

Visiting Hours:

Visiting hours are between 12.00 midday to 2.00pm and from 4.00pm to 8.00pm. Please let your visitors know these hours.

If you have particularly troublesome seizures a family member is welcome to stay with you during the day to assist us with gathering information.

Telephone & TV:

A telephone and TV are both available for hire. Televisions are self-accessible, whilst phones can be operated by purchasing a phone card.

Interstate Patients:

Should you require assistance with accommodation or the patient travel subsidy scheme, please contact the liaison nurse.

Further Information:

If you have any questions you can contact one of the numbers below:



Phone: 9496 5000

Ask for Penny Kincade,
Neuroscience Liaison Nurse
to be paged

or

9496 5791 and leave a message

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Epilepsy Video Monitoring

Ward 6 East – Neurology Unit

The Neurology Unit at the Austin Hospital is a leader in the field of Epilepsy monitoring and assessment.

We are a 28 bed Neurology Unit consisting of patients with various neurological conditions as well as epilepsy monitoring and an Acute Stroke Care Unit.

This brochure is designed to give patients and their significant others, information relating to video monitoring and what to expect during your stay.

It is not intended to replace discussion with your doctors. Feel free to ask questions of the nursing staff or the neuroscience nurse consultant.

Your admission date is.....

On the day of admission, please report to **Ambulatory Care Centre, Level 3, Austin Tower at 8.00am**

The comprehensive epilepsy program was started in the 1960's and continues to grow and set standards in relation to epilepsy assessment, treatment and research.

During your stay in hospital you will meet many professionals involved in the program, who all aim to provide you the best possible care and outcome.

Medical Staff:

You will be admitted under the care of a consultant neurologist. The neurologist works with a registrar and a resident doctor, who decide as a team, when you will be monitored, what tests you will have and when you will be discharged. The medical staff are available at all times and usually do a ward round daily, when you can talk to the team and ask any questions. You may find it useful to write down any questions you may want to ask.

EEG Technicians:

The EEG technicians are responsible for looking after all the equipment related to your video monitoring. They will place electrodes on your scalp and check them twice daily during your stay. It is important that these electrodes remain on your scalp as they provide constant EEG monitoring to give us information when/if you have a seizure.

Neuropsychology:

There are two phases for neuropsychology assessment. The first is a neuropsychological assessment of your memory, concentration, language and other thinking functions. This provides us with important information that can assist in the assessment of your seizures.

The second, if you are offered surgery involves a detailed assessment of you to assess psychological and social issues relate to surgery. It's important to know how you and your family

are feeling about surgery and what your expectations are. Should you have surgery, you will be followed up with a neuropsychologist at one month and again at 12months to retest these functions.

Neuroscience Liaison Nurse:

The liaison nurse is responsible for organising your admission, outpatient appointments and supporting you throughout the program. They will ensure that you are aware of the procedures and follow you up after surgery (if you are deemed appropriate for surgery) to see how you and your family are coping. Please feel free to ask any questions relating to the program and the monitoring process.

What is Video Monitoring?

This involves spending time connected to an EEG monitor while under constant video surveillance. The average stay is 2 weeks. The room is set up with a video camera and computer, which records all the information. The camera is linked to a small monitor outside the room, which is watched at all times by a member of the nursing staff. This is to ensure we catch all the information as early as possible and also to ensure your safety during a seizure.

During the night the nursing staff continue to watch the monitors from the nurse's station.

To assist staff we ask that you:

- Use headphones after 11:00pm for the television
- Ensure that visitors have left, as you wouldn't want all your conversations broadcast.

As it is important to gather EEG and video information of your seizures, you are connected via a wire to the EEG machine at all times.

This means:

- You are not permitted to have a shower (due to safety issues) and bowls and towels will be provided to you twice a day to wash and attend to your hygiene.
- You should remain in the room at all times except for going to the toilet.
- You should try to remain in view of the camera and make sure no one blocks the view of the camera.
- You will be given a chair that folds down to a bed that you will sleep in. You are not allowed to have blankets or sheets covering you (These hide your movements during a seizure)
- Please ensure you have warm clothes that button down the front, as you cannot remove clothes over your head. Please note there is no laundry services within the hospital, so used items should be sent home with family members or friends for laundering.
- The light remains on 24 hrs a day, once again to ensure that you are visible to the camera.
- Please bring enough items to keep you occupied during your stay, i.e.: books, cards, tapestry, crosswords etc.

Investigations:

Ceretec:

As you are going to have your epilepsy investigated it is sometimes required to inject ceretec into your veins during a seizure. This means that you will need to have a plastic needle in your arm whilst in the monitoring rooms. This substance travels to the part of the brain that is generating the seizure. After ceretec is injected you will need to go downstairs for a scan to gather the information. Because of this test, Ceretec can only be injected between the hours of 7:30am and 5.00pm

MRI:

This scan produces clear pictures of the brain. It is a noisy machine that uses magnetic waves to form images. You will be

given earmuffs and music to listen to. Because it uses magnets it is important to tell the staff if you have any metal implants.

PET:

This is a scan that uses an injection of radioactive glucose to show the glucose metabolism in your brain. This scan can only be performed if you have not had a seizure for 24 hrs. You are required to fast for 4 hrs prior to the test.

MRI, PET and other tests may be organised for you as an outpatient where possible to minimise your stay in hospital.

Medications:

Please bring in your medications to show the doctor. Your tablets will then be locked away and hospital supplied tablets will be given at the appropriate times.

During your stay your tablets may be changed or decreased a little to help with the number of seizures you have and allow us to see what changes we can make to your medication. Upon discharge, a weeks supply of tablets will be given to you if there is any change to your tablets.

As some of your medication may be changed and you may be at risk of having seizures, a small plastic needle is placed in your arm to allow access for injecting medication to stop seizures. This will be flushed regularly throughout the day to keep it working.

Smoking:

There is a 'no smoking policy' throughout the interior of this hospital. If you think that this may be a problem for you, please consider giving up prior to admission or using nicotine patches whilst being Video monitored, (these can be purchased whilst on the ward).

You are not able to leave the ward whilst being video monitored. When you have finished monitoring, you are only permitted outside to smoke with someone who is able to care for you during a seizure. Nursing staff will not be able to escort you, due to time constraints