

What to Expect in the Epilepsy Monitoring Unit

In addition to the video EEG, a complete workup may include advanced imaging and other tests.

The EEG leads are attached to your child with a special type of adhesive paste—it can't get wet. *You can remove the gel with shampoo and conditioner once your child is discharged.*

It is important that your child does not pull the electrodes off. If you anticipate that this is likely to occur, please notify the nurse and technician.

While monitoring may feel awkward at first, the process can help to provide the information needed to determine your child's treatment options

The EEG will show the brain's activity during that particular recording period. Monitoring may take from 2 to 3 days, and nights, in the hospital. Your provider will determine how long your child needs to be monitored. The exact length of time varies for each patient.

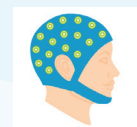
Ongoing monitoring will be provided by a healthcare team that specializes in seizures. The EMU care team will meet with you daily to provide updates regarding monitoring and next steps.

The recording has three parts:



Video

A camera will record all of your child's physical activity while their brain waves are being recorded on the EEG. By videotaping the seizures or events, we can see exactly what happens before, during, and after an event. This gives us a more accurate picture of the events. If you or your child notice any suspicious events, you can speak directly into the camera as conversations in the room is always being recorded



EEG Recording

Your child will have a continuous EEG recording. This will allow us to detect any seizure activity that occurs, even if you and your child are unaware that it is happening. The EEG helps us determine in which portion of the brain the seizures begin, and gives us information about your child's brain wave activity between events. It also will help us decide if the events are epileptic in nature.



Audio

Please be aware that there are microphones in the room to help us fully capture exactly what happens during an event.

Notifying the Team of Seizures

A button at the bedside can be used to let your child's healthcare team know when a seizure is about to happen or when it happens. If there is a feeling of any abnormal event about to happen, it is always better to press the button to be safe, even if you are unsure.

As the caregiver, you can help by pressing a button if you see that a seizure or event is about to occur and if your child is unable to press the button on their own.

Medication

Please bring all of your child's current medications in their original bottles.

All medications will be given by the care team, so please do not give your child any medications by yourself during the admission process or while in the hospital for monitoring.

It's important that you know when your child should take their medicine after discharge and to understand any potential side effects.

Please make sure to inform your child's primary care provider of any changes or new medicines. If you have any questions or concerns, please ask your child's nurse to review them with you.

For your convenience, medications prescribed at discharge can be filled by Walgreens Pharmacy and delivered to you at bedside before you leave the hospital. Walgreens is in the Ambulatory Care Pavilion on the lobby level of Westchester Medical Center. The phone number is 914.846.0848.

Caregiver Tip

Make sure to schedule a follow-up appointment with your child's provider so they can review the test results and check your child's medications and progress.

Triggering Seizures

The EMU care team may use tactics to trigger seizures in a controlled and safe environment to help determine where seizures are coming from. These tactics may include:

- Reducing or stopping medication. This guidance will come from your child's provider. Please do not stop medications, or give medications, unless instructed by your provider.
- Exercise
- Flashing lights
- Sleep interruption
- Requiring heavy breathing

As odd as it sounds, having your child engage in stressful activities – including schoolwork – may be a good thing in the EMU. Stress may trigger seizures, which can help your provider get the information they need in a more timely fashion.

Patient and Family Support

Child Life Team

While the testing will not hurt, it may be frightening. If your child has difficulty with the testing, the care team can assist with medication and/or have our Child Life team present to assist. The Child Life team has expertise in helping children and their families overcome life's most challenging events, including hospital stays and medical procedures. A Child Life specialist is available upon admission to explain the testing and will work with your child. To request a Child Life specialist, speak to a member of your care team.

Family Resource Center

The Jodi Meilman Andreozzi Family Resource Program and Center is located on the first floor of Maria Fareri Children's Hospital in Room 1118. The Center is a welcoming, relaxed setting with an extensive library of books for children and teens. The Center is equipped with computers and a networked printer and has access to a photocopier and fax machine.

Ronald McDonald House

The Ronald McDonald House of the Greater Hudson Valley provides families with critically ill and traumatically-injured children an atmosphere of comfort, hope and courage, keeping them close to the care and resources they need. Located on the campus of the Westchester Medical Center in Valhalla, NY, the House is just steps away from the Maria Fareri Children's Hospital. To learn more please visit <https://rmh-ghv.org/>.

After Your Child's Stay in the Epilepsy Monitoring Unit

We will talk to you about your child's testing results before you go home. We also will tell you if we think your child will need any more tests or need to see any other providers. You will be given a printout of the results and when you come back to the office, we will send a follow-up note to your child's pediatrician

Preparing for Your Child's Stay in the Epilepsy Monitoring Unit

Shampoo your child's hair the night before or the morning of admission; there is no need to cut your child's hair or undo braids.

We recommend that your child eat breakfast or lunch before arrival.

One parent or guardian over the age of 18 must remain with your child during the EMU stay.

During the pandemic certain restrictions may be in place. Please talk to your provider regarding any restrictions.

Meals will be provided for the child and parent/guardian.

Please bring the following items:

- A calendar noting your child's most recent seizure or events.
- All of your child's medications in their original bottles, with a complete list.
- Personal care items, for patient and family member/parent.
- Your child's favorite toy, stuffed animal and/or other comfort item.
- Pajamas or comfortable clothing, with a top that buttons down in the front
- Special foods and notify the medical team of any dietary requirements. Meals can also be provided for parents.

Arriving at Maria Fareri Children's Hospital

Parking Parking for Maria Fareri Children's Hospital is located in Parking Lot #4.

Admitting You will be directed to the Admitting Office which is located on the main floor behind the Gift Shop.

Caregiver Tip

Reminding your child that you will be by their side for support throughout this process can provide helpful reassurance.

Contact Us

Our team is always eager to listen to and learn from our patients. If there is anything we can do to make your child's stay more comfortable, please let a member of your care team know.

Thank you for entrusting us with your child's care.

Location

Maria Fareri Children's Hospital
Athletics Neighborhood, Room 3409
100 Woods Road
Valhalla, NY 10595
Main number: 914.493.5123
Neurology/epilepsy number: 914.493.5123
mariafarerichildrens.org/pediatric-epilepsy-program

Additional Resources

Boston Children's Health Physicians of NY and CT- search "specialties" then "neurology" for articles and links

Westchester Medical Center
Anita Kaufman Foundation
American Epilepsy Society
Association of Child Neurology Nurses
Child Neurology Foundation
Child Neurology Society
Dravet Syndrome Epilepsy Foundation
Epilepsy Advocate
Lennox Gastaut Foundation
National Association of Epilepsy Centers
Tuberous Sclerosis Alliance
You Tube – Howcast- epilepsy



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Westchester Medical Center Health Network

100 Woods Road
Valhalla, NY 10595

mariafarerichildrens.org

WMCHHealth Epilepsy Monitoring Unit

WMCHHealth Epilepsy Monitoring Unit

Few things are as frightening and difficult as when your child has seizures, especially if you are unsure when the next one is going to happen. Fortunately, there are ways to determine what is causing your child's seizures.

Your child's provider may recommend an evaluation in the WMCHHealth Epilepsy Monitoring Unit (EMU). The EMU provides highly specialized, continuous video and electroencephalogram (EEG) monitoring at Maria Fareri Children's Hospital. The EEG gives your child's provider an understanding of what is happening in the brain. Video EEG captures what is happening before, during, and after a seizure.

Throughout the testing process, our experienced healthcare team seeks to find out if your child's events are epileptic in nature. Our specialists have advanced training in EEG interpretation and epilepsy treatment. They will deliver a comprehensive, expert evaluation to determine whether your child is having a seizure or another disorder.

Caregiver Tip

Since you know your child best, you can help keep track of seizures by noticing any unusual behavior before and after events occur.



Maria Fareri Children's Hospital

Westchester Medical Center Health Network