

Recording stress ECGs—pearls and pitfalls

RECORDING ECGs DURING RECOVERY

Maximal Stress

The system will automatically run a 12-lead ECG at maximal exercise (beginning of recovery). Often this strip is technically poor due to artifacts. If you

are not happy with the quality of the max strip, run another one! Often the artifacts calm down quickly as the treadmill slows down.

Beginning of Recovery

We must continue to observe the patient in recovery. Even if everything is perfect (ECG, BP, signs and symptoms) we should observe and document for a minimum of six minutes.

If something (ECG, BP, signs and symptoms) is troubling, don't stop monitoring recovery at six

minutes. Observe and document for as long as is needed.

The stress system should be set to automatically run 12-lead ECGs at minutes 1, 3, and 6 of recovery. Additional 12 leads or rhythm strips should be run as needed to capture events.



These ECGs changes occurred in early recovery from stress. Being observant during recovery is important!



Make sure you have ECGs documenting a return to clinically appropriate parameters following stress.