

## **PATIENT/FAMILY INFORMATION SHEET**

### **Remote Telemetry Monitoring (RTM)**

#### **What is remote telemetry monitoring?**

Remote telemetry is a way to provide constant monitoring of your heart during your hospital stay by trained personnel on most nursing units in the hospital. These specially trained technicians continuously assess your heart rate and rhythm at a central location and keep your nurse and doctor informed regarding your status.

#### **How does remote telemetry work?**

A telemetry monitor is a small portable box that displays your heart rate and rhythm at a nurse's station central monitor. The portable box has 5 wires (leads) that connect to 5 patches (electrodes) which are placed on your chest. The portable box fits into a pocket on your hospital gown. It does not restrict movement or prevent you from using the bathroom.

The patches (electrodes) pick up signals from your heart and send them through the wires (leads) to the monitor. The monitor displays the electrical signal as a picture of your heartbeat.

Your heart rate and rhythm are under constant observation by a specially trained technician in a central location and at a monitor in the nurse's station.

#### **Who needs remote telemetry monitoring?**

Your physician will determine if you are a candidate for remote telemetry monitoring. Remote telemetry can be helpful for people who have medical or surgical procedures that create the potential for irregular heart beats. Your physician and nurse will take the time to explain telemetry monitoring and answer your questions.

#### **What should I expect while I am on remote telemetry monitoring?**

Telemetry monitoring will not interfere with the usual routine and care provided during your hospitalization. If you have any questions about remote telemetry monitoring, ask your nurse.

#### **When will the remote telemetry monitor be removed?**

Your doctor will determine when you no longer require telemetry monitoring.

Source:

Reilly, T & Humbrecht, D. (June 2007) A Nurse-Managed Remote Telemetry Model. *Critical Care Nurse*, 27:3

Squires, A & Ciecior, D. (July 2000) Teaching Patients About Telemetry. *Nursing*.

Greenwich Hospital Patient/Family Information Sheet (Jan 2005) Intermediate Care Unit.

*For more Patient Fact Sheets, see the Greenwich Hospital web site at [www.greenhosp.org](http://www.greenhosp.org) and Click on Patients & Visitors, then Patient Education*