

Home Video Telemetry (HVT)

Your Consultant would like you to have a home video telemetry test (HVT). We hope that the following information will help answer any questions you may have.

What is an HVT recording?

HVT is a test which records the electrical activity produced by the brain. The HVT is usually recorded over 24 hours to 48 hours using portable equipment. This means that you can take the equipment home with you, so that we can record your brain wave activity during a normal day in your usual environment. The recording equipment includes a video camera which you will need to set up at home (we will go through this with you). This means that we can see a video of you along with your brain wave recording. The video helps us to more fully understand what happens during your events.

It is important that the video is recording at all times whilst you are having the test. If you feel this is not going to be possible please call the department on 01392 402458.

If you are having fewer than 2 episodes a week please ring the department on 01392 402458, as it may not be worthwhile for you to have the test at the moment.

Why have HVT?

The HVT test should help your consultant know more about the nature of your episodes/attacks and will help with diagnosis and treatment options. The test is performed by a qualified Healthcare professional, or trainee and takes approximately 1 hour. Trainees are supervised by a qualified member of staff, the amount of supervision varies, depending on the amount of experience the trainee has. We will ask your permission if a trainee is performing the test.

What are the side effects of the HVT?

- The HVT recording itself is harmless.
- Some people find the application of the electrodes a little uncomfortable, as the Healthcare scientist has to rub the skin with a gritty gel using a cotton bud.
- If you have sensitive skin, skin glue may temporarily sting as it dries (this is more common for electrodes placed on the forehead or behind the ears).
- You may find the smell of the skin glue unpleasant.
- Following the test you may find your skin is a little sore for a short while, where the electrodes were applied – this should resolve in a day or two.

Are there any risks?

An HVT is a well-established method of helping doctors to diagnose and treat a wide range of medical conditions. Your doctor would not have as complete a picture as require and your diagnosis may take longer and/or your treatment may not be the most appropriate.

What preparation do they need?

- Please attend with clean hair.
- Attend wearing a button up or zip-up top so that you can change clothing easily at home e.g. at bedtime.
- If the test is for your child, you might like to bring a small rucksack or backpack to put the recorder in.

- Some people find it useful to have someone around to help set up the camera when they first get home.
- Please continue to take any medication as usual.

What happens when I arrive at the hospital and whom will I meet?

- On arrival at the hospital please go to Level 2, D template (opposite the Oasis restaurant).
- Please report to the reception desk as you enter D template.
- The reception staff will check your details and will show you where to wait.
- The Healthcare Scientist performing the test will come and collect you from the waiting area for your HVT.

Will I be asked to sign a consent form or is verbal consent needed?

Once in the clinic room the Healthcare Scientist will explain what will happen and will check you are happy to proceed.

As the equipment will be leaving the hospital with you, we all ask you to sign an equipment loan agreement. This confirms that you are happy to look after the equipment for the duration of the test.

In addition to the equipment loan agreement, you will be asked to sign a consent form for the video recording. The video files are very big, so after your HVT is reported, we won't keep the whole video recording. Only useful sections of the video will be kept with the HVT recording for further reference.

If you have any questions or concerns please ask the Healthcare Scientist.

What does HVT involve?

- The HVT discs will be attached onto your head in a similar way to a standard EEG.
- In order to get a good quality recording for 24 to 48 hours, the discs need to be attached onto the head using skin glue called Collodion.
- The wires are then attached to a small box which is usually worn in a bag over the shoulder, or on a belt. The activity of your brain will be continuously recorded down onto the box – this is harmless.
- The equipment also includes a video camera which you will need to set up to record when you get home. The healthcare scientist will talk you through how to do this. You will also be given an instruction sheet.
- Once the test has been set up, you will be unable to take a shower/bath or wash your hair until the discs are removed.
- Whilst wearing the equipment you will not be able to play any active sports, as the equipment may get damaged.

How long will the HVT take?

Please allow 1.5 hours for the appointment to set-up the test.

Once the test is set up you will be able to go home and go about your normal day to day activities.

You will need to come back to the department to have the equipment removed. This appointment will take around 45 minutes.

Going home

You will be given a diary to complete while you have the recorder. **It is very important that the diary sheet is completed**, as it is not possible to report properly on the test without it. Please note down on the diary a description of any episodes which occur and a summary of day to day activities, as all of this will affect the recording.

There is an event button on the recorder which MUST be pressed when you have an episode.

You will need to set up the video recorder when you get home and make sure that it is recording at all times during the test. The healthcare scientist will talk you through how to do this and give you an instruction sheet.

You will need to change the batteries in the recorder during the recording time. We will give you a supply of batteries so that you can do this and the healthcare scientist will talk you through how to do this.

It is very helpful to have someone with you while you are having the test to observe you and to help fill in the diary - this is essential if you are unaware of when you have your episodes.

What are the next steps?

Please ring the department on 01392 402458 at 9am the following day to let us know if you have had any of your typical episodes/ attacks.

The length of the recording depends on how often you have your attacks, but test usually lasts 24-48hrs but may take up to 72 hours (i.e. up to 3 days).

If you have had some typical events you will be asked to return to the department to have the discs removed.

If there has been no typical events, a Healthcare Scientist will talk you through changing the batteries so that the recording can be continued and you will be given a time to return the following day.

Returning to the Department

On returning to the department the recording will be downloaded from the box and the discs will be removed with a Collodion remover. We will remove as much of the Collodion as possible, but this will leave your hair greasy, so you will need to wash it when you get home.

When you wash your hair, we suggest that you wash your hair through twice using your normal shampoo, apply conditioner and leave on for 2-3 minutes, then comb hair through thoroughly with a fine-toothed comb.

When will I get the results of the test?

As there is usually a lot of information to go through and analyse and the report can take quite a while to formulate, so the result may take up to one month .

Your Consultant will discuss the results with you once they receive the report.

Who can I contact if I have any more questions?

If you have any reason you are unable to make this appointment, please ring our Administrator on 01392 402458.

If you are having fewer than 2 episodes a week, or if you have any questions please ring to speak to a Healthcare Scientist on 01392 402458 as soon as possible.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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