

Ambulatory Monitoring Request Protocol

Holter Monitors

- Recording is continuous.
- Attached via 3 electrodes and worn for 24 hours. Longer recordings of 48 or 72 hours also possible, or in certain circumstances up to 7 days. ***However, 7 day Holter monitor recordings take much longer to analyse and in these instances other forms of monitoring should perhaps be considered.***
- Suitable for detection of all arrhythmias and rate control.
- Suitable for those patients who have symptoms of palpitations, syncope etc and whose symptoms are quite frequent.

R-Tests

- Loop recorder.
- Attached via 2 electrodes and worn continuously for 1 week.
- Will automatically detect and record arrhythmias.
- Patient is also able to record events by means of pressing the 'patient event' button, storing up to 5 ECG rhythm strips.
- Suitable for detection of all arrhythmias.
- Not always reliable for rate control e.g. of Atrial Fibrillation as will only store a limited amount of ECG strips and not give a continuous recording of what has occurred. Consider Holter monitoring for this.
- Suitable for those patients who have symptoms of palpitations, syncope etc and whose symptoms are less frequent.

Omron

- Patient activated ONLY
- Patient carries the Omron with them; it is not attached via electrodes. Patient will then hold the Omron to their chest and make a recording when they have a symptom.
- Loaned to patient for 1-2 weeks, dependent upon request.
- Will record 30 seconds of ECG rhythm.
- Only suitable for patients who experience symptoms.
- Suitable for patients with palpitations or pre-syncope whose symptoms are less frequent.
- NOT suitable for patients with syncope as they are unable to activate the device. Consider R-Test or Holter as alternative, depending upon frequency of symptoms.