HOLTER MONITORING

Major indication for Holter monitoring

Holter monitoring is a non-invasive, but effective way of gaining diagnostic information about the electrocardiographic status of humans and animals. The Holter is clinically used to screen asymptomatic dogs for arrhythmias suggestive of occult cardiomyopathy; to document transient arrhythmias not often detected on routine electrocardiograms; to determine the severity of known arrhythmias within a 24-hour period; to diagnose potential causes for frequent syncopal episodes; and to assess therapy efficacy in patients being administered anti-arrhythmic medications.

To perform Holter monitoring, two to three channels of modified chest leads are recorded using adhesive patch electrodes attached to the patients chest then connected to a “walkman” sized recorder with cassette or digital disc. The patches, lead wires, and recorder are then secured using a chest wrap of adhesive tape. Typically, the monitoring is performed over a 24-hour span during which the patient is encouraged to engage in normal activity (being careful not to damage the Holter recorder with exposure to water or significant trauma). At the conclusion of the 24-hour period, the monitor is taken off and the cassette is submitted for analysis.