

What To Expect During Your Hospital Stay For Epilepsy

This patient clinical pathway is a guide for you to follow during your hospital stay.

	Day of Admission	During Your Stay	At Discharge
Tests	<p>You may have:</p> <ul style="list-style-type: none"> ▪ Blood work ▪ A chest x-ray ▪ An EEG (electroencephalography) ▪ An EKG (electrocardiogram) ▪ A CT scan ▪ An MRI 	<p>You may have:</p> <ul style="list-style-type: none"> ▪ Psychological testing ▪ EEG ▪ Blood work 	<p>You are ready to go home when your tests have been completed and your condition is stable.</p>
Health Care Team	<p>Depending on your needs, the healthcare team may include:</p> <ul style="list-style-type: none"> ▪ Doctors - your family doctor , a neurologist (doctor who specializes in the brain and nerves) ▪ Nursing Staff (RN, LPN, Patient Care Tech, Unit Clerk) ▪ Registered EEG Technologist (R. EEGT) ▪ A neuropsychiatrist (a psychiatrist that specializes in the brain and nerves) ▪ Physical, Occupational and Speech Therapists ▪ A Dietitian ▪ A Case Manager ▪ A Social Worker ▪ A Home Care Coordinator ▪ Pharmacists 	<p>As your stay continues:</p> <ul style="list-style-type: none"> ▪ A pharmacist will talk to you about medicines. ▪ More tests may be done related to epilepsy. 	<p>Your healthcare team may plan for continued care after discharge.</p>
Assessments & Medications	<ul style="list-style-type: none"> ▪ You will be connected to EEG equipment and you will be monitored by video at all times. ▪ You will have the following checked regularly: <ul style="list-style-type: none"> ▪ Blood pressure, pulse, respirations, and temperature (often called vital signs). ▪ Neuro (neurological) checks. A neuro exam looks at brain function, such as your ability to speak, move your arms and legs, and respond to stimulation. ▪ You may also have the following: <ul style="list-style-type: none"> ▪ Oxygen ▪ Heart monitor ▪ An IV (intravenous) catheter to give you fluids and medications to control seizure activity, if needed. 	<ul style="list-style-type: none"> ▪ Your doctor will check your condition each day and design a plan of care to meet your special needs. ▪ If you have a seizure we will be able to capture it on the video and EEG monitoring system. ▪ After any seizure activity, we will ask you some questions and do a neuro exam. 	<p>You and your family must understand your medicines:</p> <ul style="list-style-type: none"> ▪ The name ▪ Dosage ▪ Schedule ▪ Side effects <p>It is important that you take your medicines as ordered.</p>
Diet	<ul style="list-style-type: none"> ▪ After you have been examined, a diet will be ordered for you. ▪ If you have a seizure, your diet may be on "hold" until you are alert enough to eat. 	<ul style="list-style-type: none"> ▪ The staff will check what you eat and drink each day 	<p>Eat a well-balance diet and drink plenty of fluids each day.</p>
Activity & Safety	<ul style="list-style-type: none"> ▪ Use the call button if you have an aura or feel a seizure coming on. ▪ Your doctor will order activity precautions to keep you safe: <ul style="list-style-type: none"> ▪ Your bed rails will be padded to protect you from injury in case you have a seizure. ▪ Your activity is limited to the room unless you are told otherwise. ▪ You will not be able to smoke. 	<ul style="list-style-type: none"> ▪ Do not try to get out of bed unless the staff told you that you can safely get up by yourself. If so, you may get out of bed and walk in your room. ▪ If you have a seizure, your energy level may be low - this is common. ▪ We may increase your activity to see it this effects your seizure activity. 	<ul style="list-style-type: none"> ▪ Follow your doctor's advice after you go home. ▪ Do not drive any motor vehicle until your doctor okay's it.
Education	<ul style="list-style-type: none"> ▪ You will be asked to remember 3 words. As part of the neuro exam, we will ask you to repeat these words if you have seizure activity. ▪ The staff will answer your questions about any seizure activity, tests and care. ▪ You will get information about epilepsy, tests and any new medicine. 	<ul style="list-style-type: none"> ▪ The staff will help you and your family understand your diagnosis, treatment plan and seizure precautions. ▪ If there is any information that you do not understand, please ask the staff. 	<p>The team will go over your home care instructions for medications, activity, precautions and follow-up.</p>
Discharge Plan	<ul style="list-style-type: none"> ▪ Your healthcare team will help you and your family look at your home going needs and plan resources to help you, such as, arranging for services after discharge, answering insurance questions and providing support 	<ul style="list-style-type: none"> ▪ The team will continue to make plans for your home going needs. ▪ If you are unable to care for yourself, or you live alone, the team may recommend home care services. 	<p>Follow-up care will be arranged based on your needs.</p>

After Discharge:

- Do **NOT** smoke. This is a great time to quit and remain smoke free.
- To help you quit smoking, there are smoking cessation classes at McConnell Heart Health Center, 3737 Olentangy River Road, Columbus, Ohio 43214. To register or for more information, call 614-566-3804.
- Limit activity to the plan designed for you by your doctor.
- Do not drive until your doctor said it is okay.
- Do **NOT** return to work until your doctor has said you can.
- Schedule and keep all health care appointments.

Important Phone Numbers:

Main hospital	(614) 566-5000	Neuroscience Hotline	(614) 566-5345
Pastoral Care	(614) 566-5307	Social Services	(614) 566-5397
Patient Relations	(614) 566-5707		

Notes...

Epilepsy

Welcome to the Epilepsy Monitoring Unit at Riverside Methodist Hospital. Your health care team is committed to providing the highest quality of care. We know this is stressful for you and your family. The staff and this guide will help you through a difficult time.

This pathway, or path, is similar to a road map and it incorporates the best care into a day to day guide to help you recover. This pathway is only a guide. You may have special health care needs and your health care team will change your care to meet these special needs.

This pathway will:

- Help you and your family understand what to expect during your hospital stay.
- Serve as a guide to your recovery.
- Change to meet YOUR special needs.
- Prepare you and your family for discharge from the hospital.

Seizures are a "short circuit" of your body and brains electrical system. When this occurs your body moves uncontrollably and you are not aware of what is going on with your body nor do you have the ability to stop seizures once they occur. You can prevent or control seizures by taking your medication on time and as directed by your doctor. There are many different causes of seizures and your doctor will work with you to find the cause of your type of seizure and the best treatment.

If you have any questions, ask your doctor or nurse. Your healthcare team will work with you to plan your care and to keep you and your family informed as you recover.

Thank you for allowing us to provide care for you and your loved one.

Please let us know if there is anything else we can do for you.