



**Obtaining a lead 1
ECG recording
using the Careportal®
Step by step guide**

Obtaining a good quality ECG (Electrocardiogram) lead 1 recording using a portable device requires proper preparation, positioning, and attention to detail. Here's a step-by-step guide to help you achieve accurate and high-quality results.

Important tip

Ensure you have a portable ECG device with good signal quality and the sensor electrodes are clean.



Step 1

Make sure that the areas of the hands coming into contact with the sensors are clean and moisturised. Moisturise the fleshy part of the hands below each thumb. This will help to ensure that a good, stable recording is achieved.



Step 2

Sit as upright as possible with your arms resting on the table in front of you. Let your shoulders drop so that they are completely relaxed.



Holding the monitor

When ready, fold your hands around each side of the monitor. Make sure there is contact with the sensors but ensure the monitor is not gripped rigidly.

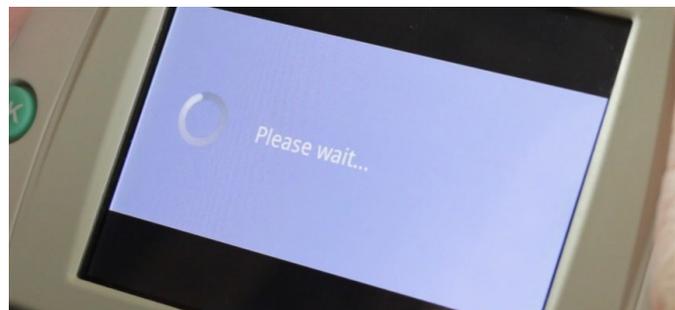
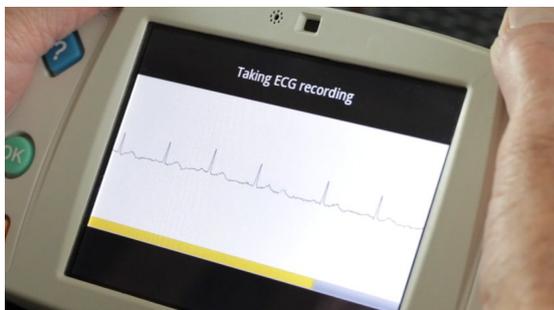


Step 3 - Press the OK button

and hold the monitor in a relaxed position. Instructions will be displayed on the screen of the monitor.

During the recording keep still, relaxed and avoid moving

When the monitoring starts, the monitor takes a few seconds to stabilise before beginning to capture vital sign information. The display will change to present an ECG trace, and an orange progress bar will commence across the screen.



Recording time will take 30 seconds to capture vital sign information.

When the vital sign recording has been completed the screen will indicate "Please wait". The display will then change to "Press the OK button", which will conclude the recording session.

Once the recording is complete, the vital sign information is stored and transferred to the clinical record.



For technical assistance call 01372 899031

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