

Standard 10

Revised: 2003, 2006, 2009

Reviewed: 1991, 1994, 1997, 2000

CARE OF THE TELEMETRY MONITORED PATIENT

OBJECTIVES

1. To monitor heart rate, rhythm and conduction.
2. To promote patient/family understanding of the purpose of telemetry monitoring
3. To prevent discomfort related to telemetry transmitter unit or electrodes.

PROCESS STANDARDS

1. The patient/significant others will be instructed in the purpose of telemetry monitoring.
2. A six-second (minimum) telemetry strip will be run at least every eight (8) hours and placed in medical record in the space provided (record patient's name, room number, date and time on the strip; and nurse's/tech's name). In addition, a strip will be run any time dysrhythmias are noted and/or whenever the patient has chest pain. Rhythm evaluation will be documented each time an EKG strip is posted; either directly on the strip or below the strip in the designated place on the Telemetry Information Form (SN 6408).
3. An evaluation of each strip will be documented in the 24-Hour Nurses Notes.
4. An assessment of the patient will be done whenever a change in rhythm, rate or conduction occurs, and the physician is to be notified.
5. Skin surface will be cleansed with soap and water and dried well before applying the electrodes. If the patient has much hair where the electrodes need to be placed, the hair will be clipped. The electrode sites will be observed for redness, irritation, and itching every eight (8) hours. The electrodes will be changed every 24 hours (to facilitate a thorough skin assessment) and placed in a different location. If the patient exhibits signs of sensitivity/allergy to electrodes (itching, increased redness, rash, blisters etc), use hypoallergenic electrodes—place them in a new location NOT over the irritated area. Notify physician.

OUTCOME STANDARDS

At the time of discharge:

1. The patient will have a normal sinus rhythm, a stable rhythm, or dysrhythmias will have been controlled, for the 24 hours prior to discharge.
2. The patient/significant other will express understanding of medical regime, drugs, and avoidance of any activities that could aggravate condition or predispose to complications.
3. The patient's skin will be free of redness, rash or irritation due to use of electrodes.

HAVE I DOCUMENTED:

- * Patient Education
 - Telemetry monitoring/transmitter unit
 - Purpose
 - When to call nurse
 - Flutter

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HAVE I DOCUMENTED continued:

- Chest pain
- Dizziness
- Skin Irritation
- SOB
- * Evaluation of monitor strip
- * Abnormal monitor strip
 - Physician notification
 - Placed on chart
- * Patient assessment
- * Change of electrode sites with condition of the skin

At The Time of Discharge:

- * Normal sinus rhythm, a stable rhythm, or controlled dysrhythmia for the past 24 hours
- * Skin free of rash, redness, or irritation
- * Patient/family has understanding of home and follow-up care including signs/symptoms to report to physician.

Reference:

1. Chulay, M. and Burns, S. Chapter 9: Cardiovascular System, Accessed 11/5/2009 [AR, LA, OK Libraries - LSU - Shreveport -- AACN Essentials of Critical Care Nursing \(2006\)](#). McGraw Hill Co., Inc.: New York.
2. Wagner, K. et. al. Module 14. Assessment of Cardiac Rhythm: Basic Electrocardiographic Rhythm Interpretation. Accessed 11/5/2009 [AR, LA, OK Libraries - LSU - Shreveport -- High-Acuity Nursing - 5th Ed. \(2010\)](#). Pearson Education, Inc.: Upper Saddle River, New Jersey.