

The importance of nurse/technician education in monitoring patients with arrhythmias

 Vesna Babić*,
 Anja Grill

University Hospital Centre
Rijeka, Rijeka, Croatia

KEYWORDS: arrhythmias, nurses, continuous education, heart rate monitoring.

CITATION: *Cardiol Croat.* 2024;19(11-12):621. | <https://doi.org/10.15836/ccar2024.621>

***ADDRESS FOR CORRESPONDENCE:** Vesna Babić, Klinički bolnički centar Rijeka, T. Stržižica 3, HR- 51000 Rijeka, Croatia / Phone: +385-95-9202-031 / E-mail: vesna.babic.ri2@gmail.com

ORCID: Vesna Babić, <https://orcid.org/0000-0002-0140-642X> • Anja Grill, <https://orcid.org/0009-0003-0356-6042>

Monitoring patients with arrhythmias requires a high level of expertise and a fast reaction to the possibility of developing serious, even life-threatening situations. The nurse represents a key member of the healthcare team responsible for continuously tracking the heart rhythm of patients, recognizing changes and the right time to react to the deterioration of the condition.

Nurses must have the ability to read and analyze ECG and recognize several types of arrhythmias like ventricular tachycardia, atrial fibrillation or different heart blocks. The fast and adequate reaction of nurses in the deterioration of the heart rhythm is crucial for intervening on time and further treatment of the patient. Moreover, their role is not solely technical; the nurse plays a key role in educating patients informing them about symptoms of arrhythmias (palpitations, dizziness, loss of consciousness) and how to properly use home heart rate monitoring devices. Given the rapid technological advancements in the field of cardiology, nurses should also educate patients on the use of modern wearable devices, such as smartwatches with ECG functionality.¹

Continuous professional education for nurses is crucial to ensure they are prepared to address the challenges associated with monitoring and managing arrhythmias.

RECEIVED:
October 13, 2024

ACCEPTED:
October 31, 2024



LITERATURE

1. American College of Cardiology. The Emerging Role of Advanced Practice Registered Nurses in Cardiology: Insights from the ACC APRN Survey [Internet]. Washington, DC; 2020 [Accessed Oct 12, 2024]. Available from: <https://www.acc.org/Latest-in-Cardiology/Articles/2020/05/01/01/42/The-Emerging-Role-of-Advanced-Practice-Registered-Nurses-in-Cardiology-Insights-From-the-ACC-APRN-Survey>