Holter Monitoring
Worksheet B

True or False

_____ 1. The patient should avoid alcohol and caffeine during ambulatory monitoring.

_____ 2. During ambulatory monitoring, the patient will need to record their activities and any symptoms in their diary

_____ 3. The patient may take a tub bath as long as they do not let the monitor drop into the water

_____ 4. The patient should wear a loose fitting shirt, preferably one that buttons down the front, and will be more comfortable during the procedure.

_____ 5. The patient should not take their heart medications during the ambulatory monitoring procedure unless instructed to do so by the physician.

Multiple Choice
Select the best answer.

1. Mr. Jones will be attached to a transtelephonic monitor. How long will he have the monitor in place?
   a. 2 – 4 hours
   b. 24 – 48 hours
   c. Up to 30 days
   d. Only during his hospital stay

2. Ms. Buckwalter is attached to a telemetry monitor. How long will she have the monitor in place?
   a. 2 – 4 hours
   b. 24 – 48 hours
   c. Up to 30 days
   d. Only during her hospital stay

3. Mr. Casler is having an ambulatory (Holter) monitor attached and asks you how long it will remain in place. Your answer would be
   a. “2 – 4 hours”
   b. “24 – 48 hours”
   c. “Up to 30 days”
   d. “Only during his hospital stay”
4. Your patient Mrs. Jackson asks, “Why am I having this ambulatory monitor attached when I just had an ECG the other day?” What would be your best answer.
   a. “Ambulatory monitors record your heart activity in a different way than an ECG does.”
   b. “Your doctor wants to find out what is happening to your heart during a longer period of time than an ECG.”
   c. “It is necessary to monitor your heart while you are walking. That is why it is called ambulatory monitoring.”
   d. “I cannot answer that question. You should speak to your doctor.”

5. Which of the following is not a common use of the ambulatory monitor?
   a. To monitor the heart during exercise
   b. To monitor the heart during a typical day
   c. To evaluate pacemaker function
   d. To correlate symptoms and heart activity

Short Answer

1. While working in an ambulatory care facility, you are preparing an ambulatory monitor for placement. You are about to insert the batteries when the monitor slips out of your hands. You are by yourself and no one sees or hears you drop the monitor. What should you do?

2. When a patient returns to have his or her monitor removed, you check the patient’s diary. You notice that many places have been left blank and the diary does not appear complete. What should you do?
3. Mr. Hernandez, a 67-year-old man with a pacemaker, has just had his monitor applied. You ask Mr. Hernandez to enter the first entry into his diary before he leaves. He appears hesitant. You try to encourage him and he flatly refuses. What should you do?

4. You are applying an ambulatory monitor to Ms. Lin. She states that she will be picking up her brother at the airport tomorrow before she returns to have the monitor removed. Should this be a concern to you or Ms. Lin? How would you respond to her statement? Is there a reason why Ms. Lin should or should not go to the airport, and if so, what is it?