

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values:

- Compassion;
- Collaboration;
- Commitment;
- Confidence;
- Consistency.

INPATIENT CARDIAC TELEMETRY MONITORING

What you need to know



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Telemetry monitoring

- Telemetry is used to continuously check and record your heart rhythm for a certain period of time while you are in the hospital.
- A telemetry monitor is prescribed by your doctor. You may need telemetry monitoring if you:
 - have had a heart attack;
 - have an irregular heart rhythm;
 - are taking medications that affect your heart rhythm;
 - have had a fainting spell;
 - have a pacemaker or a defibrillator;
 - have had a stroke;
 - any other reason determined by your doctor.

How telemetry works

- The telemetry monitor has five coloured wires. The nurse connects the wires to electrodes that are placed on your chest.
- The electrodes detect the electrical signals in your heart. The telemetry monitor transforms the signals given off by your heartbeat into images.
- These images are analyzed by a nurse, who monitors you constantly. Based on this information, your doctor determines the best treatment for you.
- Telemetry does not fix your heart problems, check your blood pressure, or shock your heart.
- A telemetry monitor is silent. It is programmed to send alarms to the monitoring station if it detects abnormalities.

Installing the telemetry monitor

- The nurse will place the electrodes on your chest. If you have hair on your chest, a small area will be shaved to make sure the electrodes stick to your skin and pick up the electrical signals.
- The nurse will discuss how to move around with the monitor so that you can go about your daily activities.
- The nurse will change the electrodes daily to prevent your skin from becoming irritated, which can happen in some people. Let your nurse know if you experience itching or redness.

Questions

How long will I have to wear the monitor?

- Your doctor will decide how long you will need to wear the monitor, and either the doctor or the nurse will let you know. Usually, this type of monitoring is done over a period of a few hours to a few days.

Can I leave my room?

- You can walk around the care unit with your doctor's or nurse's permission.
- In certain parts of the hospital, the signals transmitted by your heart monitor may be blocked. For your safety, you must remain on your care unit or be accompanied by someone at all times.
- As long as you stay on your care unit, your nurse will be able to respond quickly if your condition worsens.

Can I take a shower?

- You cannot remove the monitor without the doctor's or nurse's permission. Let the nurse know before washing or taking a shower; he or she will consider the options available to you.
- Do not get the monitor wet.

What should I do if one of the electrodes falls off?

- Do not try to reposition it yourself. Let your nurse know right away, and he or she will fix it for you.

Tell the nurse right away if you experience:

Chest pain or discomfort • Jaw pain • Nausea • Dizziness • Sweating • Shortness of breath • Palpitations • Appearance of a new symptom

For all other questions, feel free to talk to your nurse!

References:

University Health Network (2016). Telemetry Monitoring.
Source: http://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Telemetry_Monitoring.pdf
St. Joseph's Healthcare Hamilton (2013). Telemetry.
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