



BSc (Pret), BSc (Hons) (Pret)
Trained Under BCIA

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INFORMATION AND INSTRUCTIONS REGARDING THE QUANTITATIVE EEG PROCESS

General information about the QEEG process

A QEEG is a non-invasive, scientific, evidence based assessment tool that is used to identify areas of dysregulations in a person's brain that are likely causing symptoms, such as sleep disturbance, emotional or behavioural difficulties, or learning problems. A QEEG compares the person's brainwave profile (EEG data) to the norm for his or her age and gender. As with any other investigation, I cannot assure you that anything significant will be indicated on the QEEG that will explain your symptoms or behaviour. However, because the brain controls every aspect of learning, behaviour, mood and general functioning, the brainwave profile correlates extremely well with the symptoms. Various factors are investigated (such as the power of each frequency, the communication between brain areas, and symmetry), which comprehensively contribute to greater understanding of the cause of the symptoms and an effective plan for remediation.

A QEEG measures the electrical functioning of the brain and not the structure. This tool is not intended to be diagnostic in itself when used in isolation, or to replace the medical opinion of a physician, neurologist or other professional, but rather as part of a comprehensive assessment of functioning. The whole QEEG process should take approximately one hour. It involves putting electrodes on a client's head. These are placed using a conductive paste and allows us to record brainwave activity. No skin is pierced, no electric current is passed into the head, and it is not painful.

During the recording itself, it is necessary to sit very still and relax for an accurate recording. If necessary, it is possible to stop the recording to allow the client to move around before continuing again. Some of the recording will be done with the client's eyes open and some with the client's eyes closed.

Once enough EEG has been recorded (usually 10-20 minutes), the electrodes will be removed and as much of the paste as possible will be wiped out of the client's hair. Some paste will still remain, so it is a good idea to have enough time to wash your hair after the QEEG.

If the client takes medication that may alter the results of the QEEG, it is advisable to skip a few doses so it can be completely out of the system before the QEEG is done. Stimulants, such as Ritalin and Concerta, should not be taken for 48 hours before the test. Do not use a sleep aid (sleeping tablet or herbal remedy) on the night before the investigation. As far as possible, the QEEG results should represent a drug-free brain. This should not be done without the knowledge and guidance of

the prescribing physician. Please let me know which drugs you have taken in the past 7 days (prescription drugs, recreational drugs, herbal remedies, over-the-counter medication) on the day of the QEEG as these may have an effect on the results of the QEEG.

The complete EEG data collected is processed through QEEGPro database and reports are generated. A summary report is compiled of the QEEG findings. Based on the conclusions further recommendations to other professionals might be made.

The usual timeframe to receive feedback after the initial consultation is approximately 3-4 days.

Cost

The cost of the assessment is R2250-00, payable in cash, by credit card or by EFT made BEFORE or on the day of the appointment.

The cost includes:

- the initial consultation of approximately one hour to acquire the EEG data
- QEEG analysis and a summary report of the findings
- 1 hour feedback session to discuss the results and further recommendations for intervention if necessary.

Please note that we work on a 24 hour cancellation policy. If you need to reschedule your initial consultation or feedback session, please do so more than 24 hours in advance. If you cancel either appointment less than 24 hours before the scheduled time, or do not arrive for the appointment, you will be charged an additional R370 over and above the fee as outlined above. Both parents should be present at the feedback where possible, please do not bring your child along for the feedback. If only one parent is able to attend and the other parent would like a separate consultation for feedback, the second feedback will be charged at R370 for 45 minutes.

Banking details for EFTs are as follows:

Karlien Balt

Account: Standard Bank

Branch: Lynnwood Ridge 012445

Account no: 411209892

This cannot be claimed from your medical aid.

Preparation for the QEEG

Please adhere to the suggestions below. We would like to ensure that every measure is taken to obtain the most accurate and reliable data to yield the most beneficial information.

- On the day of the investigation or the night before, please shampoo your hair and scalp twice thoroughly. Do not use conditioner, styling gels, hair spray, mousse or the like.
- Do not braid your hair, and, where possible, please remove dreadlocks.
- Ensure you are well rested and not ill on the day of the investigation.
- If a child is having a QEEG, please prepare him / her well, as he / she will need to sit very still.

- Have a healthy, low GI breakfast in the morning. Do not have stimulants of any kind (e.g. tea, coffee, sugar, colourants, caffeinated soft drinks, chocolate etc.) or depressants (e.g. alcohol)
- Follow the guidelines with regard to medication as previously mentioned.
- Drink plenty of water for 24 hours before the QEEG to ensure that your body is hydrated.

If you feel unsure about any aspect of this document, or if you would like further clarity on the QEEG itself, please feel free to contact me.