



# Telemetry Monitoring

## Patient and Family Education

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### What is telemetry monitoring?

Telemetry monitoring is a continuous electrocardiogram (EKG) reading that shows the electrical activity (rhythm) of your child's heart. The recording shows up on a computer monitor and can be printed on paper. The EKG tells your child's doctor if his heart is beating correctly. Telemetry technicians watch the monitor 24 hours a day.

### What will the test be like?

- Five EKG electrodes (small sticky patches with thin wires) will be placed on your child's chest and stomach areas. The electrodes do not hurt your child.
- They will be connected to a small box that sends a pattern of the heart's rhythm to a computer monitor.
- The monitor works both inside and outside of his room.
- Your child will wear the monitor until his doctor feels he no longer needs monitored.

### What do I need to do?

Here are some things you can do to help:

- Do not put lotion or oils on the skin over the chest and stomach areas.
- Tell the staff when you want to give your child his daily bath.
  - We need to remove the electrodes so you can clean the skin with soap and water.
  - When you are done with the bath, let the staff know so they can put the electrodes back on again.
- Do not place the monitor in water.
- Tell the staff if your child has redness or itching around the electrodes.
- Tell the staff if you are taking your child off the floor.

### What else do I need to know?

- The electrodes or cables may come apart as your child moves. Call a staff person to reconnect or replace them if this happens.
- Staff will check on your child when any changes in their heart rhythm are noted.
- Let staff know if you have any questions or concerns about the monitor or electrodes.
- Your child will not have the monitor when he goes home. Please do not take any of the equipment home with you.

### When do I get the results?

- Your child's nurse or doctor will let you know if there are any changes in your child's heart rhythm.
- Telemetry monitoring is a continuous recording.

### **In case of an urgent concern or emergency, call 911 or go to the nearest emergency room right away.**

This is general information and is not specific medical advice for your child. Always consult your child's doctor or other healthcare provider if you have any questions or concerns about the care or health of your child. A Children's Healthcare of Atlanta pediatric advice nurse is available 24 hours a day at 404-250-KIDS.

# Telemetry monitoring, continued

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How should I prepare my child?

## **Infants**

Although you cannot explain monitoring to your baby, you can help him feel more secure by:

- Holding and rocking him.
- Giving him his special blanket, toy or pacifier.
- Talking to him in soft, soothing tones.

## **Toddlers and preschool -age children**

Young children can become anxious about having a test done, so the best time to talk with your child is right before the electrodes are placed.

- Use simple words and be honest with him.
- Tell your child that the monitoring will not hurt.
- Let your child know that you will be with him as much as possible.

## **School-age children**

School age children have good imaginations and may frighten themselves by imagining something much worse is going to happen.

- One or two days before the monitoring, tell your child what is going to happen.
- Be honest.
- Let your child know that you will be with him as much as possible.

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