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*Information for You from Your Health Care Team*

## Telemetry

### What is it?

Telemetry is used to monitor your heart rhythm on a continuous basis. In order to do this, we attach either 3 or 5 wires (called leads), to your chest wall with sticky patches. The wires are attached to a battery powered portable transmitter, which sends signals to the monitor that is at the nursing station. Your heart rhythm is watched on a monitor by specially trained staff at all times.

### Why do you need it?

Telemetry may be helpful for people who:

- Are having chest pain or angina.
- Have had fainting episodes (syncope) that could be caused by a heart problem.
- Have had heart or lung surgery
- Have had a procedure that may cause the potential for irregular heart rhythms, (ie: Cardiac Catheterization, angioplasty or stent).
- Have known or suspected heart or lung disease.
- Have had or suspected irregular heart rhythms or heartbeats.
- Have a Pacemaker/AICD that needs to be checked.
- Are taking medications that change your heart rhythms and rates.

### Nursing Care:

- In order to get a clear picture on the monitor screen, the patches will be changed as needed.
- If you are a male patient, areas of the chest may have to be shaved to allow the patches to stick.
- The patches may be checked and the battery changed at any time during the day or night.
- You will have an IV or Saline Lock in place, to give medications, if needed.
- Your blood pressure, heart rate and temperature will be taken

**Alarms:**

- Alarms can indicate changes in your heart rhythm or rate. They can also indicate things not related to your health status. Things that will set off the alarms and that are nothing for you to worry about are:
  - brushing your teeth which causes movement of the leads.
  - Tapping on the leads with your hand.
  - Disconnected leads
  - low battery
  - walking outside of the battery range (look for the antenna coming out of the ceiling as a guide to battery range; if you stop seeing antenna, you have gone too far)

**Activity:**

- You may walk around the hallway if you have an order from the Doctor.
- You may not shower or leave the nursing unit without a written order from the Doctor.