

### **Ambulatory Monitoring – Assignment**

- 1.** The primary purpose of ambulatory (Holter) monitoring is to:
  - A. Evaluate heart function during exercise only
  - B. Record continuous heart rhythm during normal daily activity
  - C. Diagnose structural abnormalities
  - D. Measure blood pressure only
- 2.** A standard Holter monitor typically records for:
  - A. 10 minutes
  - B. 1 hour
  - C. 24–48 hours
  - D. 7 days only
- 3.** An event monitor differs from a Holter monitor because:
  - A. It records only when activated
  - B. It uses more ECG leads
  - C. It is worn during sleep only
  - D. It is for hospital use only
- 4.** The patch monitor (e.g., Zio Patch) is commonly worn for:
  - A. 24 hours
  - B. 3–7 days
  - C. 7–14 days
  - D. 1 hour
- 5.** Which rhythm is most commonly diagnosed with ambulatory monitoring?
  - A. Atrial fibrillation
  - B. Asystole
  - C. Ventricular standstill
  - D. STEMI

### **True or False**

- 6.** Patients should avoid getting traditional Holter monitor wires wet.
- 7.** Ambulatory monitors can detect arrhythmias that do not appear during a short in-office ECG.
- 8.** Patients may remove the patch monitor whenever they want.
- 9.** Skin should be cleaned and dried thoroughly before applying electrodes.
- 10.** Ambulatory monitors are only used for patient symptoms.  
(Also used for medication effectiveness, syncope, post-stroke evaluation, etc.)

### **Fill in the Blank**

11. A \_\_\_\_\_ monitor continuously records ECG activity for 24–48 hours.
12. A monitor that activates when the patient presses a button is called an \_\_\_\_\_ monitor.
13. The longer-term adhesive device worn for up to 14 days is a \_\_\_\_\_ monitor.
14. Patients should avoid using \_\_\_\_\_ near the wires because they may interfere with the signal.
15. Good electrode contact is needed to reduce \_\_\_\_\_ on the ECG tracing.

### **Short Answer**

**16. Why is ambulatory monitoring useful for diagnosing intermittent arrhythmias?**

**17. List two symptoms that would cause a provider to order ambulatory monitoring.**

- Palpitations
- Dizziness
- Syncope
- Chest discomfort

**18. What should the technician instruct the patient to document in the diary?**

- Symptoms felt
- Activity being performed at the time
- Time of symptoms
- Medication changes

**19. What is one advantage of a patch monitor over a traditional Holter?**

- Longer wear time
- No wires
- Better comfort
- Waterproof designs (brand dependent)

**20. What is artifact, and how can it affect the recording?**

Artifact is noise or interference on an ECG that can mimic arrhythmias or distort the tracing, making interpretation difficult.