



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: 2024-06-01
- Expiration date: 2027-05-31
- Estimated time to complete activity: 8 hours
- Course is compliant with Section 508 of the Americans with Disabilities Act (ADA) and includes text captioning for audio components.
- This course is accessible with any web browser.
- Jointly provided by Postgraduate Institute for Medicine and Pacific Medical Training.
- PIM Activity ID: 18517

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

Participants in this program will be able to:

- Describe the anatomy of the heart and vascular system.
- Demonstrate an understanding of the function of the cardiovascular system.
- Relate 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.

Content planners/faculty

- Judith Haluka, B.S., RCIS, EMT-Paramedic — State of Pennsylvania

Types of CE credits available and eligibility requirements for each credit type

- **AMA PRA Category 1 Credit™:** Continuing Medical Education (CME) AMA PRA Category 1 Credit™ credit is available to you if you are a Doctor of Medicine (MD) or Doctor of Osteopathic Medicine (DO). You must certify in your registration that you are an MD or DO to earn this type of CE credit.
- **Non-Physician Medical Professionals:** Designated for AMA PRA Category 1 Credit™ which is applicable to medical professionals who are not physicians, including chiropractors, paramedics, emergency medical technicians (EMT), etc.
- **ANCC CNE:** American Nurses Credentialing Center, the Continuing Nursing Education (CNE) credit is available to Nurses and Nurse Practitioners.

Joint Accreditation Statement

In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and Defense Health Agency Patient Safety Program.

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 - AMA (MDs, DOs)

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.

Continuing nursing education - ANCC (RNs, APRNs, NPs)

The maximum number of hours awarded for this continuing nursing education activity is 8.0 contact hours.

Disclosure of financial relationships

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Method of participation and request for credit

During the accreditation period, participants must read the learning objectives, faculty disclosures and study the entire educational activity.

If you wish to receive acknowledgment for participation of this CME/CE activity, you must complete the following:

- Complete the post-test and evaluation online within 10 days of the activity.
- Upon successfully completing the post-test with a score of 84% or better and the activity evaluation, your certificate will be made available via email.

If you have questions regarding the certification of this activity, please contact PIM via email at inquiries@pimed.com.

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 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.