

Recording stress ECGs—pearls and pitfalls

RECORDING ECGs DURING STRESS

During stress, it is suggested to record a 12-lead ECG every stage (as a minimum). Some like to run a 12-lead ECG every minute. Multiple leads should be observed continuously. It is common to continuously observe leads V1, II, and V5. They are typically all good rhythm leads and:

V1

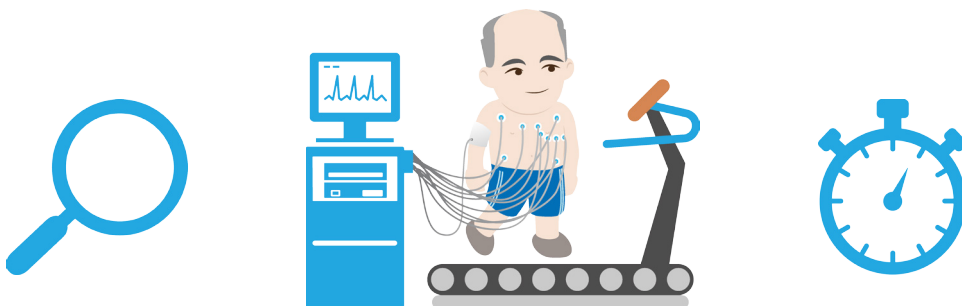
V1 gives a good view of the septum for the identification of ischemia or exercise induced right bundle branch blocks. V1 is also the “rightward” most lead.

V5

V5 will pick up exercise induced left bundle branch blocks and also gives a good view of the lateral wall for identifying ischemia.

Lead II

Lead II is often a great lead for observing P waves and gives a good view of the inferior wall for identifying ischemia.



In addition to the 12-lead ECGs that are run automatically every stage (or every minute) we want to capture pertinent events. One must be careful to use the feature which runs a strip with a “delay” as a “real-time” rhythm strip button often would miss an event that has already passed.