

Johns Hopkins Bayview Medical Center

CLINICAL RESEARCH UNIT

Bio-Calibration of Patient

Policy No:

Original Date: 4/7/2008

Previous Date: none

Purpose: To ensure that all equipment is working properly

Policy: To obtain a baseline EEG pattern of the patient.

The CRU technician should instruct the patient to do the following:

1. Keep your eyes open (30 seconds)
2. Eyes closed (30 seconds)
3. Look left right, left right (with eyes only/do not move your head)
4. Look right left, right left (with eyes only/do not move your head)
5. Look up, down, up, down (with eyes only/do not move your head)
6. Look down, up, down, up (with eyes only/do not move your head)
7. Blink five times
8. Swallow
9. Swallow again (or ask patient to open and close mouth two times)
10. Grind your teeth
11. Wiggle and point your left toes to the foot of the bed
12. Wiggle and point your right toes to the foot of the bed
13. Nasal breathing 10 breaths
14. Oral breathing 10 breaths
15. Take a deep breath and let it out
16. Take a deep breath and hold it for 10 seconds
17. Breath normal

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18. Paradox: Ask patient to take a breath and hold it. While holding breath ask patient to pull thoracic and abdominal muscles in and out three times.

Note: In Somnologica under tools pull up Bio-Calibrations. All commands should be marked on the correct channels.

Pamela Ouyang, MBBS
CRU Program Director

John Preto, MSN, RN
Director of Medical Nursing