

This Stress Awareness Month: Decoding the significance of portable ECG Monitors for medical professionals

Stress is an integral and indispensable part of our lives. As we get older and we pass-through time, situations and surroundings change, leading to a shift in our tendencies, priorities, and triggers. In recent times, the pandemic proved to be the biggest trigger of stress, with **8 out of 10 American adults agreeing to the same. Sixty-seven percent of Americans** even admitted that they experienced increased stress levels throughout the viral spread.



The rising stress levels are concerning, especially for our heart health. What is abnormal is the occurrence of severe heart conditions among young adults who are merely in their 20s or 30s. With conditions like Afib (atrial fibrillation), arrhythmia, high blood pressure, hypertension, and high LDL cholesterol levels becoming more prevalent among people, healthcare providers, and medical practitioners face this influx of patients coming for heart health assessments and treatments.

As the formal healthcare system becomes increasingly stressed with the pandemic going around and the lack of sufficient devices to track and monitor their health status, health care facilities are releasing patients still requiring care

The range of medical technologies used in clinical environments is responsible for controlling the gamut of simple to complex advanced medical treatments. The advent of sophisticated devices such as **Portable ECG Monitors** has proven to be highly beneficial for medical practitioners considering the surge of patients requiring careful heart health monitoring. This April which is stress awareness month, we will discuss how **Portable ECG Monitors** are proven to be an advantage for medical professionals in overcoming this problem.

How has a portable ECG Monitor facilitated medical care?

Portable ECG Monitors are devices that can provide testing on smart devices, facilitating accurate heart rate monitoring and tracking cardiac health. These are reliable, durable, compact, and lightweight devices using innovative technology that creates mobility for the user. A portable ECG monitor improves patient health care access by preventing dependency on an office setup or any mounting. Practitioners and medical professionals do not need a specific room or a huge desk space, or an extra outlet to take cardiac readings and monitor their patients' heart health.

A quality **Portable ECG Monitor** consists of:

- 12- leads to take accurate readings
- A 10-foot patient cable to conveniently reach the patient at his/her bed
- A universal, user-friendly EMR interface for a straightforward interpretation of the diagnoses and results
- A proficient data management system to track patient's health
- Advanced security with password facility to protect health records
- USB format that prevents its dependence on batteries or electricity
- Heart rate available in global format with complete interval values and ST information
- Real-time color display of ECG/EKG complex

Among many other features. For complete information, visit [here](#).

The smart technology powering this device makes it easy to manage patient data, minimize human error, and review historical ECG results that only benefit a professional and his/her patient.

It gives medical practitioners the freedom and ability to work on the go, thus, creating flexibility in their desired workspace. Portable ECG monitors also cut down patient wait lines and queues. The freedom of relocalization and utility that comes with them also improves productivity and provides on the spot care for people carrying anxiety and stress that may trigger a heart attack .

In this way, **Portable ECG Monitors** improve stress and heart health management. In case you are a medical professional and would like to learn more about this smart device, dial 315.676.2346 to connect with our experts to help you match your requirements and make the right choice for your facility.

For state-of-the art and improved 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.