

Holter Health.com Guidance Document

A Holter monitor is a small, battery-powered medical device which measures and e-records the heart's electrical activity (ECG) continuously for 48 to 72 hours or longer, depending on the type of monitoring used and the nature of the patient's problem. The device has 3 wires with electrodes that attach to the skin.



Guidelines which govern appropriate ordering of a Holter or any diagnostic testing depends on relevant indications. Presently there is no oversight on frequency of Holter referrals.

The average heart beats nearly 50 million times annually.

Indications

- FHx of heart block, coronary artery disease, MI, stroke
- Smoker
- Drug user
- Dizziness
- TIAs
- Pre-syncope / syncope
- Palpitations
- Arrhythmia on auscultation
- Rule out atrial fibrillation /heart blocks
- Chest pain
- SOB
- Murmurs
- Nausea
- Fatigue / tiredness
- Older age
- Diabetes
- Dyslipidemia
- Post cardiac surgery
- Cardiomyopathy
- Lyme disease
- Hyper /hypothyroidism

- High potassium
- Hypertension
- Bradycardia / tachycardia
- Meds to slow HR
- Heart condition increasing risk of arrhythmia - e.g. CAD
- Pacemakers

How many people do we know who don't have at least a few of these issues?

Diabetes is a known global epidemic - more people than ever have diabetes

Hypertension is now known as a silent pandemic and is the cause of:

1. Diastolic impairment left ventricle
2. LV hypertrophy
3. Atrial fibrillation
4. Congestive Heart Failure (CHF)
5. Significantly increased risk of MI, stroke, pulmonary edema, pulmonary embolus, death

