

Activity

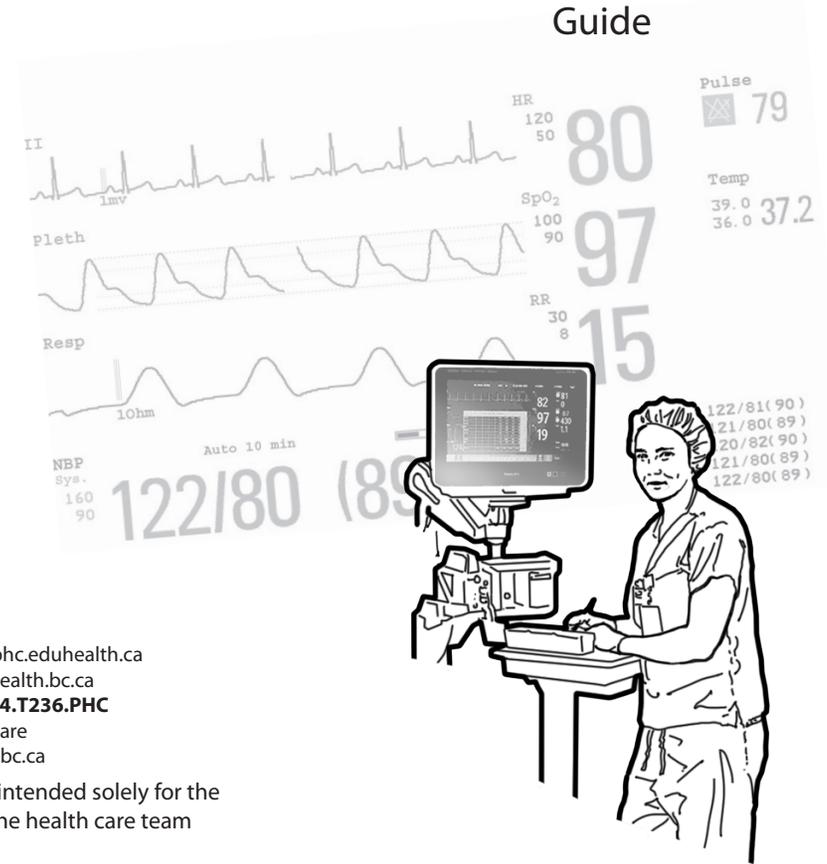
- Your doctor and nurse will advise you what you can and cannot do.
- It is very important to keep the telemetry unit on until a nurse or doctor tells you to take it off.
- Ask your nurse if you may shower.
- If you need to leave the nursing unit for a test, a nurse may go with you.
- The telemetry unit will not work outside the unit. Be sure to let your nurse know if you need to leave the unit for any reason.

Skin Care

- We will change your electrodes about every 2 days or when they no longer stick.
- If the skin under the electrodes is sore or itchy, please tell your nurse.

Telemetry

A Patient and Family Guide



For more copies, go online: <http://phc.eduhealth.ca>
 or email: pheh@providencehealth.bc.ca
 and quote catalogue no. **FD.114.T236.PHC**
 ©Providence Health Care
www.providencehealth.bc.ca

The information in this document is intended solely for the person to whom it was given by the health care team

This material has been reviewed and approved by patients, families and staff.



What is telemetry?

Telemetry is a way to monitor your heart's activity, 24 hours a day. The care team will decide how long you need to be on telemetry while you are in the hospital.

Confidentiality while on telemetry

A screen in the hallway will show your heart rhythm, as well as the rhythms of other patients on telemetry. Your name and room number will be displayed on the screen. If you wish to keep your information private, please let your nurse know.

Why am I on telemetry?

The doctor may order telemetry to:

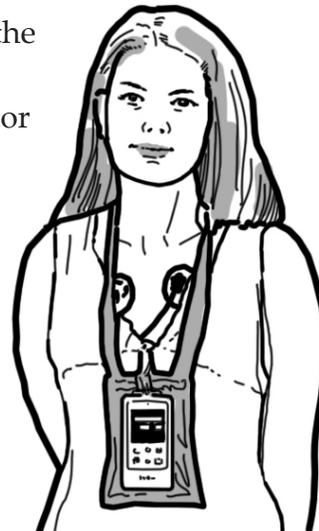
- find a problem with your heart's rhythm.
- investigate fainting spells or chest pain.
- evaluate a heart rate that is too fast or too slow.
- look at how your heart responds to medication.
- assess your heart after you get a pacemaker or implantable cardioverter-defibrillator (ICD).
- decide on treatment options.

How does telemetry work?

- A nurse will apply 5 adhesive pads called electrodes to the skin on your chest. The nurse may need to shave a small area to help each electrode stick to the skin better.
- The electrodes will be clipped to wires called 'leads', which attach to a small portable device called a 'telemetry pack'.
- The telemetry pack will pick up electrical signals from your heart and send them wirelessly to a screen.
- The signals from your heart are pictured on a screen in the hallway.

The telemetry pack will sound an alarm if:

- there is a change in your heart rate or rhythm.
- there are repeated movements of the leads. This can happen when you do things like brush your teeth.
- the leads are disconnected or the battery gets low.
- the central monitor does not detect a signal.



If an alarm sounds, the nurse may check your blood pressure or pulse, check the equipment, or call your doctor.

You will have 2 nurses looking after you while you are on telemetry at MSJ:

- Your primary nurse on the unit.
- A nurse from the Intensive Care Unit (ICU) who is trained to interpret your heart's rhythm.

The nurses looking after you will work together with your doctor.

What you need to do:

Use the call bell right away if you have any of these signs:

- Pain, pressure, discomfort or fluttering in your chest.
- Pain in your face, jaw, arms, neck or back.
- Upset stomach, nausea, or feeling cold and sweaty.
- Feeling short of breath.
- Feeling dizzy or light headed.