your admission date if you have recently experienced head lice, bed bugs, or if you feel sick with a cold, flu, fever or other symptoms.

While you are in the EMU

The following will be included in your care:

- The Nurse Navigator will be available Monday to Friday for questions and concerns.
- An EEG Technologist will explain the audio/video recording procedure used to collect data and then attach small metal disks (electrodes) to your scalp with a special adhesive. These electrodes will monitor your brain waves during your stay in the EMU.
- Staff Nurses, Patient Care Assistants and nursing students who are responsible for your day-to-day care.
- A Staff Neurologist who is in charge of your medical care. This Neurologist may not be the same person that you see in clinic.
- Resident doctors and medical students, as KHSC is a teaching hospital.

An Epileptologist, who is a Neurologist that specializes in epilepsy, will be reviewing and reporting the EEG and video recording of your seizures/spells.

Family Members and/or Caregivers

It may be important that someone be available to accompany you (i.e. family member) for your time in the EMU. The best person is someone familiar with the time before, during and after your seizures. There is an alarm button on the system which needs to be pressed during or after a spell. If your caregiver stays with you overnight, a reclining chair will be available for sleeping purposes. Meals will only be provided for you. There is a small fridge on the ward for small food items to be labelled and stored. A toaster and microwave are also available.

During your stay

You will need to **stay in the EMU** room to record your seizures and for your safety. You will spend most of the time in bed or in a bedside chair. Your length of stay will be a full week, either Tuesday to Tuesday or Wednesday to Wednesday. This is done to increase the likelihood that your seizure activity spells are captured during your admission.



During your stay:

- Your electrodes will be checked daily by the EEG Technologist who will add conduction gel when needed to ensure a good recording. The electrodes will stay on until you are discharged.
- The Nurse Navigator will visit you frequently to keep you updated on the plan of care.
- Nurses and Patient Care Assistants are responsible for your daily care.
- Your seizure medications may be decreased or stopped to increase the chance of recording a seizure.
- New medications may also be started or the dosage of your current medications may be changed, if needed.
- A nurse will check on you on multiple occasions during both day and night. This is for care assessment or in response to alarms triggered by the EEG.

You will not be able to have a bath or shower while you are being recorded, as the equipment must be kept dry. A sponge bath can be done. Please prepare for your admission by showering prior to your arrival at the hospital.



KHSC is smoke-free and vape-free.

Smoking is prohibited throughout the hospital. If you smoke, please talk to a nurse or physician once you get to your room about the options for nicotine replacement during your stay.



KHSC is Fragrance-free.

Please do not wear or bring perfume, cologne, aftershave or other scented products.

Hair

You will not be able to wash or comb your hair during the recording. Please wash your hair with shampoo before you are admitted. Do not use any hair products in your hair. If you have braids or dreadlocks, please try to have your hair unbraided for the EEG hook-up. This will make the hook-up more comfortable for you and will allow the electrodes to work better. If your hair is long, bring elastics to braid your hair to keep knots/tangles to a minimum.

What to bring to the EMU

KHSC is not responsible for lost or damaged personal property

- Wear shorts, pants, or sweat suit bottoms. During your stay, it is important not to disturb the electrodes. You need to wear tops that button or zip down the front or back and that can be taken off without pulling them over your head. We can also give you a hospital gown. The temperature in the room may be variable.
- Bring your slippers, bath robe, toothbrush, toothpaste and other toiletries with you.
- Bring along some things that will help you pass the time such as books, magazines, puzzles, games, cards, crafts and personal music with earplugs. You may bring a portable laptop computer. WIFI is free. Television is available at a cost. You may use a cell phone in your room.
- We will provide the medications you need during your stay in the unit. However, please bring all of your medications (both prescription and over-the-counter) in their original containers so we can see what you are taking. If you take a special medication that would be hard to get, please tell us. We will either arrange to get it here or ask you to use your own supply.

- We will provide you with your meals. Feel free to bring non-perishable snacks from home such as granola bars, cookies, crackers.
- You can bring your own pillow and blanket to help you feel more comfortable. Please note that space is limited in the room.

Going home from the EMU

If your medications were reduced during your stay, they will be restarted the day before discharge.

The EEG recording is stopped the final morning, after which you can shower.

Please pre-arrange a ride home from the hospital for your expected discharge date. Discharges are normally planned for Tuesday/Wednesday by 0930.

It takes at least 5-6 weeks to review all the data and have a final report about your stay. A follow-up appointment will be made with your neurologist to talk about all findings and further treatment plans.

Underground Parking

The Stuart Street underground parking garage is located off of Stuart Street, directly across from the hospital's main Kidd-Davies entrance.

For specific information on parking please refer to the KHSC website www.kingstonhsc.ca and type "parking" in the search bar.

Area Hotels

For family members who wish to stay close by, information on area hotels can be found on the KHSC website www.kingstonhsc.ca by typing “accommodations” in the search bar.

Further Questions...?

If you have any questions about this investigation please feel free to call the EEG Department at 613-548-7835 or the Charge EEG Technologist at 613-548-6123 Monday-Friday 0800-1600.

For questions about your stay on the unit contact the EMU Nurse Navigator at 613-549-6666 ext. 8190 Monday to Friday 0730-1530.

Notes:

Getting to the EEG Department, Connell 7

A. Enter the hospital via the main entrance (Kidd/Davis) follow hallway straight between the Gift Shop and Pharmacy to the end. Turn left and continue until you reach the Lottery Booth and Tuck Shop. Take Connell Elevators on the right.

B. If you enter through the Underground Parking Tunnel, go left out of the tunnel to the end and continue until you reach the Lottery Booth and Tuck Shop. Take the elevators on the right to Connell 7



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Content adapted from
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Dec 2023