

Epilepsy monitoring unit (EMU)



Table of Contents

We are here to help you	3
Child Life.....	3
Family health library	3
Day of admission	4
What to bring.....	4
All medicines.....	4
Clothing	4
Things to do	4
Monitoring	5
Call buttons	5
Medicine change	5
Seizures.....	6
General information.....	6
Daily medical rounds	6
Bedside shift report	6
Parking	6
Visiting hours.....	6
Spending the night	7
Family lounge	7
Food.....	7
Laundry	7
Playroom	7
Results.....	8
Epilepsy center team	8

Many families tell us that spending time in the hospital can be very stressful, but knowing what to expect helps to lower their stress. This is an overview of what happens in our epilepsy-monitoring unit (EMU).

During your visit, we will tell you all about the EMU, what you will need to do, and why doing this is important. Sometimes learning this new health information is not easy. Please know you are not alone if you find things confusing. Always ask us questions about anything you do not understand or write it down so you ask us later. Please let us know if our answers are not clear.

Please plan to stay with your child in the EMU.

Family members know their children better than anyone else and can give us valuable information about any seizures or spells. We need at least one caregiver to stay with your child at all times!

We are here to help you

Social workers, a nurse practitioner, and case managers are available to help during your hospital stay. We can also help you when planning to go home. Please ask your nurse to call the clinic if you have any questions or concerns.



Child Life

Child life specialists help your child understand. They ease your child's fear and anxiety by explaining to your child what to expect during procedures. Child Life offers play and activities to help your child feel normal in the hospital. If your child has a specific need, you can speak with a child life specialist before your child's hospital stay.

- Please call 682-885-4048
- During your hospital stay, ask your nurse to call a child life specialist.

Family health library

The family health library is on the 1st floor of the medical center by the child life zone. Professional librarians will help parents and caregivers find information you need to make the best possible health decisions for your child.

You will find understandable, up-to-date health information on many topics from parenting to common childhood illnesses. Library services are available to all Cook Children's patient families.

Day of admission

On the day before your admission, we will call and tell you what time to arrive at the hospital. The EMU is an inpatient hospital unit with changing needs. We cannot give you an arrival time any sooner than 24 hours before your scheduled date.

- Please call the EMU at 682-885-3259 to confirm your appointment by 6 p.m.
- To cancel or reschedule your appointment please call the clinic at 682-885-2500.
- Always call us if you have any questions or concerns.

When you arrive, please go to the registration desk on the 1st floor across from Camelot Court and next to Starbucks. You can call registration at 682-885-4000.

What to bring

All medicines

Your nurse needs to see all of your child's medicines. Please bring everything your child takes, including herbal and over-the-counter medicines. Home medicines cannot stay in the room after we have checked them. Your nurse will give all of child's medicines during your stay. Please do not give your child any medicines or supplements while admitted.

Important: DO NOT STOP giving your child's seizure medicines unless your doctor tells you to.

Clothing

Please wear modest, comfortable clothing such as t-shirts and shorts or pajama tops and pajama pants. Button down shirts work best because they are easier to get on and off. As a reminder to our parents, please wear pajamas or clothing that is appropriate for a children's hospital. Bring personal grooming items such as a shampoo, soap, toothbrush, toothpaste, comb, and brush.

Things to do

- It's okay to bring in toys, books, blankets, pillows that comfort your child. We encourage you to bring in these comfort or sensory items. They often give your child a sense of security.
- We have a television in your room with a variety of movies available for streaming.



Your child will need to stay in their room while they are on EEG monitoring. They may be unhooked from the EEG for up to 30 minutes to walk around on the unit. They may not go downstairs.

Monitoring

Your child is in our EMU so we can video and record sounds during seizures 24 hours a day. This helps us find the right diagnosis so that treatment can begin. The EMU has computers that monitor and evaluate brain waves in patients of all ages. This helps your doctors identify the type, frequency, and source of seizures or seizure-like events. Based on this information, your epilepsy team can plan the best treatment to control your child's seizures.

Your doctor will decide how long your child will be in the hospital based on the type of seizures, frequency of seizures, the medicines, and the need to perform other tests. Many patients stay 4 to 6 days depending on the tests they need.

To monitor we use:

- Electroencephalogram (EEG)
- Temperature, pulse, and blood pressure checks
- Video and sound recording



Camera and speaker on ceiling

Call buttons



Non-seizure or non-emergency calls



Seizure or aura calls

Medicine change

To learn about your child's seizures, we need to watch a seizure happen. We may need to stop or change your child's seizure medicine to make a seizure happen. We will always talk to you before we make any changes. We know this can be stressful, so please let us know if you have any questions or concerns.

Seizures

Before a seizure, your child may have an aura. This can signal a seizure is coming. An aura can be a sensory change such as tingling in hands or seeing flashes of light.

If you think a seizure is happening or if your child has an aura:

- Push the event trigger button at the first sign of your child's seizure activity or aura.
- Pull back any blankets or covers so we can see your child. Try not to block the camera's view.
- The event button sends an alarm to the EMU staff.

A staff member (patient care technician, paramedic, or nurse) will come to your room and check your child. We may ask your child to do or say something. We may squeeze your child's arm, leg, or shoulder during the seizure. This helps us to learn more about the seizure type.

General information

Daily medical rounds

A doctor or nurse practitioner will visit with you each day. The time of this visit varies and can be any time of the day from early morning (8:00 a.m.) to the evening hours.

Bedside shift report

We invite our parents to join us during shift change at 6:30 a.m. and 6:30 p.m. At this time, the nurse going off duty will discuss your child's care with the nurse coming on. During this time, we can answer any of your questions or concerns.

Parking

Parents may park free in the 7th Avenue garage. Other family members or friends may park on the street or pay to park in the garage.

Visiting hours

Family and friends can visit from 8:00 a.m. to 9:00 p.m. only.

- Family members entering the hospital after 9:00 p.m. must check in at the registration desk in the Emergency Department or the security station on the 1st floor of the 7th Avenue garage.
- Siblings and visitors under 18 may not stay overnight.
- You will need to wear your unit identification wristband to enter after 9:00 p.m.

Spending the night

Only 2 adults older than 18 years can spend the night in the hospital. Please make plans for other children and siblings to leave the hospital by 9 p.m.

- Your child may only sleep in their bed alone.
- All side rails need to be in the raised position.
- The couch in your room changes into a parent bed. Use the non-seizure call button to ask for more pillows, sheets, or towels.
- Our nurse needs to check on your child many times in the night. We will try not to disturb you.

The overhead light or light above the sink must remain on for best viewing with video camera.



Family lounge

Open 24 hours a day. It has a coffee maker, ice and filtered water, refrigerator, and microwave. Please help us keep this area clean. Please let us know if we need to restock any items.

Family lounge

Food

Your child will be able to order meals during their stay. Drinks and snacks are for the patients only. Coffee, water, and ice are available for family members. You are welcome to eat in your child's room.

- Soft drinks and snack machines are located in the Pavilion basement and on the 1st floor.
- Camelot Court (the cafeteria), Starbucks, and Chick fil A are open daily.
- You can keep food in the family lounge refrigerator. Please use a closed container and label with name and date. Throw away any food you will not eat or take home before leaving.
- Parents can order food outside of the hospital for themselves and their child.

Laundry

We have a washer and dryer you can use. Ask a staff member to show you the laundry room. Please bring your own laundry soap and softener.

Playroom

A playroom is open from 9 a.m. to 9 p.m. Please talk with your nurse to see if your child is able to go to the playroom. You may also take any toys or games from the playroom back to your child's room.

Results

The tests may take a week or longer to evaluate. If we are not able to go over all of your child's tests before you go home, please follow the instructions on the discharge paperwork. We will tell you:

- When to call the neurology clinic.
- How to schedule follow-up appointments.
- How to get test results.

Epilepsy center team

Your epilepsy center team is a specially trained group of:

- Epileptologists
- EEG technologists
- Neuropsychologists
- Case managers
- Neurologists
- Child life specialists
- Dieticians
- Social workers
- Nurse practitioners
- Nursing team

Neurosciences

For contact and locations visit

www.cookchildrens.org/services/neurosciences/advanced-technology/epilepsy-monitoring-unit/



These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.