

FISHER COUNTY HOSPITAL DISTRICT

Administration: Cardiac Rehab P & P	Policy # 074 -
Subject: EKG/Telemetry	Reviewed/Revised: 9/2026
Written: Unknown Last Revised: 8/22	Approved by Medical Staff: Date: 9/16/26 
	Approved by Governing Board: Date: 9/28/26

SECTION 1: Purpose

- 1.1 To establish guidelines for the use of an EKG monitoring system during the Pulmonary Rehabilitation program.
- 1.2 To establish guidelines for proper participant attachment to the monitoring system.

SECTION 2: Policy

- 2.1 All participants entering the Pulmonary Rehabilitation program will be continually monitored via EKG for all 24 exercise sessions.
- 2.2 The lead to be monitored will be Lead II and the type of monitoring system utilized will be up to the discretion of the Program Director.

SECTION 3: Procedure

- 3.1 The Professional staff member will be responsible for attaching the telemetry monitoring system to the participant before each exercise session.

3.2 Equipment needed:

- A. EKG system
- B. Pre-gelled, disposable electrodes
- C. Razor (if needed)
- D. Alcohol prep pads

3.3 General information:

- A. Avoid skeletal muscle by using hollow of the clavicle and the lower sides of the thoracic cage.
- B. Removal of skin oils and hair is imperative to conduction.
- C. Always check the pre-gelled disposable electrodes after opening for sufficient conduction gel. Loss of gel will cause baseline instability and motion artifact.

3.4 Method:

- A. Choose and shave sites selected for electrode placement (if needed).
- B. Prepare areas by rubbing with an alcohol prep pad and drying with gauze pad. Make sure that the skin has been abraded slightly for proper conduction.

C. Apply pre-gelled electrodes to the prepared sites taking care not to touch the gel or adhesive. Press around electrode firmly to ensure attachment.

D. After preparing monitor box with battery, connect lead wires to electrodes.