

A Guide to your Videotelemetry

Information for patients and their families

This information is written to provide information and answer frequently asked questions about the test, which will be done at the Royal Hospital for Children and Young People.

What is Videotelemetry?

Your child has been referred by their consultant or GP to attend Neurophysiology Department (Borthwick Ward) at the Royal Hospital for Children and Young People for a period of time to undergo continuous electroencephalographic (EEG) monitoring with simultaneous video recording. The length of recording is dependent on the test the doctor has referred your child for, but could be anything between a few hours to five days.

It is essential that parents / guardians / carers stay with their child to help to supervise them during their admission.

If you are unable to stay, please phone to rearrange the Video telemetry appointment for a more suitable time.

What does the test involve?

When you arrive in the Neurophysiology Department (Borthwick Ward), you and your child will be shown your designated room and the medical / nursing staff will ask about your child's general health, epilepsy and other conditions.

A clinical physiologist will then apply 23 small discs (electrodes) to your child's head (similar to a routine EEG) using a putty/glue-like substance to secure them in place. The electrodes are then connected to a small recorder that is placed in a small bag with a shoulder strap, which your child will wear during the study.

During the monitoring you will be asked to keep a diary of any typical attacks or events that may occur during your child's stay. You will also be shown how to manage the monitoring equipment during your child's stay.

The clinical physiologist will also inform you of the best place to position the video telemetry bag, particularly when your child is asleep to avoid injury/damage.

At the end of your child's stay, the physiologist will remove the leads and a nurse will discuss their discharge from the Neurosciences Department (Borthwick Ward).

What preparation is needed?

- Please **contact the ward on the day of the appointment** to check that a bed is available before you leave home
- Please ensure that your child's hair is clean and free from hair products
- Any medication should be taken as normal and at the usual time

- Please bring loose-fitting clothing; preferably button/zip up tops to allow your child to change easily while they are connected to the EEG system
- Please bring **light coloured nightclothes** if possible as this provides us with a better view of your child at night against dark sheets
- As the monitoring is continuous, your child will be restricted to their room except for visits to the toilet. We advise you to bring activities to help your child pass the time

What are the side effects of the test?

There are no after effects associated with this test.

The clinical physiologist will remove the discs from your child's head using water or a fixative remover.

Some sticky paste will remain in your child's hair, so you will want to wash it before leaving the ward. Towels are available from Borthwick Ward.

When will the test results be available?

You will not receive the results on the day of the test. A full report will be sent to your child's consultant.

Additional Information

Occasionally some children find the test difficult to tolerate.

If you feel that your child might struggle with any aspect of the test, please contact the department with any queries. We are happy to accommodate any special arrangements.

Consent for Video Recording

When we make an EEG recording of your child's brain activity, it is very important to relate this to their movements and/or behaviour at the time. We do this by recording a video of your child, which is used to help your doctor and other members of the medical team diagnose and treat your child's condition. As parents, you have the right to choose how the video recording of your child may be used. Please read this information carefully before signing the consent form.

Clinical management: This means your child's recording will be stored with your child's EEG and used by the clinical team involved in your child's care.

Specialist hospital teaching: We may show your child's recording to other hospital staff. This might take the form of presentation in lectures, tutorials and other professional presentations.

Wider publication: This level of consent is requested when the recordings might be used in presentations outside the hospital, such as international meetings.

It is important for you and your child to be comfortable with the level of consent that you give. Please complete the provided consent form before attending your appointment.

Additional information: activation procedures and consent

In order to get as much information during the video-EEG telemetry, we may ask your child to perform some activation procedures to add some information to the EEG that may not be seen when they are sitting at rest. Such procedures consist of:

- A short period of deep breathing (**hyperventilation**)
- Asking your child to stay up overnight (**Sleep deprivation**)
- Looking at a flash strobe light (**Photic stimulation**)

However, we must inform you that such activation procedures, although carried out very carefully, carry a slight risk of provoking a seizure in a susceptible person. The risk is very small and has been estimated to be no more than 1 in a 1000.

Hyperventilation (Deep Breathing): What does it involve?

Your child will be asked to breathe in and out through their mouth quite forcefully, as if blowing out a candle. They will be asked to do this for up to three minutes. During the exercise they may start to feel slight dizziness and/or pins and needles in their fingers, toes and face. This is a normal side-effect and **usually goes away** a few minutes after completing the test.

Are all patients asked to perform Hyperventilation?

Patients will not be asked to perform hyperventilation if they are under a certain age and/or have certain medical conditions. The clinical physiologist will ask questions about your child's health (e.g. asthma, heart conditions) and will determine whether it is suitable for your child to take part in this part of the test.

Sleep Deprivation: What does it involve?

Sleep deprivation is where your child will be asked to stay awake all night usually on the first or second night of their hospital stay. Sleep deprivation can sometimes increase the chances of your child having one of their typical attacks during video-EEG telemetry.

Photic Stimulation: What does it involve?

A lamp is placed in front of your child's face and they will be asked to focus on it. They will then be shown a short sequence of flashing lights, at different speeds. Each light lasts for approximately 10 seconds and the clinical physiologist will ask your child to open and close their eyes.

What are the risks of photic stimulation?

A small number of patients may have seizures or other events that are triggered by flashing lights (photosensitivity). Once the flashing light is completed, your child will be at no more risk than normal from having a seizure, as seizures triggered by flashing lights occur immediately, not several hours afterwards.

Keeping your appointment

If you cannot keep your appointment, or have been given one that is unsuitable, please change it by phoning the number on your appointment letter. Your call will give someone else the chance to be seen and will help us keep waiting times to a minimum.

Public Transport and Travel Information

Bus details available from:

Lothian Buses on 0131 555 6363 www.lothianbuses.co.uk

Traveline Scotland on 08712002233 or www.travelinescotland.com

Train details available from:

National Rail Enquiries on 03457 484 950 or www.nationalrail.co.uk

Patient Transport

Patient Transport will only be made available if you have a medical/clinical need. Telephone **0300 123 1236** *calls charged at local rate up to 28 days in advance to book, making sure you have your CHI Number available. Hard of hearing or speech Impaired? Use text relay: **18001-0300 123 1236*** (calls charged at local rate). To cancel patient transport, telephone 0800 389 1333 (Freephone 24 hr answer service).

Interpretation and Translation

Your GP will inform us of any interpreting requirements you have before you come to hospital and we will provide an appropriate interpreter. If you are having this procedure as an existing in patient, staff will arrange interpreting support for you in advance of this procedure. This leaflet may be made available in a larger print, Braille or your community language.

For More Information, please contact:

Clinical Neurophysiology Department
Royal Hospital Children and Young People
Telephone: **0131 312 1506**

Department of Clinical Neurophysiology Consent Form for an EEG Video telemetry (Children & Young People)	Addressograph, or Name DOB Unit No./CHI
Please read the patient information leaflet 'A guide to your videotelemetry v2.1' <u>before</u> you complete this consent form.	

To the Healthcare professional: Please tick the box(es) below that are relevant to the patient for each area of consent:		
1. Activation Procedures		
Hyperventilation <input type="checkbox"/>	Sleep Deprivation <input type="checkbox"/>	Photic Stimulation <input type="checkbox"/>
2. Electroencephalographic Data and Video		
Clinical Interpretation <input type="checkbox"/>	Teaching <input type="checkbox"/>	Wider Publication <input type="checkbox"/>

To the patient or Parent/Guardian You have the right to change your mind at any time, including after you have signed this consent form. I have read and understood the information in the patient information leaflet provided, including the benefits and any risks. I agree to the procedure described in the patient information leaflet and mentioned above. I understand that I/my child should remain within the video telemetry room whilst being monitored with the exception of visiting the toilet.	
Signature of Patient/Parent/Guardian: Print name: Child's Name and Date of Birth:	Date ____/____/____

Please bring this consent form with you when attending your appointment

For any queries please telephone: 0131 312 1506