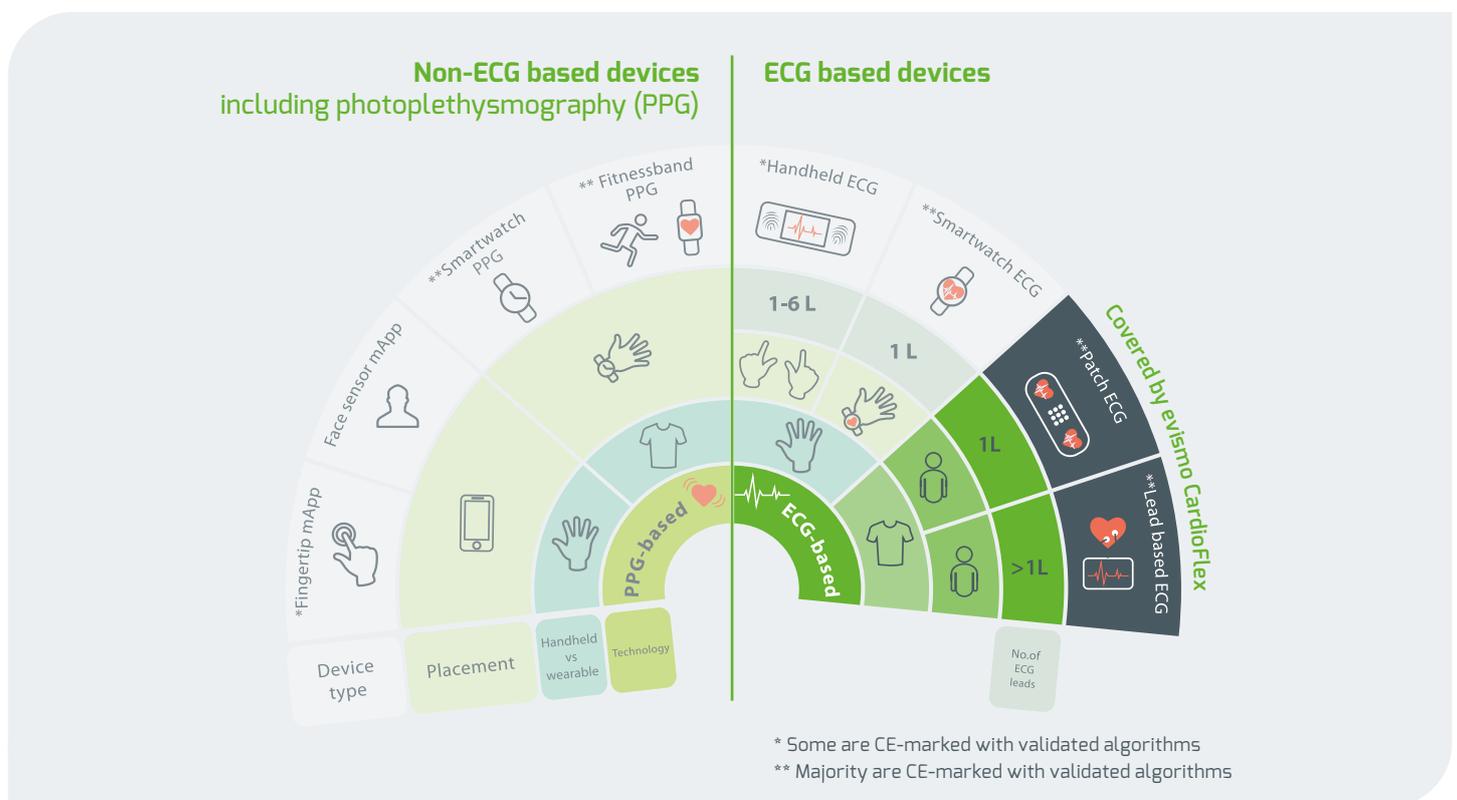


# EHRA's Guide on how to use digital devices to detect and manage cardiac arrhythmias

The European Heart Rhythm Association (EHRA) has grouped digital cardiac rhythm devices and derived recommendations for their use in the early detection and treatment of cardiac arrhythmias.

## Two groups of digital heart rhythm devices for the clinic



**The choice of digital device for cardiac rhythm monitoring should be tailored to the patient.**

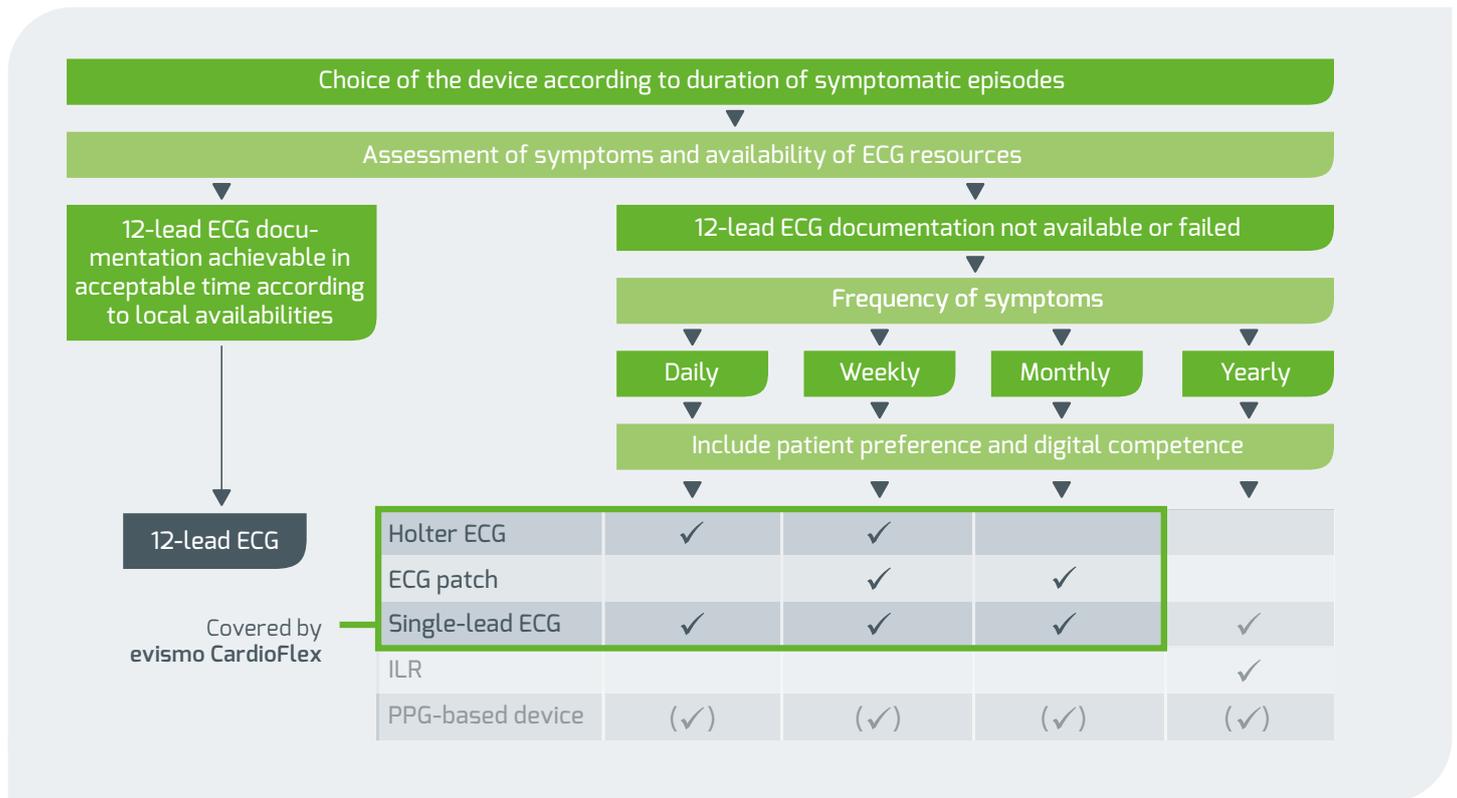
The following factors are to be considered:

- Symptom frequency
- Local infrastructure
- Expected monitoring duration
- Preference of the patient



**Regardless of the digital device used, evaluation of the heart rhythm recording by a cardiologist is required.**

## Choice of ECG device in symptomatic patients



A 12-lead ECG has limitations of availability and cannot diagnose paroxysmal arrhythmias if the recording is performed during asymptomatic periods. Mobile ECG-based digital devices can overcome these limitations of availability.

PPG recordings may be of aid in symptomatic patients with a very low probability of symptoms being caused by arrhythmias to document a normal rhythm and normal heart rate. Any arrhythmias detected using PPG recordings should be confirmed by a 12-lead ECG if possible or an ECG-based device.

### EHRA's conclusion

Electrocardiogram patch monitors (such as the long-term ECG CardioFlex) are validated, wearable digital devices for heart rhythm monitoring and diagnosis. With their low-profile, water-resistant, wireless, and self-adhesive form-factors, they are easy-to-use, well-tolerated and have high patient adherence.

ECG patches have high accuracy and higher diagnostic yields than traditional 24-hour Holter monitoring. Patch monitoring is cost-effective. Many symptomatic, clinically significant arrhythmias are detected within the first week of monitoring.

#### Reference

Emma Svennberg et al., How to use digital devices to detect and manage arrhythmias: an EHRA practical guide, 2022.