

# Stress Test & Holter Monitor Course

Introduction

SECTION 1: Certified Cardiographic Technician Exam Matrix

SECTION 2: Basic Cardiovascular Anatomy

SECTION 3: Anatomical Terms

SECTION 4: Physiology

SECTION 5: The Electrocardiogram and its Relationship to Cardiac Events

SECTION 6: Recognition of Cardiac Arrhythmias

SECTION 7: 12-Lead ECG Acquisition and Interpretation

SECTION 8: Stress Test Techniques, Indications, and Contraindications

SECTION 9: Cardiac Medications (Routine)

SECTION 10: Holter and Event Monitoring

SECTION 11: Patient Emergencies

## Activity Summary

- Activity Title: Stress Test & Holter Monitor Course
- Release date: 2018-06-01
- Expiration date: 2021-06-01
- Estimated time to complete activity: 8 hours
- This course is accessible with any web browser. We recommend recent versions of Google Chrome, Internet Explorer 9 and later, or Apple iPad.
- This course is jointly provided by Pacific Medical Training and Postgraduate Institute for
- Medicine (PIM). You may reach PIM at [inquiries@pimed.com](mailto:inquiries@pimed.com).

## Target Audience

This activity has been designed to meet the educational needs of physicians, physician assistants, nurse practitioners and registered nurses involved in the diagnosis of patients experiencing cardiovascular illnesses.

## Educational Objectives

After completing this activity, the participant should be better able to:

- Describe the anatomy of the heart and vascular system.
- Demonstrate an understanding of the function of the cardiovascular system.
- Understand how blood pressure is maintained in the cardiovascular system.
- Demonstrate a working knowledge of the ECG monitoring system.
- Recognize the criteria for cardiac rhythms.
- Recognize changes consistent with acute myocardial infarction.
- Determine axis on a 12-lead ECG.
- Describe the goals of stress testing.
- List the indications for stress testing.
- List the contraindications for stress testing.
- Perform common calculations related to stress testing.
- List indications for Holter Monitoring.
- Demonstrate proper lead placement.
- Describe Event Monitoring versus Holter Monitoring.

## Faculty

- Judith Haluka, EMT-Paramedic – State of Pennsylvania
- Dr. Waqar-UI-Haq Shafaat, MD

## Joint Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and Pacific Medical Training. Postgraduate Institute for Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



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INTERPROFESSIONAL CONTINUING EDUCATION

### Physician Continuing Medical Education

The Postgraduate Institute for Medicine designates this enduring material for a maximum of 8.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Nursing Continuing Education

Credit Designation

The maximum number of hours awarded for this Continuing Nursing Education activity is 8.0 contact hours.

### Disclosure of Conflicts of Interest

Postgraduate Institute for Medicine requires instructors, planners, managers and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest (COI) they may have as related to the content of this activity. All identified COI are thoroughly vetted and resolved according to PIM policy. PIM is committed to providing its learners with high quality continuing medical education (CME) activities and related materials that promote improvements or quality in healthcare and not a specific proprietary business interest of a commercial interest.

The faculty reported the following financial relationships or relationships to products or devices they or their spouse/life partner have with commercial interests related to the content of this CME activity:

- Judith Haluka – Has no real or apparent conflicts of interest to report
- Waqar-ul-Haq Shafaat, MD – Has no real or apparent conflicts of interest to report.

The PIM planners and managers have nothing to disclose. The Pacific Medical Training planners and managers have nothing to disclose.

## Method of Participation and Request for Credit

During the period 2018-06-01 through 2021-06-01 participants must read the learning objectives and faculty disclosures and study the educational activity.

Your completion certificate will be available online after completing a post-course evaluation, and achieving a score of 84% or better.

## Media

Internet

## Disclosure of Unlabeled Use

This educational activity may contain discussion of published and/or investigational uses of agents that are not indicated by the Food and Drug Administration (FDA). The planners of this activity do not recommend the use of any agent outside of the labeled indications.

The opinions expressed in the educational activity are those of the faculty and do not necessarily represent the views of the planners. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

## Disclaimer

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications and/or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.