

Holter Monitor

Diagnostic Test/Exam

Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

#510

Name of Child: _____ Date: _____

Holter Monitor

What is it?

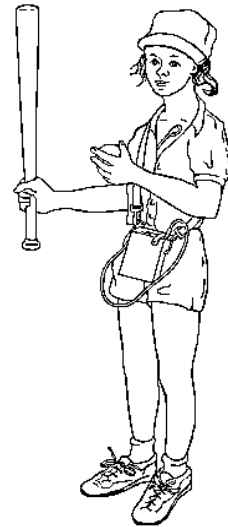
The Holter monitor records heart rate and pattern of heartbeats for 24 hours. Heart rate is how many times the heart beats per minute.

Like an EKG machine (electrocardiograph), it uses patches on the chest to feel the heart beat. Cords from the patches go to a small tape recorder, which records the heart rate and heartbeats for 24 hours. This tape recorder can be carried on the shoulder or the waist.

The person having this test gets a diary, to write down activities and any symptoms he or she gets, like pain or dizziness, and the time they occur.

Water will hurt the recorder. Water may also make the patches peel off the skin. Your child should not take a bath or shower, or swim for the 24 hours of this test.

After the test is done, a technician takes the patches off and uses a computer to review the tape recording. The heart rate and rhythm are printed out on paper. Your child's doctor will look at this record, and compare it with the diary you kept.



**This tape
recorder can be
carried
on the shoulder
or the waist.**

Why is it done?

This test can tell the doctor how fast or slow the heart beats while the child is awake, sleeping, playing, or resting. It also shows the patterns of the child's heart rate, and if there are heart beats that are not normal (arrhythmias).

Does this test hurt?

No. Your child may feel a pull on the skin when the patches are put on or taken off the chest. This does not hurt any more than taking off a Band-Aid.

The Holter monitor only measures the heartbeat. It does not send electricity into the body. This test can not hurt your child.

When will I know the results?

After your child's doctor compares the printout of the test with the diary, he or she will call you with the results.

Now that you've read this

- Tell your child's nurse or doctor why your child is getting the Holter monitor test. (Check when done.)
- Tell your child's nurse or doctor what you will do if a patch or wire becomes disconnected during the test. (Check when done.)
- Show your child's nurse or doctor how you will fill out the diary during this test. (Check when done.)



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

Tuesday, March 17, 2009 • DRAFT in family review
#510 • Written by Sharon Pfeiffer, RN • Illustrated by Dennis Swain



The Emily Center

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Name of Health Care Provider: _____ Number: 510
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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602-546-1395

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Thank you for helping us!