

## At Mount Sinai, we provide all our patients with the best epilepsy care possible.

Our top priority is helping you and your child manage your child's seizures with minimal side effects, so that they can live their happiest, healthiest life.

As a part of your child's care, we may have them stay in our hospital's Epilepsy Monitoring Unit (EMU) for a short period of time. Our EMUs are all Level 4 Centers, meaning they provide the most advanced and comprehensive care possible.

During their stay in the EMU, our goal is to study their brain activity during a seizure. We will record their brain activity with an EEG. There will be a camera in their room so we can also record them on video.

We use both the video and EEG records to see what happens when they have a seizure. This testing is called a video electroencephalogram (VEEG).

How long they stay in the EMU will depend on their unique condition. The average length of stay is 24-48 hours (one to two days) but can last up to one week. Talk to your doctor about how long they think your child may need to stay in the EMU.

### Your child's EMU admission may help us:

- Establish or confirm their diagnosis.
- Understand if they are having seizures or another type of non-seizure event.
- Identify the type of epilepsy they have, and decide on the best treatment.
- Identify where in their brain the seizures are occurring.
- Better understand their response to certain anti-seizure medications and make adjustments as needed.
- Identify seizure activity you may not be aware of.



## Preparing for Your Child's Admission in the Epilepsy Monitoring Unit (EMU)

### What to Expect Before Your Stay

1. Our Nurse Coordinator will call you to schedule your child's admission.
2. Our team will work with your insurance company and let you know if there are any issues with your coverage.
3. On the day of your child's scheduled admission, a staff person from our Admitting Office will call you and tell you the exact time to arrive.

To contact the Admitting Office, please call **212-241-1900**

*Please note, although it is very unlikely, it is possible your admission may be rescheduled. This happens very rarely.*

### Preparing for Your Child's Stay

All of our epilepsy doctors work closely as a team to care for our patients. During your child's hospital stay, your usual epilepsy doctor may not be the doctor caring for them. They will, however, receive exceptional care from expert providers who communicate in great

detail about their condition, needs, and goals. We require a parent or guardian stay in the room with their child at all times, including overnight.

### Other items to note:

- Your child will not be allowed to bathe or shower during their stay.
- Please speak with your provider about hair care before and during their stay.
- Continue all medications as normal, unless otherwise directed, and please bring them with you to the hospital (this includes any over-the-counter medications).

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- Bring your child's seizure calendar or diary with you to the hospital.
- Pack loose-fitting clothes, including shirts which button up the front (do not pack tee shirts or pull over shirts).
- Bring items which will help keep you and your child occupied, such as books, movies, your laptop, etc. (free Wi-Fi is available in all rooms).
- Pack personal care items including medication for yourself, in addition to what your child may need.

## What to Expect During Your Child's Stay

**Arriving to the Hospital:** When you arrive to the hospital, please head directly to the Information Desk and ask to be directed to the Admissions Office.

**Arriving to the EMU:** Once you are in the EMU, it is possible your child may have a roommate. A provider will take your child's medical history and complete an exam.

**Placement of EEG Electrodes:** A trained technician will place EEG electrodes on your child's head with a special gel. This is not painful. The electrodes look like very small, metallic discs and will monitor their brain activity. The technician will wrap their head in gauze to help keep the electrodes in place. It is very important that you help your child keep all of this in place until discharge.

**Camera in Their Room:** We will record everything happening in their room through a camera. This is so we can view what happens during a seizure. Please know that we will be able to see and hear anything that happens in the room.

**IV:** They may have an IV placed in their forearm. This is so we can give them rescue medications, if needed.

**Daily Monitoring:** Each day, their care team will review and discuss with you your child's EEG records. We encourage you to ask questions any time.

**Capturing Seizure Activity:** The doctor may work with you to lower or stop your child's seizure medications. This is so they can observe seizure activity during their hospital stay.

**Visitors:** Please refer to the hospital Visitor Policy to learn more about when visitors are allowed.

**Discharge (Leaving the Hospital):** The discharge plan will be reviewed with you on a daily basis. Your EEG will be disconnected on the day of their discharge. Your child's primary epilepsy doctor will be sent all information about their stay.

## Seizure Activity During Your Child's Stay

**When Your Child Has a Seizure:** Your child will have an "event button" next to their bed. When you notice a seizure beginning, or a change in their behavior or activity, please push the "event button" if you can. A nurse will check on you and make sure your child is safe.

Once their safety is confirmed, their nurse will ask you and your child some basic questions and have your child perform simple tasks.

We will give your child emergency medication if they have a long seizure, or if they have multiple seizures within a certain period of time.

**Safety Practices:** We have many guidelines and practices in place to keep your child safe during seizures while they are in the hospital.

- Staff will continuously monitor their video and brain activity so that we know if a seizure is occurring.
- Please do not allow your child to get in and out of bed without the help of an adult, including to go to the bathroom.
- All sides of their bed are padded.
- For their safety, children under the age of two must be in a crib (provided by the hospital).

## Questions?

It is important to us that you feel prepared, confident, and comfortable with your child's care.

Please reach out to the Nurse Coordinator at **212-241-2401** with any questions or concerns.

**Your child's EMU admission will help us better understand their condition so that we can provide them with the personalized care they need. Our compassionate, expert team of specialists is here to partner with you and support you throughout your child's stay.**

**WE FIND A WAY**



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