

Adult Home Video Telemetry

This leaflet explains more about Home Video Telemetry and what to expect when you come to St George's Hospital to have this procedure. This leaflet also explains the benefits, risks and any alternatives.

What is Home Video Telemetry?

Home Video Telemetry (Home VT) is an electroencephalogram (EEG) test with a video recorder that you take home with you for one to three days. The EEG measures the normal electrical activity of your brain (brainwaves) and Home VT is a safe method of recording your brain function in the comfort of your own home. The EEG and video mean that we can compare your brainwaves during any seizures or attacks you have been having or we can monitor a complete night's sleep.

Home VT will be set up by a Clinical Physiologist in the Department of Clinical Neurophysiology at St George's Hospital. The Clinical Physiologist will carefully explain the test to you, attach the EEG electrodes and show you how to set the video camera up at home. You will not need to stay in hospital.

Are there any risks?

There are no known side effects of an EEG. Home VT has no specific risks. It is a method of recording normal brain wave activity at home. The glue used to attach the electrodes may cause some mild skin irritation but this is uncommon.

Are there any alternatives?

You may have had a routine EEG or a Sleep EEG, which also measure brainwaves. However, Home VT lets us measure for longer, which means we are more likely to record one of your events. This will help your consultant find out what kind of attacks you are having and how often you are having them. Video telemetry can also be done in hospital but this involves admission to a ward for up to three days. If your consultant has referred you for Home VT, they feel that having the test at home would be more appropriate and comfortable for you.

What happens before the test?

Two weeks before your appointment:

- You will receive a phone call from a Clinical Physiologist, who will explain Home VT and make sure all arrangements are in place.

On the day of your test:

- You should take your medication and have meals as normal.
- Please wash your hair but do not use hair gels, oils or other hair products.
- Please remove any hair weaves or extensions.

- Do not wear tight neck jumpers or tops as you will not be able to lift them over your head to remove them once the EEG electrodes are attached.
A shirt or top which has a zip or buttons at the front is ideal. If this is not possible, your clothes need to be as loose as possible.
- A loose fitting cap, hat, hoodie or coat with a hood may be useful for your journeys to and from the hospital if you would like to cover the electrodes.
- If possible, it would be useful to have another person with you during set-up in the department and during the recording at home. They can help you in using the equipment, can look after you if you have any typical events and they can check you are visible on the video camera.

What does the test involve?

You will attend the Department of Clinical Neurophysiology to have the Home VT investigation set up. The appointment should take approximately one and a half hours.

The Clinical Physiologist will attach small silver discs (electrodes) to your head using special glue. They will measure your head beforehand and draw the points with a soft pencil before attaching the electrodes. The physiologist will clean the areas of the head with a cotton bud and some cream. This does not hurt and the procedure will be similar to the EEGs you may have had in the past.

The electrodes are attached to fine cables which are plugged into a small box (a 'head box') which records the EEG. The clinical physiologist will discuss the safety of the electrode cables which will be fed down your back under your clothing. The head box is placed in a small bag which can and be worn around the body or carried using a shoulder strap.

The clinical physiologist will make a short EEG and video recording to check that the equipment is working. The clinical physiologist may ask you to hyperventilate or do photic stimulation (flashing lights) if your consultant has asked for this.

The clinical physiologist will show you how to use the video camera and carefully take you through how to set up the video camera at home. Full instructions will be provided.

You will be given a diary to write down any events or seizures.

You will be given a 'cabin bag' sized case in which to take the equipment home. If you do not have your own transport, special arrangements may be needed to help you to get to and from the hospital.

You will return home and the EEG and video will record for one to three days. The video recorder will video you for the whole time, including while you are asleep. There is no need to video when using the bathroom.

Using the equipment

Full instructions and a demonstration of the equipment will be given when you come to the department on the day of your appointment.

The most important points to remember are:

- When setting up the camera at home, make sure that it is in a safe, stable position away from children and pets. It is important it is not interfered with while it is recording.
- Plug the video camera into the mains power to keep it fully charged.
- Make sure you are clearly visible on the camera.
- Press the record button as instructed.
- Press the event marker (button) as instructed and write in the diary if you have an event.
- **Do not shower or bathe during monitoring. It is very important the equipment does not get wet.**

Important points to consider during the test

- **You will not be able to leave your home while you are having the Home VT recording.**
- **The video camera will be constantly recording, so please make any family members or visitors, including children, aware they will be recorded if they are in view of the camera.**
- When you consent to this test, you agree to the Clinical Physiologist and Consultant Neurophysiologist being able to view the whole video with sound.
- You should behave naturally while at home, but remember that all behaviours may be seen by the medical team looking after you following review of the video.
- The Home VT equipment is medical equipment, which is your responsibility from when you leave the Neurophysiology department until you return to hospital. This includes travelling to and from your home and the time it stays in your home.

If an event or seizure occurs at home

- It is very important you follow your seizure care plan if you have one in place.
- Press the event marker (button) as soon as you can or this can be pressed by another person if they see an event. This tells us exactly when an event has occurred.
- Write in the patient diary as soon after the event as possible. This should include the date, time, how long it lasted and a description of what happened.

Home VT Loan Agreement and equipment care

At your appointment you will be asked to sign a Loan Agreement which explains how we expect you to take care of the equipment.

The care of the Home VT equipment is your responsibility from when you leave the EEG department until you return to hospital. This includes travelling to and from your home and the whole time the equipment is in your home.

If you are travelling by public transport, special arrangements may be needed to help you to get to and from the hospital.

Asking for your consent

It is important that you feel involved with regards to decisions about your care. The Clinical Physiologist will explain the test and you will be asked to sign a consent form to say that you agree to have the video recording and understand what it involves. A copy of the signed consent form will be given to you for you to keep.

You can withdraw your consent at any time, even if you have said 'yes' previously. If consent is withdrawn, you should return to the hospital with the equipment to have the EEG electrodes removed and the duration of the Home VT would end sooner than planned. If you would like more details about our consent process, please ask for a copy of our policy.

What happens after the test?

When the recording of Home VT is complete, you will have a follow-up appointment at the hospital where you will return the equipment and have the EEG electrodes removed.

The appointment will take approximately 40 minutes, during which the EEG data and video footage will be downloaded. The Clinical Physiologist will remove the electrodes. This will not hurt as a liquid is applied to the glue to soften it before the electrodes are removed. Your hair may feel sticky to the touch until you wash it.

What do I need to do after I go home?

You can return to normal activities when you get home. If you are being treated with medications, please continue treatment as usual during and after home VT.

How long until I get the results?

The results from the Home VT will be sent to your consultant. Your consultant may send you a letter with the results and/or these will be discussed with you at your next outpatient appointment.

Contact us

Patient Pathway Co-ordinator (Neurology) 020 8725 1796.

Prior to the Home VT appointment, the Patient Pathway Co-ordinator will be in regular contact. Unfortunately, there are unforeseen circumstances where appointments are cancelled at short notice. In these rare situations, the Patient Pathway Co-ordinator will be in touch to arrange another mutually convenient date.

If you are running late or cannot make it in to hospital for your test, please contact the Patient Pathway Co-ordinator or the Department of Clinical Neurophysiology (below).

Department of Clinical Neurophysiology **020 8725 4812**
Department hours: **Monday to Friday, 8.30am to 4.30pm**
Location: Ground Floor, Atkinson Morley Wing, St George's Hospital, Blackshaw Road, Tooting,
London, SW17 0QT

St George's Epilepsy Team

If your epilepsy care is based at St George's Hospital do not hesitate to contact the epilepsy team:

For the epilepsy nurse specialists:

Adult.epilepsynurse@stgeorges.nhs.uk or 020 8725 4110

For the epilepsy consultants:

Adult.epilepsy@stgeorges.nhs.uk or 020 8725 4107 / 020 8725 4627

For St George's Hospital website

www.stgeorges.nhs.uk or 020 8672 1255

For the Neurophysiology department: 020 8725 4624

Main points to remember

- **Light weight clothing MUST be worn at all times, so the electrode cable can pass safely down your back and cannot get tangled near the neck area.**
- **Please wear clothes that fasten at the front with a zip or buttons as you will not be able to take things off over your head.**
- **When setting up the camera at home, ensure it is in a safe, stable position, away from children and pets. It is important it is not interfered with while it is recording.**
- **Plug the video camera into the mains power to keep it fully charged.**
- **Make sure you are clearly visible on the camera.**
- **Press the record button as instructed.**
- **Press the event marker (button) as instructed and write in the diary if you have an event.**
- **Do not shower or bathe during the monitoring. It is very important the equipment does not get wet.**
- **All equipment should be returned to the Department of Neurophysiology in good condition at your return appointment.**

Disclaimer

Please note this is a generic St George's Hospital information sheet. If you have specific questions about how this relates to you, please ask your doctor. Please note this information may not necessarily reflect treatment at other hospitals.

Reference Sources

Patient Information Leaflets / Websites:

*Manchester Royal Infirmary / Manchester Children's Hospital, Manchester
Great Ormond Street Hospital, London. King's College Hospital, London.*

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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