

PROTOCOL FOR: Holter Monitoring: Care of the Patient with a Holter Monitor

- POLICY:
1. Holter monitors are applied by Cardiology staff.
 2. The staff nurse is responsible for assuring accurate documentation of activity either by patient, or by the staff nurse.
 3. The staff nurse is also responsible for removal and security of monitor equipment on weekends.

DESIRED
PATIENT
OUTCOME:

1. Patient verbalizes understanding of indications, use and associated documentation required for a Holter monitor.

PATIENT
EDUCATION:

1. Review the patient's electrocardio recorder diary with him/her. The Cardiology staff will give this to the patient when the monitor is applied, with instructions on how to fill it out.
2. Review activity limitations with patient and family. Patient should carry on with usual daily activities, however, they can not shower, tub bathe or swim, since such activity will not only damage the equipment, but may be harmful to the patient.
3. If the patient will be discharged with the Holter monitor, instruct him/her to turn off the monitor at the specified time by unplugging the patient cable. The patient may then remove electrodes and wires from the chest.

DISCONTINUING
THE MONITOR:

1. If the time period is completed on the weekend, or between the hours of 5pm and 7am, unplug the patient cable at the specified time and then remove the electrodes and wires from the chest.
2. Store the monitor in a safe place (i.e. locked cabinet) until the Cardiology staff picks it up.

REFERENCES: Cardiology Department, JDH
Nursing Standards Committee
Medical-Surgical Standards Committee
Cardiac Step-Down Standards Committee

EFFECTIVE DATE: 12/79

REVISION DATES: 5/80, 8/82, 3/86, 9/88, 8/90, 5/94, 8/99, 9/05