



Continuous Cardiac Monitoring



1 Preparing for the procedure

- Sanitise hands and don personal protective equipment as appropriate.
- Gain consent from the patient while explaining the procedure to patient and ensuring their privacy where possible.



2 Performing the procedure

- Switch on the cardiac monitor and select Lead II.
- Ensure the skin surface is clean to assist the adherence of the monitoring electrodes. Shave hair only if necessary.
- Attach the monitor leads to the electrode pads.
- Ensure the gel in the centre of the pad is moist which enhances conductivity.
- Smooth electrode pads on from one edge to ensure that the electrode adheres to the skin.
- Check the tracing on the cardiac monitor.



3 Documentation

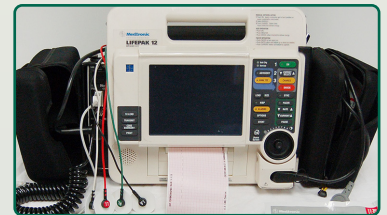
- Print out the 6-lead ECG.

Background

Continuous cardiac monitoring records the electrical activity of the heart as an electrocardiogram and is indicated for identification of potentially lethal dysrhythmias. The leads primarily used in continuous cardiac monitoring are those referred to as 'limb leads' and one electrode is placed distally on each limb. To limit motion and artifact, electrodes can be applied proximally on arms and legs; but not on the person's torso or higher than the iliac crests for the lower limb electrodes.

Equipment required

- Cardiac monitor
- Electrodes
- Hand sanitiser



References

- Drew BJ, Califf RM, Funk M, Kaufman ES, Krucoff MW, Laks MM, et al. Practice standards for electrocardiographic monitoring in hospital settings. *Circulation*. 2004;110(17):2721-46.
- Tierney W, Fitzgerald J, McHenry R. Guidelines for the management of acute coronary syndromes 2006. *Med J Aust*. 2006;184(8):S1-32.

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