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“Innovative modern education in MU - Pleven”

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MEDICAL UNIVERSITY - PLEVEN
FACULTY OF MEDICINE

DISTANCE LEARNING CENTRE

CARDIOLOGY, PULMONOLOGY AND ENDOCRINOLOGY

EXERCIZE 3

FOR DISTANCE LEARNING IN CARDIOLOGY

FOR MEDICAL STUDENTS

**TITLE: „Stress test – characteristics and interpretation. Holter ECG.
Blood pressure monitoring”**

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1. Aim of the practical exercise – introduction to stress test, Holter ECG, blood pressure monitoring. Reading the results and their interpretation
2. Methods for achieving the aim:
 - 2.1. Theoretical basis
Different types of stress testing, requirements for performing a stress test
Place of stress testing in the diagnostic process in cardiac patients. Main indications and contraindications.
Performing a stress test, parameters to follow, criteria for stopping the stress test.
Main indications for Holter ECG and blood pressure monitoring
Interpretation of the results from Holter ECG and blood pressure monitoring
 - 2.2. Stress test reading algorithm, building the summary
 - 2.3. Watching a stress test, Holter ECG, blood pressure monitoring
 - 2.4. Independent reading of the results from a stress test, Holter ECG, blood pressure monitoring
3. Checking the extent of knowledge by a test, interpreting the results from a stress test, Holter ECG, blood pressure monitoring..