

# Epilepsy Monitoring Unit (EMU) at Christiana Care



Offering Hope for Patients  
with Seizure Disorders



**CHRISTIANA CARE**  
HEALTH SYSTEM

## Delaware's First Epilepsy Monitoring Unit

If you are one of the more than two million Americans with epilepsy, you understand the fear and frustration that comes with having this condition – particularly if your seizures have not been well controlled by medication.

Delaware's first adult Epilepsy Monitoring Unit (EMU) at Christiana Care Health System offers hope for those seeking relief or better control of seizures. Our goal is to more accurately diagnose your seizures so that you can enjoy a better quality of life.



## Welcome to the EMU

If your neurologist has recommended a stay in our EMU, this will be your home for a few days. We are committed to making your stay as comfortable as possible. You'll have a private room, with cable TV, a telephone and call bell, so



you can alert our staff if you need something. You are welcome to bring books, a laptop computer, smart phone, tablet or other items you may enjoy to pass the time. If you would like a family member or support person to stay with you overnight, your room has a reclining chair that converts to a bed.

## Visits from Friends and Family

Family and friends are welcome to visit you from 10 a.m. to 8 p.m. One support person who is at least 18 years old can stay with you overnight. You will be monitored by our staff at all times, and family and friends can be part of the support team by alerting the staff if they detect a seizure is starting.



## Length of Stay

Monitoring usually takes about three to seven days. Your actual length of stay will depend on how long it takes to record your seizures. The EMU team will meet with you on a daily basis to discuss your plan of care.

## Allowing Seizure Activity

The purpose of the EMU is to enable your clinical team to monitor and record seizures as they are happening. This is the best way to gather data that can lead to better treatment options. The provider may recommend altering your seizure medications and may suggest other ways of triggering a seizure while you are in the EMU.

## Monitoring Your Seizures

In the EMU, we will use video recording equipment and electronic sensors to monitor and assess your condition. Small wires will be placed on your scalp and secured with glue. These will transmit important data about the type of seizures

you are having and help pinpoint exactly where in the brain the seizures are occurring. You will be monitored at all times, 24 hours a day.

## **Assuring Your Comfort and Safety**

Assuring your comfort and well-being is our priority. You will be under the watchful eye of our team at all times. The nursing staff will check to ensure you are safe and assess your condition during your seizure events. If you start having frequent seizures or a prolonged seizure, the nurse will administer emergency medications and notify the provider immediately.

Special safety equipment will also be provided, including a harness for you to wear whenever you are out of bed. This will help prevent falls and provide peace of mind when moving around the room.



## Concerns?

If you have questions about an upcoming stay in the Epilepsy Monitoring Unit or if you would like to schedule a consultation, call 800-693-CARE (2273) or visit *[christianacare.org/neurologyspecialists](http://christianacare.org/neurologyspecialists)*.



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