



SNS COLLEGE OF ALLIED HEALTH SCIENCE, COIMBATORE -35.

(Affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai)

DEPARTMENT OF CARDIAC TECHNOLOGY



PUZZLES FOR THE SUBJECT OF ADVANCED ECG , TMT AND 24 HRS AMBULATORY HOLTER AND BP RECORDINGS

Unit-5

Multiple Choice Questions on 24-Hour BP Recording, Principles of Holter Recording, Connections of the Holter Recorder, Holter Analysis, and Guidelines for Ambulatory Electrocardiography

1. What is the primary purpose of 24-hour ambulatory blood pressure monitoring (ABPM)?
 - a) To measure blood glucose levels
 - b) To assess blood pressure variations over a 24-hour period
 - c) To evaluate respiratory function
 - d) To monitor joint mobility
2. What is a key principle of Holter recording?
 - a) Continuous ECG recording for 24–48 hours
 - b) Single-point ECG measurement
 - c) Real-time imaging of the heart
 - d) Intermittent blood pressure monitoring
3. How many electrodes are typically used in a standard Holter recorder setup?
 - a) 1–2 electrodes
 - b) 3–5 electrodes
 - c) 6–8 electrodes
 - d) 10–12 electrodes
4. What is a critical step in the connection of a Holter recorder to a patient?
 - a) Placing electrodes on the patient's arms only
 - b) Ensuring proper skin preparation and electrode placement
 - c) Connecting the recorder to a blood pressure cuff
 - d) Avoiding the use of adhesive electrodes
5. Which of the following is a common indication for Holter monitoring?
 - a) Evaluation of suspected arrhythmias
 - b) Assessment of kidney function
 - c) Diagnosis of lung disease
 - d) Monitoring of blood glucose levels



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6. What is a key component of Holter analysis?
 - a) Measuring blood pressure fluctuations
 - b) Identifying arrhythmias and ischemic changes
 - c) Evaluating oxygen saturation
 - d) Assessing bone density
7. According to guidelines for ambulatory electrocardiography, what should patients be instructed to do during Holter monitoring?
 - a) Avoid all physical activity
 - b) Keep a diary of symptoms and activities
 - c) Remove the Holter device during sleep
 - d) Consume caffeine to enhance recording
8. Which of the following is a potential limitation of 24-hour BP recording?
 - a) Inability to detect nocturnal hypertension
 - b) Patient discomfort or interference with daily activities
 - c) Lack of correlation with ECG findings
 - d) Inability to measure heart rate
9. What is a common artifact that may affect Holter recording accuracy?
 - a) Patient movement or loose electrodes
 - b) High blood glucose levels
 - c) Elevated room temperature
 - d) Low battery in the blood pressure cuff
10. What is a key guideline for interpreting Holter monitor results?
 - a) Ignoring asymptomatic arrhythmias
 - b) Correlating ECG findings with patient symptoms and diary
 - c) Focusing solely on blood pressure readings
 - d) Disregarding heart rate variability