

**The Children's Hospital of Philadelphia
34th and Civic Center Boulevard, Philadelphia, PA 19104-4399**

Name: @NAME@ Admission Date: ***

Welcome to the Epilepsy Monitoring Unit (EMU)

Welcome to Children's Hospital of Philadelphia. We work hard to provide the best healthcare for your child and the best experience every time you visit. This information will help guide you through the EMU process.

If you have any questions regarding cost or billing, our Financial Counselors can be reached at 1-800-664-7855 for further assistance.

REASONS FOR ADMISSION TO THE EMU

The most common reasons for EMU admission are to: (1) determine whether an "episode" is a seizure, and (2) record brain waves (and often seizures) in a patient with epilepsy to guide treatment. We often need to record several episodes or seizures which may take several days, depending on the frequency of the episodes or seizures. During that time, we'll need your help keeping your child comfortable and helping us determine whether episodes or seizures that occur are typical for your child.

COVID TESTING

- Please call **1-800-TRY-CHOP** to schedule a COVID test. The COVID test should occur **24-72 hours prior to your admission date**.
- If testing cannot be done prior to the admission, then we will perform a COVID test at the time of admission. However, if the test is positive, then we may need to reschedule the admission. Therefore, it's more convenient to ensure it's negative in advance.

EMU ADMISSION PROCESS

- **Your admission appointment will not be visible in your MyCHOP account.**
- The night before admission, the Patient Placement Office will call and tell you when to arrive at the hospital. **Typically, our admission times are between 4pm and 6pm.**
- Please call the EMU 215-590-9194 if you will be arriving later than your scheduled admission time so we can adjust the schedule or reschedule if needed.
- When you arrive at the hospital, please come to the Welcome Desk on the first floor. You will be directed to the Asplundh Center, located in the main atrium. You will be taken to your room when it is ready.
- In preparation for your hospital stay, please visit our educational slideshow **My Trip to the Hospital for a Video EEG** located at: <https://media.chop.edu/data/files/pdfs/video-eeg.pdf>

CARE IN THE EMU

- We have a "virtual" EMU. While many of the rooms are on the Neuroscience Unit (9-South Unit), we can use any hospital room because our equipment is portable and linked via a hospital network.
- While in the EMU, your child will undergo EEG monitoring. EEG electrodes will be attached to your child's head. The electrodes are attached to long wires so your child will be able to move around the room. Patients do not need to remain in bed, but they need to remain in their rooms.
- The EEG is reviewed periodically throughout the day. **The doctors will discuss the plan of care with you each day.** Rounds usually occur in the morning, but sometimes extend to the afternoon. Families are encouraged to participate in rounds. It may be helpful to write down your questions ahead of time to share with the team during rounds.
- Depending on the needs of your child, the inter-disciplinary team may include EEG technologists, pediatric residents, neurology residents and fellows, an attending neurologist, nurse practitioners, nurses, psychiatrists, psychologists, social workers, and other specialists. A Child Life Specialist may

participate in your child's care to help coordinate activities in the room. CHOP is a teaching hospital so you may also meet medical students, EEG students and nursing students who are under the supervision of experienced staff.

YOUR ROLE IN THE EMU

- **One parent or caregiver must stay with the child during their admission.** We need you to help keep your child calm and entertained, and we need you to help determine if events/seizures are typical.
- There is one sleep surface in each room. Siblings cannot stay overnight unless they are breastfeeding.
- Your input helps us to better understand your child's diagnosis. If you are not able to stay with your child during their admission, then please tell us in advance and we will try to arrange an alternative plan. Knowing the times or days that you will be unavailable to stay with your child in advance of their admission allows us to arrange for a caregiver.
- If you need a break from the room, then please let your nurse know ahead of time to arrange for a staff member to stay with your child.

EMU ADMISSION DETAILS

- Once you are in your hospital room, EEG electrodes will be applied by an EEG Technologist. Applying the electrodes does not hurt, although some children become scared during the process since it involves rubbing the head and attaching the electrodes with a gel-like adhesive. Applying the electrodes in just the right location and manner is critical to recording brain waves optimally. Even tiny changes in electrode position or attachment can make the study unreadable, so the EEG Technologist's job is critical.
- The monitoring equipment simultaneously records the brain waves, video, and audio of your child. This lets us compare your child's brain waves to their behaviors and movements.
 - Please note the location of the camera in your room. If your child has an episode of unusual movements or a seizure, then **please try not to block the camera.**
 - Because audio is being recorded, you can also loudly describe what you are seeing. For example, "my child is staring" or "I see shaking of the left arm".
- We will ask you to **push the EEG button** during a seizure or event to mark the event on the recording. We will also ask that you write down the time and detailed description of the event on the "Event Sheets" that are provided to you each day.

BEHAVIORAL ISSUES

- Our team is experienced in caring for patients with developmental or behavioral problems.
- If your child has substantial behavior or aggression problems, we can implement special approaches. Please talk to the clinician who ordered the study regarding potential approaches which usually involve behavioral strategies and child life specialists but can rarely involve medications. You can also talk to the team upon admission.
- Some helpful questions to consider include:
 - Has your child had substantial difficulty with a prior EEG?
 - Does your child have a recent history of aggression or behavior problems in situations like dentist visits or haircuts in which someone is touching their head?
 - Does the child have a recent history of aggression towards themselves, other children, or adults?

If you have questions on the day of admission, then please contact the EMU directly at 215-590-9194. This is available 24/7.

If you need to reschedule or have any questions about the admission, then please call the EEG Scheduling Department @ 215-590-2960.

FREQUENTLY ASKED QUESTIONS

Q: We are being told that this is a 24-hour video EEG. Will we be required to stay the entire 24 hours?

A: The hospital stay required for the video EEG admission varies. An overnight admission is usually more than 12 hours and often less than 24 hours. Admission times may vary, but during morning (usually 8-11am), you and the care team will discuss the EEG results and care plan. We often need to record several seizures or events to make a diagnosis or make management decisions, and this may take several days for rare events.

Q: Will I have a private room?

A: Most patients have a private room, but sometimes the hospital is caring for many children and private rooms are not available.

Q: Do I have to stay awake all night to watch my child?

A: You do not need to stay awake while your child is sleeping. We ask that while your child is awake that you also remain awake to help to identify the events of interest.

Q: How do the electrodes get applied?

A: Our EEG Technologists have had special training in applying the electrodes. A Child Life Specialist is often available to work with your child to make sure they are as comfortable as possible. The electrodes will be applied with an adhesive and dried with a small air compressor. The process is not painful, but the compressor does make a noise-and the adhesive has a strong smell which may make some children anxious. The process takes about 20 minutes. Even tiny changes in electrode placement have a big impact on the EEG, so the EEG Technologists want to achieve perfect placement. Once the electrodes are applied, the head (not face) is wrapped in to help keep the electrodes in place.

Q: How often does the head wrap need to be replaced?

A: We wrap your child's head with cotton gauze in a ponytail fashion to keep the electrodes secure and in place. Please keep your child from pulling on the gauze or electrodes. We will change your child's head wrap daily to inspect the electrodes, replace the electrode adhesive if needed, and make any other needed adjustments. Also, if we can tell adjustments are needed during the recording, then we'll make these adjustments whenever needed to maintain a high-quality recording.

Q: How do I keep my child busy all day if we are staying in our room?

A: Please let us know if you need help with redirecting your child with activities, books, or movies. Child Life Specialists may be available to spend time with your child and can provide toys and activities from the playroom. For older children, please bring any schoolwork they might complete during the admission.

Revised 11/15/2022