

EPILEPSY CENTER

# About the Monitoring Units



## CLEVELAND CLINIC EPILEPSY CENTER

The Cleveland Clinic Epilepsy Center, established in 1978, is a national and international pacesetter in the evaluation and treatment of epilepsy in both children and adults.

A team of dedicated physicians, health care professionals and support staff participate in the evaluation and treatment of our epilepsy patients who come here from across the country and around the world. More than 300 epilepsy surgical procedures were performed at Cleveland Clinic last year.

The Cleveland Clinic Epilepsy Center meets and exceeds guidelines for both fourth-level medical and fourth-level surgical epilepsy centers, the highest levels set forth by the National Association of Epilepsy Centers.



At Cleveland Clinic, we have two Epilepsy Monitoring Units — one dedicated to adults and another in our Children's Hospital reserved for our pediatric patients. These are unique areas designed for round-the-clock patient monitoring.

In the Monitoring Units, our staff employs both EEG (electroencephalography) equipment to monitor brain activity and video cameras to record body movements during a seizure. This approach gives us a much greater understanding of seizures than would using either technique alone. The monitoring allows us not only to diagnose a seizure problem accurately, but also to design the best possible treatment plan.

Patients are monitored in the unit throughout the day and night. The length of time people spend in the unit varies but usually ranges from three to seven days. Although this leaves little private time, it is the most effective way to study seizures and record information that will help us treat our patients.

The admission process begins when your doctor decides that prolonged video-EEG monitoring would be useful in evaluating your seizures or epilepsy. You will be scheduled for admission on a particular date or your name will be placed on a waiting list for admission to the unit. As we anticipate discharges, we notify potential patients that space will be available. We try to give patients as much advance notice as possible.

### EPILEPSY MONITORING UNIT STAFF

You will be cared for by a number of different staff during your stay in the Monitoring Unit. Feel free to ask questions of any of us.

**Epileptologists:** Board-certified neurologists with subspecialty training in epilepsy, known as epileptologists, are in charge of your medical care. They will order your medications and interpret the results of your video-EEG recordings. These staff physicians rotate coverage of the Epilepsy Monitoring Units for one- or two-week periods, so the doctors you see may change during your admission. Regardless, the doctor on duty always is in close contact with the physician in charge of your overall care. Physicians undergoing advanced training in neurology or epilepsy, known as residents or fellows, along with physician assistants and nurses, also will be part of the monitoring team.

**Nurses:** Our nursing staff consists of registered nurses, licensed practical nurses, and patient care nursing assistants specializing in epilepsy care. They have primary responsibility for the daily care of patients and for managing the units. They can answer questions not only about what to expect during your stay in the unit, but also about epilepsy in general.

**EEG technologists:** Our EEG technologists are responsible for obtaining accurate recordings and videos. The EEG technologists can answer technical questions about your recordings or direct your questions to the proper person.

### WHEN YOU ARRIVE FOR MONITORING

When you or your child arrive at Cleveland Clinic's Epilepsy Monitoring Unit, a staff member will orient you to the area and a nurse will conduct an admission interview with you. The nurse, a specialist in epilepsy care, will ask about your past and present medical history, as well as your daily routines and lifestyle. These questions may seem personal, but they will help us plan your care while you are in the unit.

An EEG technologist will explain our recording procedures to you. The technologist will connect the various electrodes used to monitor your brain waves. The electrodes will stay in place on your scalp during your entire stay in the unit. Once the electrodes are in place, they are connected to recording amplifiers, and the digital video camera is adjusted. All of these devices are connected to a computer that helps us collect, analyze, save and recall large amounts of data about each of our patients.

You will spend several days being monitored. EEG technologists and nurses staff the Monitoring Units to observe patients. Because they can see and hear you, these experts are available to respond when a seizure occurs.

To ensure we record a seizure while you are in the Monitoring Unit, it is often necessary to lower the dosage or stop the anticonvulsant medication(s) you are taking. Please be aware that when medications are reduced, you may experience different types of seizures, some of which your family may not have witnessed before.

Most of the time you will stay in bed or in a reclining chair next to your bed. You will be disconnected from the equipment to get up and move about twice a day. Having a staff person accompany you on all walks is required for your safety as your medication has been reduced or discontinued. For your safety, we also limit your walking within the unit itself.

When showering, upon discharge, a staff member needs to be seated in the hallway near the shower for your safety. Bed baths are offered during the monitoring process.

We recommend you wear comfortable clothes such as button-down, loose-fitting or short-sleeve shirts, and shorts or sweatpants. You need not wear a hospital gown in the unit, but they are available if needed.



### ABOUT YOUR ROOM

All monitoring rooms are private, each with its own telephone and direct-dial number. Outgoing long-distance calls may be placed (as collect calls) by contacting the Clinic operator or by charging them to a telephone calling card.

Each room has a television with regular and cable programming. DVD players are available at no charge. Feel free to bring in movies of your choice.

Meals will be provided, however you are welcome to bring in snacks and drinks of your choice. Please be advised that Cleveland Clinic provides only diet and sugar-free beverages. Patients admitted to the monitoring unit are not allowed to have suckers, hard candy, or gum while being monitored for safety purposes.

### FOR OUR YOUNG PATIENTS

We try to be especially understanding of our young patients' concerns and accommodate them in every possible way. Cleveland Clinic's Pediatric Monitoring Unit is designed especially to meet the needs of children with seizures. Child Life workers are available to help prepare children emotionally for their hospital stay, for all procedures, and if necessary, for surgery.

Children are encouraged to bring along their favorite blankets, toys, books, pacifiers or other comfort items. Feel free to bring any photographs, pictures or small items that will make your child's room seem more like home. Parents are encouraged to stay around-the-clock with their child, though only one person may stay overnight.

After monitoring is completed, young patients are welcome to use the playroom in the Cleveland Clinic Children's Hospital, where the Pediatric Monitoring Unit is located.

## ACTIVITIES FOR PATIENTS AND FAMILIES

Patients and family members may bring many different items to the unit to help pass the time. We suggest puzzles, books, magazines, card games, hand-held computer games, craftwork or hobby projects such as needlepoint, cross-stitch or embroidery. DVD players are available. You may bring a selection of movies from home. You may also bring your laptop computer. WiFi is available for internet connection.

## VISITING POLICY

There are no visiting restrictions on our Epilepsy Monitoring Units. Friends and family may visit with patients whenever they wish. There may be times, however, when visitors are asked to leave the room for short periods. Overnight stays by one visitor/family member over the age of 18 are encouraged in the units. We recommend that one parent stay with a child each night of his or her hospitalization. The visitor, family member or parent may sleep on a special reclining lounge chair or cot. This policy can be explained fully at the time of admission.

## SERVICES FOR FAMILY MEMBERS

A lounge for parents is located on the third floor of Cleveland Clinic Children's Hospital in Area M.

## ABOUT CLEVELAND CLINIC CHILDREN'S HOSPITAL

Cleveland Clinic Children's Hospital provides innovative care for children with serious and complex medical problems. More than 100 pediatric specialists and subspecialists provide state-of-the-art care.

The Children's Hospital has medical, surgical, psychiatric and intensive care beds, and offers the latest technology, including the computerized Pediatric Epilepsy Monitoring Unit, a level III Neonatal Intensive Care Unit (NICU), a Pediatric Intensive Care Unit (PICU) and dedicated pediatric operating suites.

The Pediatric and Congenital Heart Center comprises the departments of Pediatric Cardiology and Pediatric and Congenital Heart Surgery. The center offers multidisciplinary evaluation and treatment for infants and children, as well as adults. Pediatric psychologists provide consultation and intervention to address developmental, behavioral and emotional issues in children hospitalized for a wide range of acute and chronic illnesses.

For more information, please visit our Web site at [clevelandclinic.org/pediatrics](http://clevelandclinic.org/pediatrics). Shower and laundry facilities are available. Visitors may bring food from home, Cleveland Clinic cafeterias or local restaurants and enjoy meals together in the patient's room.

## WHEN MONITORING IS COMPLETE

When your monitoring is complete, the doctor will discuss the findings with you and your family, explaining whether further diagnostic tests are needed and what treatment is best for you. The nursing staff will work with you to ensure you understand your testing and treatment programs. Please be sure to ask any questions you have about any aspect of your diagnosis and treatment.

Most of our patients receive various medications to control their seizures. Therefore, after monitoring is completed, a few additional days of hospitalization may be needed during which medications are readjusted. This may take place in the Monitoring Unit or on one of the hospital's regular neurology or pediatric nursing floors.

## APPOINTMENTS

We encourage you to see your neurologist or epileptologist at Cleveland Clinic Epilepsy Center and/or your local doctor on a regular basis. Often the two will work together in caring for you.

To schedule an appointment with a Cleveland Clinic Epilepsy Center specialist, please call toll-free **866.588.2264**. For more information, please visit our Web site at [clevelandclinic.org/epilepsycenter](http://clevelandclinic.org/epilepsycenter).

## SPECIAL ASSISTANCE FOR OUT-OF-STATE PATIENTS

Cleveland Clinic's Global Patient Services has a Medical Concierge program that is a complimentary service for patients who travel to Cleveland Clinic from outside Ohio. Our patient care representatives facilitate and coordinate the scheduling of multiple medical appointments; provide access to discounts on airline tickets and hotels, when available; make reservations for hotel or housing accommodations; and arrange leisure activities. For more information, call **800.223.2273, ext. 5580**, visit [clevelandclinic.org/services](http://clevelandclinic.org/services) or email [medicalconcierge@ccf.org](mailto:medicalconcierge@ccf.org).



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9500 Euclid Avenue, Cleveland, OH 44195

Cleveland Clinic's Neurological Institute is dedicated to the diagnosis and treatment of common and complex neurological disorders of adult and pediatric patients. Its more than 300 specialists combine expertise and compassion to achieve measurably superior results. By promoting innovative research, the Neurological Institute accelerates the development and application of new treatments and technologies to patient care. The Neurological Institute is one of 26 institutes at Cleveland Clinic, a not-for-profit academic medical center ranked among the nation's top hospitals (*U.S. News & World Report*), where nearly 3,000 physicians in 120 specialties collaborate to give every patient the best outcome and experience.  
[clevelandclinic.org](http://clevelandclinic.org)

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