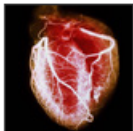


## Definition of Holter monitor



**Holter monitor:** A type of portable heart monitor. The Holter monitor is a small portable [electrocardiogram \(ECG\)](#). The device is worn in a pouch around the neck or waist. It keeps a record of the heart rhythm, typically over a 24-hour period, while the patient keeps a diary recording their activities and any symptoms they may feel. The ECG recording is then correlated with the person's record of their activities and symptoms. The Holter monitor is useful for identifying disturbances which are [sporadic](#) and which are not readily identified with the usual resting electrocardiogram test.

The monitor is named after Norman Holter (1914-83), an American biophysicist, who invented it.