

Epilepsy Video Monitoring

Ward 6 East - Neurology Unit

The Neurology Unit at the Austin Hospital is a leader in the field of Epilepsy monitoring and assessment.

Ward 6 East is a 28 bed Neurology Unit treating patients with various neurological conditions, endocrinology, rheumatology, and dermatological conditions as well as epilepsy monitoring and an Acute Stroke Care Unit.

This brochure is designed to give patients and their significant others information relating to video monitoring and what to expect during your stay.

It is not intended to replace discussion with your doctors. Feel free to ask questions of the nursing staff or the Neuroscience Nurse Consultant.

Introduction:

The comprehensive epilepsy program was started in the 1960's and continues to grow and set standards in relation to epilepsy assessment, treatment and research.

During your stay in hospital you will meet many professionals involved in the program, who all aim to provide you the best possible care and outcome.

Medical Staff:

You will be admitted under the care of a consultant neurologist. The neurologist works with a registrar and a resident doctor who decide as a team when you will be monitored, what tests you will have and when you will be discharged. The medical staff are available at all times and usually do a ward round daily. This is a time when you can talk to the team and ask any questions. You may find it useful to write down any questions you want to ask.

EEG Technicians:

The EEG technicians are responsible for looking after all the equipment related to your video monitoring. They will place electrodes on your scalp and check them twice daily during your stay. It is important that these electrodes remain on your scalp as they provide constant EEG monitoring to give us information when/if you have a seizure.

Neuropsychology:

There are two phases for neuropsychology assessment. The first is a neuropsychological assessment of your memory, concentration, language and other thinking functions. This provides us with important information that can assist in the assessment of your seizures.

If you are offered surgery, the second phase involves a detailed assessment of you to assess psychological and social issues related to surgery. It's important to know how you and your family are feeling about surgery and what your expectations are. Should you have surgery, you will be followed up by a consultation with a Neuropsychologist at one month and again at 12 months to retest these functions.

Neuroscience Liaison Nurse:

The liaison nurse is responsible for organising your admission, outpatient appointments and supporting you throughout the program. They will ensure that you are aware of the procedures and follow you up after surgery (if you are deemed appropriate for surgery) and to see how you and your family are coping. Please feel free to ask any questions relating to the program and the monitoring process.

What is Video Monitoring?

This involves spending time connected to an EEG monitor while under constant video surveillance. The average stay is two weeks. The room is set up with a video camera and a computer which records all the information. Someone that is familiar with your seizures must stay with you at all times, including over night. The person that stays with you must be able to recognise when you are having a seizure so they can alert the nurses. This person will need to be able to press a button to get the nurses attention so that they can attend to you. As it is important to gather EEG and video information of your seizures, you are connected via a wire to the EEG machine at all times.

This means:

- You are not permitted to have a shower (due to safety issues) and bowls and towels will be provided to you twice a day to wash and attend to your hygiene.
- You should remain in the room at all times except when going to the toilet.
- You should remain in view of the camera at all times and make sure no one blocks the view of the camera.
- You will be given a chair that folds down to a bed that you will sleep in. You are not allowed to have blankets or sheets covering you as these hide your movements during a seizure.
- Please ensure you have warm clothes that button down the front, as you cannot remove clothes over your head. There is a laundry service available at a cost of \$20.00 per load that you can utilize if needed.

- The light remains on 24 hrs a day, once again to ensure that you are visible to the camera.
- Please bring enough items to keep you occupied during your stay, i.e.: books, cards, tapestry, crosswords etc.
- Meals are provided free of charge to the person that is staying with you and there is a fridge and microwave available for storing and heating of any other meals/drinks. Please note that any fresh food bought in must be consumed within 24 hours and if left longer it will be destroyed by the kitchen staff.
- The person that stays with you will be provided with a fold out couch that they can sleep on and linen will be provided for them
- The person that is staying with you will be able to shower and the nurses will relieve them twice a day so they can shower and have a short break.

Investigations:

Ceretec:

Ceretec is a radioactive liquid that is injected into your vein during a seizure. Once ceretec is injected it travels to the part of the brain where the seizure is starting from. After ceretec is injected you will be taken for a scan so that we can view the brain and see where in the brain the seizure starts. Because the scans can only be performed at certain times ceretec can only be injected between the hours of 8:00am – 5pm Monday to Friday.

MRI:

This scan produces clear pictures of the brain. It is a noisy machine that uses magnetic waves to form images. You will be given earmuffs and music to listen to. Because it uses magnets it is important to tell the staff if you have any metal implants.

PET:

This is a scan that uses an injection of radioactive glucose to show the glucose metabolism in your brain. This scan can only be performed if you have not had a seizure for 24 hrs. You are required to fast for 4 hrs prior to the test

MRI, PET and other tests may be organised for you as an outpatient where possible to minimise your stay in hospital.

Medications:

Please bring in your medications to show the doctor. Your tablets will then be locked away and hospital supplied tablets will be given at the appropriate times.

During your stay your tablets may be changed or decreased a little to help with the number of seizures you have and allow us to see what changes we can make to your medication. Upon discharge, a week's supply of tablets will be given to you if there is any change to your tablets.

As some of your medication may be changed and you may be at risk of having seizures, a small plastic needle is placed in your arm to allow access for injecting medication to stop seizures. This will be checked regularly throughout the day to ensure it is working.

Smoking:

There is a 'no smoking policy' throughout the interior of this hospital. You are not able to leave the ward whilst being video monitored. When you have finished monitoring, you are only permitted outside to smoke if you are accompanied by someone who is able to care for you during a seizure. Nursing staff will not be able to escort you. The person staying with you can only go outside to smoke during the two breaks they are allocated each day. The nurses will not be able to relieve them at any other times.

If this is likely to be a problem, please consider giving up prior to admission or using nicotine patches whilst being Video monitored. These can be purchased while on the ward.

Visiting Hours:

Visiting hours are between 12.00 midday to 2.00pm and from 4.00pm to 8.00pm. Please let your visitors know these hours.

Telephone & TV:

A telephone and TV are both available for hire. Televisions are self-accessible, whilst phones can be operated by purchasing a phone card.

Interstate Patients:

Should you require assistance with accommodation or the patient travel subsidy scheme, please contact the Neuroscience Liaison Nurse.

Your admission date is

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On the day of admission, please report to **Ambulatory Care Centre, level 3, Austin Tower at 8.00am**

Please note that as admission dates are allocated many months in advance your date may be changed due to uncontrollable circumstances. If this happens you will be notified by the Neuroscience Liaison Nurse.

Further Information

If you have any questions regarding this information, please contact:

Neurology Unit – Ward 6East

Phone 9496 5000

Ask for Penny Kincade, Neuroscience Liaison Nurse, to be paged. Otherwise call 9496 5791 and leave a message.

Produced by:

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