

APPLYING THE MONITOR

Patient preparation is very important as the recording is reliant on 2 factors:

1. Patient compliance
2. Good skin preparation

The three electrodes are colour coded:

RED = Left, normal V5 position

YELLOW = Central, V1

GREEN = Right, V5R

Before you start to prepare the patients skin as to see if they have any allergies to plasters etc. If they do you could use hypoallergenic electrodes.



Gently prepare the skin around where the electrode is going to be positioned. If the patient has a hairy chest you may need to shave a patch into it to get good contact with the skin. You then need to abrade the skin with either abrasive gel or a skin prep pad to remove the top layer of skin cells then cleanse the area with an alcohol wipe and dry it gently. This reduces impedance and gives a clear, better quality recording. This is essential when you come to analyse the tape.

Then position the electrodes onto the patient's skin by pressing down firmly on the outer sticky edges, do not press the middle of the electrode where the gel is as the gel can burst giving a less clear ECG recording.

If necessary, use stress loops to secure loose wires.

PATIENT INSTRUCTIONS

Instructions must be clear and concise so that the patient understands what they have to do.

They need to wear the monitor throughout the day and during the night.

Do not get the monitor wet.

If the event is longer than 48 hours the patient needs to be given instructions on how to change electrodes and how to reconnect the leads when they have a bath or a shower.

Explain the diary card. That if they experience any symptoms while wearing the monitor to write down the time and date (from monitor screen), symptom and what they were doing at the time. The patients must return the diary card even if they experience no symptoms, if they don't have any symptoms they don't have to write anything.

The patient should follow their normal daily routine including exercise (just make a note of it on the diary card) as we want to get a realistic picture of what their heart is doing on a daily basis.

The monitor may beep if one of the leads falls off, just reconnect the lead and the beeping should stop.

Avoid the use of microwaves, TENS machines and electric blankets as they can cause interference with the recording.

Emphasise monitor needs to be returned promptly so that other patients can use it and it will mean they will get their results back more quickly.