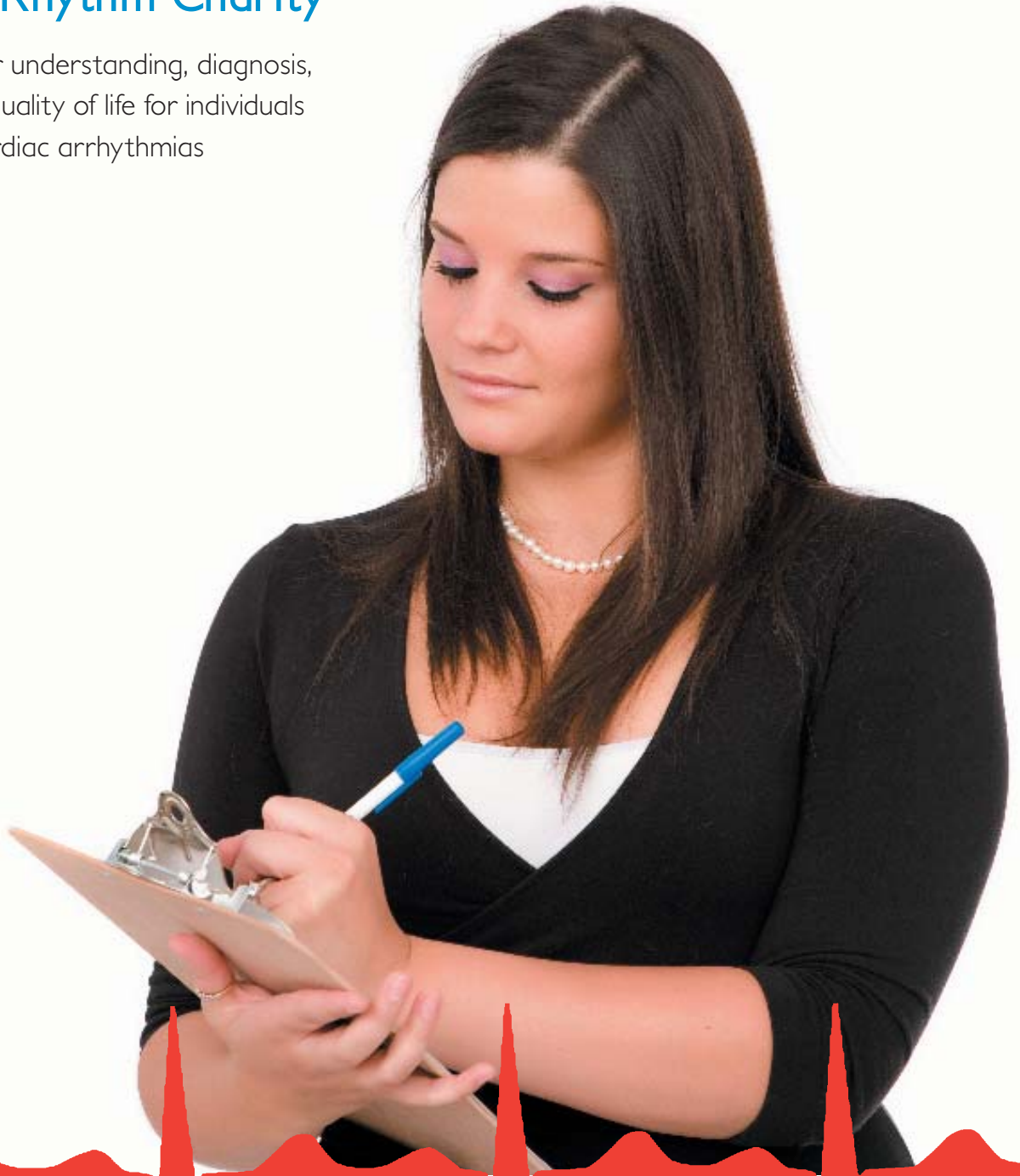


Palpitation Checklist



The Heart Rhythm Charity

Promoting better understanding, diagnosis,
treatment and quality of life for individuals
with cardiac arrhythmias



Palpitation Checklist

www.heartrhythmcharity.org.uk

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Introduction

When someone becomes uncomfortably aware of their heart beating, it is often described as experiencing a palpitation, or 'palpitations'. The sensation may be awareness of isolated single beats that are different from normal, or may be associated with a feeling that the heart is beating abnormally fast or irregularly. Such sensations can occur due to normal variations in the heart rhythm, but can also indicate the presence of an abnormal heart rhythm – an 'arrhythmia'.

There are a small number of uncommon types of arrhythmias which can be dangerous and need to be recognised in order to be treated promptly. More commonly, some types of arrhythmias tend to keep recurring and be associated with chest discomfort, shortness of breath or symptoms such as dizziness which, although not dangerous, can occur at unpredictable times and be disruptive to every day life. Most commonly of all, palpitation may just reflect extra beats which are merely a variation of the normal pattern and can be safely ignored.

Completing this list before seeing your doctor or discussing the sensations you are feeling with a health care professional will help to identify which type of palpitation is occurring and help to ensure you get the best medical advice and (if necessary) treatment.

Checklist

Do you experience palpitations/shortness of breath?	
When was the very first time you had the sensation?	
Do your palpitations start and stop suddenly or slowly?	
How often have you felt it since?	
Have you had any heart investigations such as ECGs or heart scans in the in the past?	
Does it seem to be getting more or less frequent?	
Has an ECG (a recording of your heart rhythm) ever been done while the abnormal sensation was happening? (If so, can you get hold of a copy?)	
Does the sensation feel like isolated single abnormal beats or dropped/missed beats, with gaps in between where the heart seems to be beating normally?	
Alternatively, does it feel as though the heart rhythm is continuously abnormal for a period, for example a long run of a continuous fast heart rhythm or a period of time where all the heart beats seem irregular and abnormal?	

<p>If the sensation seems continuous for a period of time what is the longest a single run of abnormal beats has lasted?</p>	
<p>Did you or anyone else manage to count your pulse while the abnormal rhythm was happening, if so what was the pulse rate?</p>	
<p>Are you sufficiently aware of how your heart is beating when the abnormal rhythm occurs that you could mimic the rhythm by tapping your finger on a table top? (Your doctor may ask you to try to do this during the consultation).</p>	
<p>Can you tell if your heart rhythm is regular or irregular?</p>	
<p>How do you feel while the abnormal heart beats are occurring?</p>	
<p>Has anybody been with you when you had an attack – how did they say you looked at the time?</p>	
<p>When the abnormal rhythm is occurring, are you able to carry on with your normal activities or are you forced to sit or lie down?</p>	
<p>Have you found any tricks that will stop the abnormal rhythm such as taking a deep breath or drinking a gulp of cold water?</p>	
<p>Have you ever had a blackout? If so, did this coincide with a time when you were experiencing the palpitation or was it on a separate occasion?</p>	
<p>Are you known to have any other heart problem or any other medical condition? For instance, have you ever been admitted to hospital with what was thought to be a heart problem?</p>	
<p>Are there any heart conditions or other diseases that run in your family?</p>	
<p>Has anybody ever died suddenly at a young age (< 40 years) in your family?</p>	
<p>At times when you are not experiencing the abnormal rhythm, are you able to walk up a hill or carry out other types of normal everyday exertion as well as other people of your own age? If not, what stops you?</p>	

If you find any of these points difficult to understand it may help to discuss the question with your doctor. Armed with this information, your doctor will be able to make an assessment of what is the best step to take next. It may be helpful to use the basic guide to caring for people with palpitation that is on the Department of Health website www.doh.gov.uk



How to find more information

A list of useful sites can be found at - www.heartrhythmcharity.org.uk. This list is not exhaustive and it is constantly evolving. If we have excluded anyone, please accept our sincerest apologies and be assured that as soon as the matter is brought to the attention of the Arrhythmia Alliance, we will quickly act to ensure maximum inclusiveness in our endeavours.

If you wish to contact us direct please phone on 01789 450 787 or email heartrhythm@stars.org.uk

The following Arrhythmia Alliance patient booklets are available to download from our website or to order please call 01789 450 787.

- Arrhythmia Checklist - Could your heart rhythm problem be dangerous?
- Atrial Fibrillation
- Blackout Checklist
- Bradycardia (Slow Heart Rhythm)
- CRT/ICD
- Catheter Ablation
- Catheter Ablation for Atrial Fibrillation
- Drug Treatment for Heart Rhythm Disorders (Arrhythmias)
- Electrophysiology Studies
- Exercising with an ICD
- FAQs
- Heart Rhythm Charity
- Highlighting the Work of the Arrhythmia Alliance
- ICD
- Implantable Loop Recorder
- National Service Framework Chapter 8
- CRT/Pacemaker
- Pacemaker
- Palpitation Checklist
- Remote Monitoring for ICDs
- Sudden Cardiac Arrest
- Supraventricular Tachycardia (SVT)
- Tachycardia (Fast Heart Rhythm)
- Testing Using Drug Injections to Investigate the Possibility of a Risk of Sudden Cardiac Death
- Tilt-Test

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Please remember these are general guidelines and individuals should always discuss their condition with their own doctor.

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