

## Home fitting of electrocardiogram (ECG) ambulatory monitors during covid-19

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**Background:** Interruption of health services during COVID-19 leading to increased risk to patients and a backlog for vital outpatient cardiac diagnostic services.

**Purpose:** To safely deliver ambulatory ECG monitors whilst reducing risk to patients and staff by providing monitors to be fitted at home.

**Methods:** A system was developed whereby monitors were set up for the patient/carer to collect a preassembled pack and fit at home using videos/written instructions. A retrospective evaluation was undertaken over four months (12/4/20 – 12/08/20) through feedback questionnaires containing closed and open-ended questions.

**Results:** Of a total of 726 ECG ambulatory monitors fitted in this period 60% were self-fitted. 97 patients gave feedback (13.3%). 84.4% of patients were satisfied with the process. 58.33% felt safer fitting it at home as 40% were fitted in-house due to limitations e.g. elderly/wheel-chair/pregnant patients and/or those without access to view the videos. 6 monitors (<1%) were refitted due to artefact/early disconnection. Improvement suggestions implemented included simplifying instructions and adding specific information for female electrode placement.

**Conclusions:** This project enabled vital cardiac diagnostics whilst maintaining social distancing - reducing infection risk and achieving high patient satisfaction. Implementing a locker system will decrease differing instructions and positively impact waiting times to further reduce viral transmission risks.