

ECG Holter analysis led by nurses: enhancing cardiovascular care

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Twenty-four-hour ECG Holter monitoring is a vital diagnostic tool in cardiology, providing continuous electrocardiographic data over an extended period. Traditionally, ECG Holter analysis has been the purview of cardiologists and specialized technicians. However, the evolving landscape of healthcare delivery has seen nurses taking on an increasingly active role in this domain. The inclusion of nurses in ECG Holter analysis brings several benefits to cardiovascular care. Nurses, with their clinical expertise and patient-centered approach, are well-positioned to ensure high-quality data collection, patient comfort, and compliance during the monitoring period. They can promptly identify and report abnormal findings, facilitating timely interventions and reducing the burden on cardiologists and technicians. Moreover, nurse-led ECG Holter analysis promotes continuity of care and patient education, fostering a holistic approach to cardiovascular health. Integrating nurses into ECG Holter analysis teams offers several advantages, including enhanced efficiency, reduced wait times, and improved patient satisfaction. It also allows cardiologists to focus on more complex cases, streamlining healthcare services and potentially reducing costs. However, adequate training and ongoing education are crucial to ensure nurses' competence in ECG Holter analysis.^{1,2}

Nurse-led ECG Holter analysis is a promising advancement in cardiovascular care. It optimizes the use of resources, promotes early detection of arrhythmias and other cardiac abnormalities, and contributes to a patient-centered approach to managing cardiovascular health. Future research should explore the outcomes and cost-effectiveness of this evolving practice to further validate its role in contemporary cardiology.

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LITERATURE

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