



Please remember...

- **discuss any concerns you may have with your doctor or nurse**
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- **wear your cardiac monitor at all times**
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- **do not remove your monitor without a doctor's order - even to take a bath or shower**
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- **do not leave your nursing unit**
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- **you will be checked frequently by medical staff**
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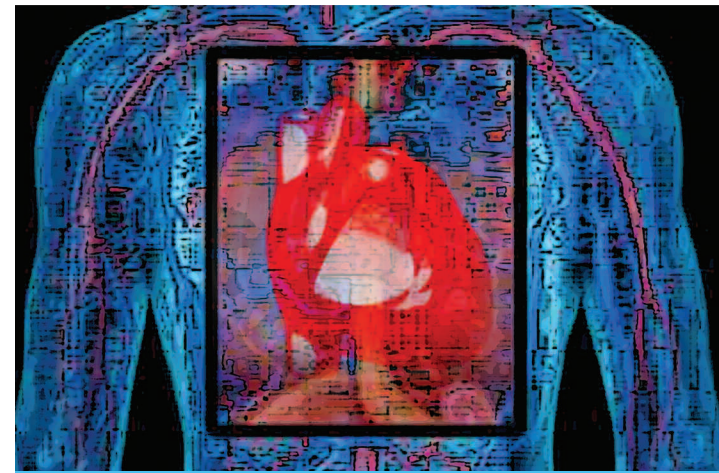
- **report any chest pain or pressure or shortness of breath immediately**

Understanding cardiac monitoring

Welcome to Cabell Huntington Hospital. We are pleased that you have chosen us as an important part of your Healthcare team! As you stay with us, please keep in mind that your safety is our main goal.

Your doctor has ordered cardiac monitoring (also called Telemetry). It is a helpful tool when used correctly. We would like to help you understand why cardiac monitoring is used and how it works.

A patient's guide to *understanding* cardiac monitoring



CabellHuntington
Hospital

TELEMETRY SERVICES
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What is cardiac monitoring?

Cardiac monitoring is a system that allows our doctors, nurses and technicians to continuously view the activity of your heart. This includes how fast your heart is beating (your heart rate) and what kind of pattern your heartbeat follows (your heart rhythm). Using a transmitter box in the pocket of your gown and wireless receivers throughout the hospital, we are able to see your heart rate and rhythm at all times. This information shows up on the cardiac monitor screens. These screens are located at the nurses' station on our Telemetry Unit, where monitor technicians observe them 24 hours a day.

Why cardiac monitoring?

Do not be alarmed because your doctor has ordered cardiac monitoring! There are many reasons why it is used. We understand today that chest pain is not the only symptom of cardiac problems. There are actually many symptoms that could signal a cardiac event; therefore, your doctor wants to monitor your heart activity until he or she can be sure whether or not your symptoms are cardiac related.

You'll probably also have other tests while admitted. These may include X-Rays or CT scans, blood work, electrocardiograph (EKG), stress testing, Echocardiogram (ECHO), ultrasound of the heart or possibly cardiac catheterization.

The patient's role in cardiac monitoring

You are being monitored because a cardiac condition cannot be ruled out without further testing and observation. Although cardiac monitoring may be uncomfortable or worrisome, by receiving this service, you are helping to protect and preserve your health. There are several things that you can do to ensure that we receive the most accurate results from your monitor and that we can offer treatment immediately when necessary.

1. Discuss any concerns you may have with your doctor or nurse. They will be happy to explain the details of your treatment and your care during cardiac monitoring.

2. Do not remove your monitor without a doctor's order. Although this may seem inconvenient at times, it is the only way to ensure an accurate account of your cardiac activity.

3. Do not shower or bathe while you are wearing the monitor. During your cardiac monitoring, you will receive a bed bath rather than a shower. The transmitter boxes cannot be submersed in water because it may damage the wiring.

4. We ask that you do not leave your nursing unit. Cardiac monitoring does not tell us where you are. In the event that we have readings that indicate a cardiac emergency, we would not know where to find you so that we can help. Minutes and even seconds are precious at these times. Also, there are areas in the building and on campus where we cannot

receive the signal from your monitor. In that case, if you were having harmful cardiac patterns, we would not be able to see them on the monitor screen. Therefore, we would miss early moments when we could deliver treatment to fix a problem before it becomes life threatening.

5. We ask for your patience and cooperation while we maintain your cardiac monitoring. This means you may be checked frequently by medical staff to make sure all parts of your monitor are in place and in working order.

6. Remember, as you stay with us, to report any chest pain or pressure or shortness of breath immediately. Communication with staff members is the only way to ensure your safety.

