Introducing our new Holter Monitor and 24-hour Ambulatory Blood Pressure Monitoring Service

Clinipath Pathology has an ongoing commitment to provide you and your patients with excellence in health care. In keeping with this commitment we are now able to offer your patients 24-hour ambulatory blood pressure monitoring and a holter monitor service.

Why use ambulatory blood pressure monitoring?
• Ambulatory blood pressure (ABP) may be a better predictor of cardiovascular events than clinic blood pressure readings.
• To exclude the possibility of "white coat" hypertension.
• Studies have shown that end-organ damage is more closely related to ambulatory blood pressure (ABP) than clinic blood pressure readings.¹
• Patients with hypertension whose nocturnal blood pressure remains high, < 10% lower than daytime average, may have a worse prognosis.¹
• ABP provides a 24-hour profile, allowing assessment of clinic effects, drug effects, work influence, etc.

Our ambulatory blood pressure monitor service
• ABP monitors are lightweight, easy to wear, accurate, quiet, and are generally well accepted by patients
• Ambulatory blood pressure monitoring is available at selected pathology collection centres around Perth. An appointment is required for this service.
• Highly accurate measurements are taken every half hour during the day and every hour during the night.
• A day/night button allows for statistically accurate evaluation of day/night phases as well as an exact documentation of the early blood pressure rise.

• Patients are encouraged to record events in diaries so that the cause of sudden changes in blood pressure can be evaluated.
• A graphical report is generated plotting blood pressure versus time. This is issued to the referring practitioner as a printed report. (These are not currently available in electronic form)

At present, this service does not attract a Medicare rebate and patients will be billed privately. The fee of $100 will be required at the time the monitor is fitted.

Contraindications
For a variety of reasons, ABPM maybe contraindicated in some patients including:
• Patients on anti-coagulant therapy,
• Patients with a history of petechial bleeding,
• Children under 16.

In these cases, ABPM should be requested at the referring doctor’s discretion. If the patient has a history of any of the conditions outlined above, this should be recorded on the request form under clinical notes, after the possible risks have been discussed by the referring doctor with the patient.

Why perform a holter monitor test?
A holter monitor test may be useful if more traditional methods have not gathered the required data. Since the recording covers 24 hours, on a continuous basis, holter monitoring is much more likely to detect an abnormal heart rhythm when compared to the EKG which lasts less than a minute.
Introducing our new Holter Monitor and 24-hour Ambulatory Blood Pressure Monitoring Service continued

Our holter monitor service

• Appointments are required.
• Can be fitted at selected collection centres around Perth.
• The recording is first analysed by a Cardiac Technician, who edits the data to produce a comprehensive report including a 24-hour disclosure. The result is then reviewed by a Cardiologist who issues the final report.
• A one page summary is available to the referring practitioner, either electronically or in hard copy within 48 hours of the completion of the recording. This is followed by a detailed hard copy holter monitor report.

Participating Collection Centres

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<th>Northern suburbs</th>
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<tr>
<td>Beechboro</td>
<td>(08) 9378 7539</td>
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<tr>
<td>Joondalup</td>
<td>(08) 9300 2114</td>
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<tr>
<td>Mt Hawthorn</td>
<td>(08) 9444 0945</td>
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<tr>
<td>Mt Claremont (Holter only)</td>
<td>(08) 9284 3802</td>
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<tr>
<td>Whitfords (Holter only)</td>
<td>(08) 9307 2422</td>
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<tr>
<td>Yokine (Swan St)</td>
<td>(08) 9344 6144</td>
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<tr>
<td>West Perth (Main Laboratory)</td>
<td>(08) 9476 5222</td>
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<tr>
<td>Armadale</td>
<td>(08) 9399 6434</td>
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<tr>
<td>Beaconsfield</td>
<td>(08) 9337 6398</td>
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<tr>
<td>Halls Head (BP Only)</td>
<td>(08) 9586 9168</td>
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• The current cost for this service is $210. Medicare provides a rebate of $137 with the remainder of the cost, $73, being paid by the patient.
• Clinipath Pathology provides this service to pension card holders at a reduced rate of $157 which results in a $20 out-of-pocket expense.
• The holter monitor will record the patient’s heart rhythms constantly for 24 hours. During this time the patient is encouraged to record any symptoms that they experience in the patient diary provided.
• Patients are able to go about their usual activities, however, they should be made aware that they will not be able to shower or bath while wearing the monitor.
• Patients need to avoid X-ray equipment and security screening at airports and should also aim to minimise the use of mobile phones while wearing the monitor.

General enquiries contact our Patient Services Department on 9476 5219. For bookings please contact one of the centres above.