

Epilepsy Monitoring Unit

“EMU”



Information for patients, parents, and caregivers

CookChildren's®

Dear parents and families,

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

Monitoring seizures 24 hours a day

The EMU is equipped with computers for monitoring and evaluating 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 recommend the best treatment plan for seizure control.

Your doctor will decide how long you will be in the hospital based on the type of seizures or spells, frequency of seizures, medicines, and the need to perform other tests. Many of our patients stay 4 to 6 days depending on the tests ordered by their doctor.

Epilepsy center team

Your epilepsy center team is a specially trained group of:

- Epileptologists
- EEG Technologists
- Neuropsychologists
- Case Managers
- Neurologists
- Child Life Specialists
- Neurosurgeons
- Dieticians
- Nurse Practitioners
- Social Workers
- Nursing Team

Information about the EMU

During your visit, we will tell you all about the EMU, what you will need to do, and why doing this is important. We know that sometimes learning new health information is not easy. You are not alone if you find things confusing. Always ask us questions about anything you do not understand and please let us know if our answers are not clear.

1. We are here to help you

Social workers, a nurse practitioner, case managers, and a patient liaison specialist are available to help during your hospital stay. We can also help you when planning for discharge. Please ask your nurse to give us a call if you have any questions or concerns.

2. Child Life Specialists help your child understand

Child Life Specialists help children understand what is happening. We use familiar words and toys for children of different age groups. We also help children relax by using comforting stories and calming exercises.

Please let us know if you, or a member of your family, would like to visit with a Child Life specialist or have any questions. You can reach us at 682-885-2677.



Important note

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

Day of admission

Time to arrive to EMU

We will call you the day prior to admission and tell you what time to arrive at the hospital. You are expected to confirm your appointment time for arrival by 6pm the day prior to admission. If you have questions, or would like to cancel or confirm your appointment, please call us at 682-885-3259.

Registration desk

Please go to the registration desk located on the 1st floor across from Camelot Court and next to Starbucks. You can call registration at 682-885-4000. (See map on page 5)

What to wear in the EMU

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.

What to bring to the EMU

1. All medications

Your nurse needs to see all of your medicines. Please bring everything your child takes, including herbal and over the counter medicines. Home medications will need to be removed from the hospital room after home medications are confirmed. **Please do not give your child any medication or supplements during the hospital stay.**

2. Personal grooming

Items such as a shampoo, soap, toothbrush, toothpaste, comb, brush, etc.

3. Favorite items

Toys, blankets, pillows, etc. that comfort your child.
A television is in your room. You can bring your child's favorite movies or books from home.



Activities

1. Child life specialists provide fun activities such as games, books, and all types of crafts.
2. Family health library is available for patients and families. The family library is located on the first floor of the medical center by the child life zone.

Monitoring

Your child is in our EMU so we can video and sound record any seizures or spells. This helps us find the right diagnosis so that treatment can begin.

Monitoring includes:

- EEG
- Temperature, pulse and blood pressure checks
- Video camera
- Sound recorder



camera and speaker on ceiling

Monitoring control room

EEG Technicians watch your child on the video camera 24 hours each day. To protect patient privacy, parents and patients are not allowed in the locked room.

Please be prepared to stay with your child while 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 care giver to stay with your child at all times!

2 different call buttons



Nurse button

Use this button to call staff for non-seizure or non-emergency calls.



Event trigger button

Use this button to call us if your child is having a seizure or seizure-like event. This alerts the EMU staff.

Notes

Daily medical rounds

A doctor and/or nurse practitioner will visit with you each day. The time of this visit varies and can be anywhere from 08:00 AM-evening hours.

Bedside shift report

We invite our parents to join us during shift change at 6:30 AM and 6:30 PM. 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 suggestions.

Seizure medicine change

During your child's stay in the EMU, it is helpful to watch a seizure taking place. To do this, we may need to stop or change the seizure medicines so that seizures will occur.

The medical staff will *always* talk to you before they make any changes. We know this can be stressful, so please let us know if you have any questions or concerns.

What to do if a seizure or spell starts

If you think a seizure is happening or if your child has an *aura*, push the **"event trigger button"**. An aura is a sign that sometimes happens before a seizure begins. **The event button** sends an alarm to the EMU control room and signals the staff.

1. Push event trigger button at first sign of your child's seizure activity or aura.
2. Pull back any blankets or covers so we can see your child.
3. Try not to block the camera's view.



A staff member (patient care technician, paramedic, or nurse) will come to your room and check your child. Sometimes we ask your child to follow commands, speak, or squeeze your child's arm, leg, or shoulder during the seizure. This helps us to learn more about the seizure type.

General information

Visiting Hours: Over at 9:00 PM

Please encourage family and friends to visit from 8:00 am to 9:00 pm only.

- Family members entering the hospital after 9:00 PM must check in at the registration desk in the E.R or the security station on the 1st floor of the 7th Avenue garage.
- You need to wear your unit identification band to enter after visitor hours have ended.

Parking

Parents may park in the Seventh Avenue Garage for free. Other family members or friends may park on the street or pay to park in the garage.

Spending the night

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

- Only two adults (age 18 or over) are allowed to stay the night in the hospital. Other children (including siblings) must have arrangements to leave the hospital by 9pm.
- The couch in your room changes into a parent bed.
- Your child may only sleep in their bed alone. All side rails need to be in raised position.
- Press the nurse call light for additional pillows, sheets, and towels.

Laundry

We have a washer and dryer available for your use if needed. Please ask a staff member to show you the laundry room. Please bring your own laundry soap and softener.

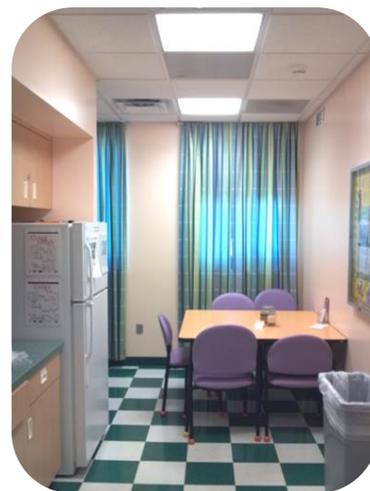
Family lounge

The family lounge is 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.

Food

Coffee, water, and ice are available for family members.

- Drinks and snacks are for the patients only.
- Soft drinks and snack machines are located in the basement of the Pavilion and on the 1st floor.
- Use a closed container for any food placed in the refrigerator. Please label it with your name and the date. Food cannot remain in the refrigerator more than 24 hours. Please throw away any food you do not want.
- Parents can order food outside of the hospital. Ask a staff member for restaurant menus.



Notes:

Test results

The tests may take a week or so to evaluate after you go home from your stay in the EMU. If we are not able to go over all of your child's tests before your discharge, please follow the instructions on the discharge paperwork.

We will tell you:

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

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These instructions are only general guidelines. Your health care providers may give you special instructions. If you have any questions or concerns, please call your health care providers.

