

# Cardiac Testing

*Providing your patients with  
the gold standard in cardiac  
health diagnostics*



At Clinical Labs we offer superior and cost effective ambulatory blood pressure and Holter monitor services for your patients.

## Ambulatory blood pressure monitors



### Why choose ambulatory blood pressure monitoring (ABPM)?

Recognised as a gold standard test for blood pressure assessment, ABPM provides interval measurement over 24hrs for a full diagnostic assessment of blood pressure, while allowing for circadian rhythm and white coat or masked hypertension concerns. It is also effective in the assessment of drug effects, patient activity and work influence while providing better correlation with end-organ damage than isolated BP readings.

- Expert interpretation by cardiologist
- Rapid report turnaround

### How does ABPM work?

Automatic cuff inflation every 30 minutes during the day and every 1hr overnight, with ambulatory pulse waves, peripheral blood pressure, central haemodynamics, and arterial stiffness measured over a period of 24hrs to create a haemodynamic

day/night profile. At the end of each test, comprehensive analysis is completed and a report is provided by experienced cardiologists.

### How to order:

Once your patient has their request form they will need to call (08) 8205 5644 to book a time to collect and be fitted with their ABPM. ABPMs are available at select Clinical Labs collection centres.

To find the nearest collection centre offering ABPM, visit [clinicallabs.com.au/location](https://www.clinicallabs.com.au/location) and select 'BP Monitor' from the 'All Facilities' drop down box.

### Turn-around time:

Your patient's ABPM report will be available 3 business days from the return of the ABPM to the Clinical Labs Collection Centre.

### Medicare Benefits Schedule Changes

As of 1 November 2021, ambulatory blood pressure monitors (ABPMs) are included on the Medicare Benefits Schedule. Certain patients may be eligible for a Medicare rebate

### Eligibility requirements:

- The item can only be claimed once in a 12-month period
- The patient must have an in-clinic BP of 140/90 to be eligible
- There is no requirement for the patient to be hypertensive to be eligible
- The item is only applicable to the diagnosis of hypertension and not the monitoring of hypertension

## Holter monitors



### How to order:

Once your patient has their request form they will need to call (08) 8205 5644 to book a time to collect and be fitted with their Holter monitor. Holter monitors are available at select Clinical Labs collection centres. To find the nearest collection centre offering Holter monitors, visit [clinicallabs.com.au/location](https://www.clinicallabs.com.au/location) and select 'Holter' from the 'All Facilities' drop down box.

### Cost:

Bulk billed for Medicare card holders, for the first 24hrs. \$185.50 out of pocket cost for each additional 24 hours.

### Turn-around time:

Your patient's Holter monitor report will be available within 3 business days from the return of the Holter monitor to the Clinical Labs Collection Centre.

The resting 12-lead electrocardiograph (ECG) only gives a rhythm snapshot in time, whereas arrhythmias may be short-lived, paroxysmal and even asymptomatic, making documentation in many patients very difficult. Ambulatory ECG monitoring has been developed as a means of recording the ECG over a set period of time in patients suspected of having cardiac arrhythmias. A Holter monitor is preferable to all other monitoring as it provides a 24hr window of the heart rate changes and can be partnered to symptoms.

### The role of GPs in cardiac testing

Cardiologists prefer that patients presenting with the common warning signs, including palpitations, unexplained dizziness and slow heart rhythms, undertake Holter monitor testing from their GP before they are referred on.



*The above cardiac services are not available through Clinical Labs collection centres located in WA or the NT.*