



Faculty of Nursing



جامعة عمان الأهلية
Al-Ahliyya Amman University

Student Information

Student Name: _____

Holter Monitor Care Checklist

Objective: To care for a patient requiring Holter monitoring according to the standard of care.

- ☐ Verify the practitioner's order.
- ☐ Gather and prepare the necessary equipment and supplies.
- ☐ Confirm informed consent is obtained (if required by facility).
- ☐ Review the patient's medical record for allergies to tape or adhesives.
- ☐ Perform hand hygiene.
- ☐ Confirm the patient's identity using at least two identifiers.
- ☐ Provide privacy.
- ☐ Explain the procedure to the patient and family.
- ☐ Have the patient remove jewelry and interfering objects.
- ☐ Raise the bed to waist level.
- ☐ Perform hand hygiene.
- ☐ Expose only the necessary areas of the patient's chest.
- ☐ Assess the skin for irritation or inflammation.
- ☐ Clip excessive hair at electrode sites if necessary (using clippers).
- ☐ Wash, dry, and prepare electrode sites (roughen skin or use alcohol if needed).
- ☐ Apply electrodes to the proper sites according to manufacturer instructions.
- ☐ Attach leadwires cable to the Holter monitor.
- ☐ Replace the patient's gown or clothing.
- ☐ Place the recorder in the case and position it on the patient (strap/belt).
- ☐ Form and secure a dependent loop with the leadwires.
- ☐ Turn on the recording function (if needed).
- ☐ Test the device and troubleshoot the ECG waveform if applicable.
- ☐ Instruct the patient on using the event marker button for symptoms.
- ☐ Provide a diary and instruct the patient on how to record activities and symptoms.
- ☐ Return the bed to the lowest position.
- ☐ Discard used supplies in appropriate receptacles.
- ☐ Perform hand hygiene.
- ☐ Document the procedure.

Evaluation & Verification

Instructor Name: _____ Signature: _____





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