

# Legacy Health

## Understanding video-EEG monitoring

You are scheduled for continuous video-EEG monitoring. These instructions will tell you more about video-EEG and what to expect during your stay at Legacy's Epilepsy Monitoring Unit (EMU).

### What is continuous video-EEG monitoring?

An electroencephalogram (EEG) measures the electrical activity in your brain. Continuous video-EEG monitoring involves the use of EEG and video recording over several days. By using video, your doctor can compare what is recorded on the EEG with what physically happens when you have a spell or seizure. Used together, EEG and video help your doctor make a more accurate diagnosis of seizure type.

### Why do I need video-EEG monitoring?

People have continuous video-EEG monitoring for several reasons:

- They are having events of physical activity or changes in behavior without a clear cause. In order for them to receive the best treatment, their doctor needs to understand specifically what is happening.
- Their doctor needs more information about the type of seizure the person is having. Treatment for epilepsy is based on matching the right medication for the seizure type. The better the physician is able to identify the seizure type, the better the chances are to control the seizures.
- Their doctor needs to determine if a person has a type of seizure that could be treated with surgery.

### Where can I have video-EEG monitoring?

The continuous video-electroencephalogram (EEG) monitoring equipment is specialized and only available for adults at the Legacy Good Samaritan Medical Center and for children at Randall Children's Hospital at Legacy Emanuel. The doctors at these locations have advanced training in epilepsy and EEG and the nurses are experienced in caring for patients who have seizures.

### Members of the EMU Team

The **Neurologist** will review your EEG, order your medications and develop a treatment plan to manage your seizures.

The **EMU RN Coordinator** will call you prior to your admission to the EMU to review your medication list and instructions for admission.

The **EEG Technologist** will connect you to the EEG, review the EEG, and make sure that the recordings are of good quality.

The **EMU Nurse** will give you medications, perform assessments, and help keep you safe during a seizure.

The **social worker** or **RN case manager** will help you with any social or discharge needs.

### Helping you have a seizure

You or a family member may be able to identify things that bring on a seizure. Common triggers are stress, lack of sleep, missing medications, infections, and flashing lights. To reduce the time you are in the hospital, your anti-seizure medications may be stopped or you may be asked to stay awake for a long time.

### **What happens if I have a seizure?**

Coming into the hospital and having a seizure can feel scary. You will be given an event button that you or your family member will push if you feel you are about to have a seizure. This button marks the EEG and notifies the nurses. During a seizure, an EMU nurse will check to make sure that you are safe. Once they know you are safe, they will ask you questions and have perform some small tasks.

Emergency medications are ordered if you have a long seizure or frequent seizures in a certain time period.

There is also a TV monitor at the nurse's station and at a central monitoring station so that you can be observed at any time for seizure activity.

### **Patient Expectations**

You can help us by staying "on camera" as much as possible. You are at risk for injury during a seizure. To keep you safe, we have the following rules.

- A nurse or nursing assistant will need to be present whenever you are out of bed. Especially when you are off camera.
- Please come with your hair clean and free from any spray, mousse, gel, oils or products for dry hair. Remove hair extensions or weaves.
- You will have 27 leads glued to your head. The glue has a strong smell, but the smell will disappear after about ½ hour. It will take about an hour to glue all the leads to your head.
- **Clothing.** You may wear your own clothes. We suggest simple and comfortable clothes such as sweatpants or pajama bottoms with a shirt that opens in the front. You will not be able to pull it over your head. Dark colored clothing is best for video recording.

### **Legacy Good Samaritan Medical Center**

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<http://www.legacyhealth.org/epilepsy>

- **Seizure pads.** All four of your side rails on your bed will be up and they will be covered with seizure pads.
- **Bed alarm.** A bed alarm will be placed on your bed that will alert the nurses if you get up without assistance.
- **No smoking.** We can provide a nicotine patch if you ask for one. This also includes e cigarettes and vaping.
- **Bathing.** You will not be able to shower while connected to the video-EEG. Your nurse or nursing assistant will help you wash up at the sink or in the bathroom (off camera).

### **Can I have visitors?**

Yes. You may have 2 visitors at a time. They must be 18 years or older, pass the Covid screening and will be required to wear a mask the entire time they are in the hospital. Visitors must continue wearing their mask while they are in the patient's hospital except when they are eating, drinking, or sleeping overnight.. A rollaway bed will be provided in your room for your guest. We do not provide meals for your guest. However, they can purchase food in the hospital's cafeteria or at one of the nearby neighborhood restaurants.

### **What activities will I be able to do?**

Spending several days in one room can get boring. Feel free to bring board games, cards, books or needlework. There is a television and a telephone in your room.

### **How long will I stay in the hospital?**

Most people stay 4-7 days. Your doctor will decide the length of monitoring based on looking at the EEG and video each day.

### **When will I get my test results?**

The doctor will discuss your progress with you daily and your EEG results will be discussed with you before you go home. If another doctor referred you, a formal report will be sent to that doctor as soon as all the information has been analyzed. Your doctor can then discuss the outcome of the testing and next steps with you.