

Combined video-EEG telemetry with formal sleep study

This leaflet explains about combined video-EEG telemetry. If you have any further questions or concerns about the test or recording period, please contact the department, t: 020 7188 9209, Monday to Friday, 8.30am-5pm to discuss them.

We look forward to welcoming you to Evelina London Children's Hospital's Telemetry Unit. We hope that you will find the information below useful. Evelina London is in a unique position to offer this combined study.

Your child will be admitted to a telemetry room on Savannah Ward (4th Floor). The purpose of the telemetry is to record any events seizures your child is having. This room is fully equipped to carry out continuous EEG monitoring with video. Sound is also recorded as this can give useful information should your child have a seizure. Your child may move freely around the room.

What is a combined EEG telemetry?

An electroencephalogram (EEG) is a test to record the electrical activity of your child's brain. The nerve cells in the brain produce tiny electrical signals. Recording and checking these can provide doctors with useful information about how your child's brain is working. EEGs can be used to diagnose and monitor seizures disorders, sleep disorders, movement disorders, development and changes in behaviour. These are commonly known as events.

Telemetry is an EEG that records the brainwaves for longer (from one to five days depending on the amount of information needed). It can be helpful to classify and quantify your child's events, to pinpoint an area of the brain that is causing seizures or to obtain a complete recording of one night of sleep.

What happens during the test?

In most cases 22 small discs (electrodes) will be applied to your child's head with special adhesive, and an additional two electrodes will be attached to each arm. This is painless and takes about ½-1 hour to complete. Once the electrodes are in place, telemetry monitoring can commence. The electrodes will stay in place until the tests are complete, including overnight.

Around 6pm a sleep physiologist will add further recording apparatus including a chest-band, electrodes applied to the limbs and nasal airflow monitor for the sleep-study recording.

Your child will not be able to take a shower or bath, or have a hair wash while the electrodes are attached. They can do this when the electrodes have been removed at the end of the recording if they want to.

Although monitoring will continue throughout your child's stay, the cable may be disconnected so that your child may leave the camera range to use the toilet. In some circumstances it may be possible for your child to leave the room for a short time but this is strictly by arrangement with the telemetry staff.

How long will the test last?

The length of the test depends on the reason for referral. It can vary from two to five days but will be discussed with you during clinic.

Consent - asking for your consent

We want to involve you in decisions about your child's care and treatment. If you decide to go ahead, you will be asked to sign a consent form. This states that you agree for your child to have the treatment and you understand what it involves.

If you would like more information about our consent process, please speak to a member of staff caring for you.

When will we get the results?

The results of the test need to be analysed and a full report will be sent to the doctor who asked for the test within three weeks. The doctor should arrange with you when and how you will receive the results.

Is there anything we need to do to prepare?

In some cases it may be necessary to reduce antiepileptic medication. This will be discussed with you either before admission or when you arrive on Savannah Ward. You should give your child his or her routine medication as usual prior to admission.

Please wash your child's hair the night before or on the day of arrival and do not use any hair products such as gels, oil, wax or sprays. This will help stick the electrodes to your child's head.

Essential items you will need to bring for your child

- Favourite toys, books and DVDs
- Warm pyjamas which ideally should be front fastened.
- Slippers
- Dressing gown
- Comfortable day clothes – ideally tops should be front fastened.
- Toilet bag
- Any current medication that your child is taking.
- If you have any video footage of your child's events or seizures please bring it with you.

The play specialist is available to help provide activities to keep your child occupied but it is a good idea to bring a selection of favourite games books and DVDs with you, and school homework.

We can also place your child on the hospital school list and a teacher will visit them and engage in activities with them. Each room contains a flat screen Freeview TV/DVD player for your use.

Sleeping arrangements for parent/guardian

There is a padded window seat which will be converted into a bed for the night. Bedding and pillows will be provided, but if you prefer to bring a sleeping bag that will be fine. Please bring toiletries and night clothes for yourself. Showering facilities are available.

Do I need to stay with my child?

Yes. You are the best person to identify if your child is having a seizure, so we need you to stay with your child. However, we do realise that you will need to leave the room to make drinks and use the bathroom.

We understand that you will probably need to leave for short and infrequent breaks but it will be helpful if you can keep these breaks to a minimum.

The nursing or EEG staff will be available to offer support during your stay.

Meals

Your child's meals will be provided but you may bring extra snacks if you wish.

If your child has any special dietary needs please let us know before the day of admission so that the necessary arrangements can be made with the ward.

We are not able to cater for parents or guardians so please bring food with you or you can use our facilities. There are microwave facilities on the ward in the parent's kitchen and tea, coffee and cold drinks are provided for your use.

Facilities

There are a number of shops on the St Thomas' site including coffee shops, a restaurant and a newsagent. On the Evelina London site there are facilities for buying drinks and sandwiches.

Telephone

You can use your mobile phone in the rooms but please keep noise to a minimum.

WiFi

Free access to the internet is available for all patients, visitors and carers. To connect to our wireless network:

1. go to your WiFi settings and select WiFiSPARK HotSpot
2. connect
3. enter your name and email address
4. read and accept the terms and conditions.

You will then be connected.

Please note that some internet content may be blocked, and WiFi should not be used for viewing TV programmes or making phone calls or video calls (including FaceTime and Skype).

Contact us

If you have any questions or concerns about please contact the department on
t: 020 7188 9209, Monday to Friday, 8.30am-5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003, Monday to Friday, 10am-5pm **e:** letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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