

Cardiac Event Monitor

What is a cardiac event monitor?

A cardiac event monitor is used to diagnose heart rhythm problems. It records the electrical activity of your heart. It is like a Holter monitor but is worn for a longer period of time. You take the monitor home and wear it during your normal daily activities, including sleeping.

When is it used?

Symptoms such as a fast heartbeat, fluttering feelings in your chest (palpitations), shortness of breath, dizziness, fainting spells, and chest pain may have many different causes. A cardiac event monitor may be used to see if changes in your heart rhythm are causing your symptoms. These irregular heart rhythms may not last long enough to show up on an electrocardiogram (ECG or EKG) at the time you see your healthcare provider. The event monitor checks the rhythm of your heartbeats while you do your usual activities, day to day. Cardiac event monitoring is especially helpful if changes in your heart rhythm don't happen often.

What happens during the test?

There are different kinds of event monitors. They can be worn like a wristwatch or beeper or carried in your purse or pocket. The monitor may or may not be attached to your chest with wires and adhesive patches. You need to carry the monitor with you at all times.

When you have pain or other symptoms, you push a button and the monitor stores a record of your heart rhythm at that time. Some monitors that are always kept on may also save information about the rhythm just before and after the event.

You may be instructed to send information from the recording over the phone to a monitoring center. To do this, you simply hold the monitor to the mouthpiece of the phone and push a button. The monitoring center will ask about your symptoms and review your heart rhythms. They will also prepare a report for your healthcare provider. If the recording shows a dangerous rhythm, they will contact your healthcare provider right away.

During the time that you wear the monitor, you should keep doing your usual activities. You will be given a diary to record your activities and symptoms. Your provider will ask you to:

- List your activities, such as walking, resting, and eating.
- List any symptoms you have, what you were doing when you had the symptoms, and the date and time for each entry in the diary.
- Write down when you take your medicine.

What happens after the test?

Your healthcare provider will review the recordings and tell you about the results at your next visit, or sooner if needed.

What are the benefits of this test?

Cardiac event monitoring is a useful way to find heart rhythm problems that otherwise might not be found.

What are the risks of this test?

Your skin might be irritated by the adhesive on the electrode patches. Skin irritation will quickly go away after the patches are removed.

When should I call my healthcare provider?

Call your provider right away if:

- You have any change or worsening of pain or symptoms.

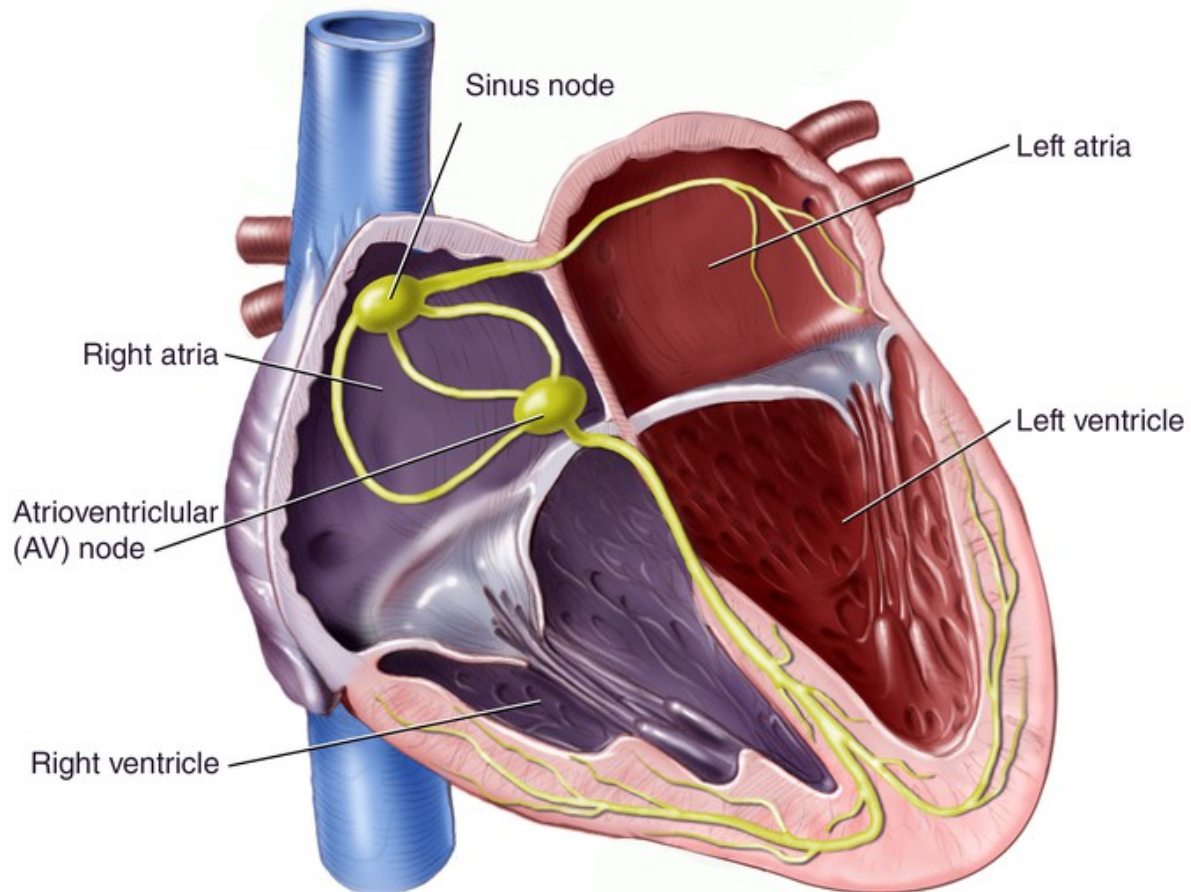
Call during office hours if:

- You have questions about the test or its result.
- You want to make another appointment.

Developed by RelayHealth.

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Nodes Responsible for Cardiac Rhythm



The electrical impulse starts in the sinus node. It travels to both atria, causing them to contract, and triggers the AV node. The impulse travels from the AV node, stimulating contraction of the ventricles.

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