



Documenting Arrhythmia

ECGS

An ECG is a recording of the electrical activity of your heart and is used to diagnose heart rhythm conditions. Traditionally an ECG is performed at a hospital or medical clinic by attaching electrodes to a patient's chest. The recording is then reviewed by a cardiologist. An ECG can be used to diagnose or monitor arrhythmia issues.

SELF-RECORDED ECGS

Heart rhythm problems are often brief and episodic and in between everything appears 'normal'. New devices can pair with your smartphone to allow you to record your own ECG at the time of any symptoms and will assist in diagnosis by providing a rhythm-symptom correlation to medical practitioners. This enables patients who experience irregular or unpredictable arrhythmia symptoms to reach a diagnosis.

When recording an ECG it is important to follow the manufacturer's instructions and remain relaxed and still to avoid introducing 'noise' to the recording. A poor recording can make the ECG difficult to interpret by a doctor or the algorithm and lead to an inconclusive result.

It is recommended patients record their heart rhythm at the time of symptoms and provide copies to their medical practitioner for review.

ANALYSIS

Self-recorded ECGs are processed through an algorithm and each manufacturer has a different set of classifications. If you are feeling unwell while recording an ECG it is important to seek medical attention regardless of the result.

DEVICES WITH ECG CAPABILITY

Smart Watches

Apple Watch
(series 6 and later)

Samsung Galaxy
(series 4 and later)

Other devices

AliveCor KardiaMobile

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