

Cardiac Arrhythmia Diagnosis: Standard or Ambulatory ECG?

Cardiac arrhythmias are counted among the most common heart disorders and described as an abnormal heart rate or rhythm. In a healthy adult, the heart beats consistently at a rate of 60 to 100 a minute; however, in a person with cardiac arrhythmia, the heart beats too fast or too slow or irregularly.



When cardiac arrhythmias occur infrequently and unpredictably, they often can produce abrupt symptoms which typically are no longer present by the time the medical help arrives. This makes its diagnosis extremely difficult for medical professionals. A key part of the diagnostic process is ECG monitoring, which aims to capture the electrical activity of the heart and help clinicians to analyze it to find any irregularities.

Standard ECG Monitoring

Standard ECG monitoring helps medical doctors to record your heart's electrical activity for not more than 12 seconds. It enables them to know a lot about your heart. For example, it can reveal whether you have proper blood circulation or had a heart attack or whether you have any heart diseases. However, when it comes to diagnosing cardiac arrhythmias, it often fails to provide accurate and reliable information about your heart. This is because arrhythmias often occur infrequently and do not last for prolonged periods. As a result, standard ECG or several ECGs carried out at different times are likely to miss intermittent arrhythmias.

Ambulatory ECG

Since cardiac arrhythmias produce symptoms for a brief period, lasting only for a few seconds, medical professionals require a better ECG monitoring system such as an ambulatory ECG that records the electrical activity of the heart for an extended period. This enables them to record your heart rhythm as you carry out your normal activities such as sleeping, exercising, and others. This can increase the chances of capturing intermittent cardiac arrhythmias. Today, ambulatory ECG systems have outperformed standard ECG when it comes to diagnosing arrhythmias.

Final Note

If you are confused about whether you should use standard ECG or ambulatory to capture irregular heartbeats of patients with undiagnosed cardiac arrhythmias, ambulatory heart monitoring is the path to go down.

Today, a wide range of ambulatory ECG devices are available on the market to help diagnose and rule out the significant causes of arrhythmias. For medical professionals with a restricted budget, portable **PC Based Ambulatory and Holter Monitoring ECG System** is the most cost-effective, compact, comprehensive, and feature-rich option.

To improve accuracy, get real-time patient diagnostic information, enhance your efficiency and send your diagnosis to the proper healthcare provider in a timely way, use **PC-based CardioCard ECG Systems today!** What are you waiting for? [Request a demo today!](#)

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About Nasiff

Founded in 1989, Nasiff Associates is a medical technology company and leader in diagnostic cardiology medical devices including ECG/EKG devices and systems. The first company to produce a clinically useful PC-based CardioResting™ ECG, PC-based CardioStress™ (Stress ECG), CardioHolter™ (Monitor), CardioSuite® ECG System (all-in-one cardiology system consisting of Resting, Stress and Holter) and CardioVitals™. All products are developed and manufactured in the USA to maintain top quality control and unsurpassable customer care. All systems come complete with the Cardio Universal EMR Interface™. More information about Nasiff products can be found at www.nasiff.com.