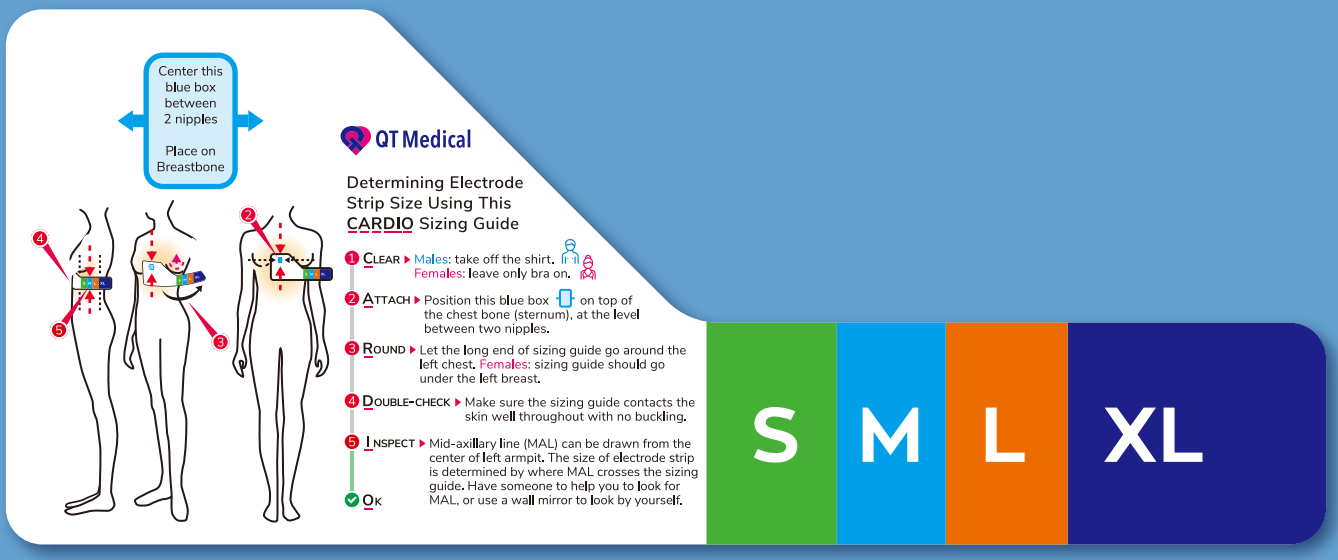
QT Medical

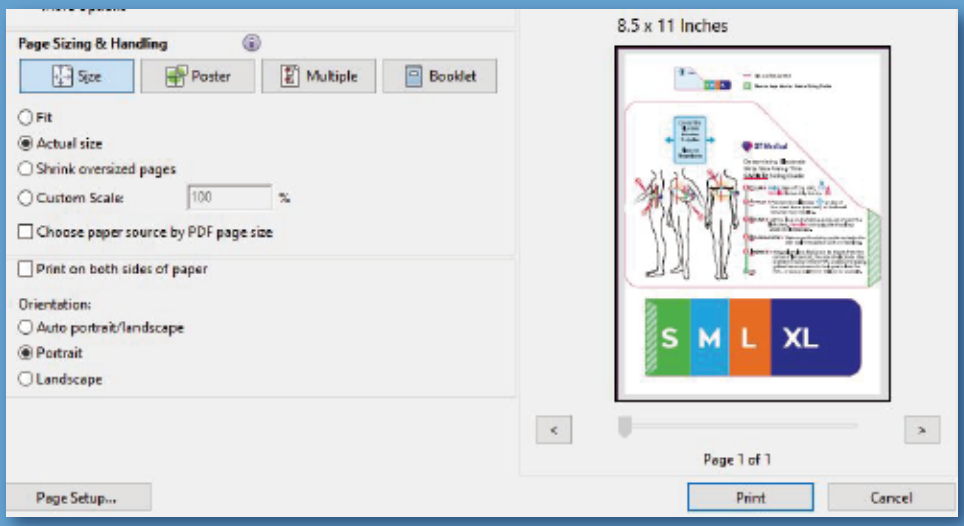
How to Determine the Size of Electrode Strip for XpressECG Services

Method One : Use the Sizing Guide (most accurate measurement).

If/when you see the patient in your office, please use the Sizing Guide provided by QT Medical to obtain the correct measurement of the electrode size for the patient.



1. If the patient is not returning to the office for some time and needs to start Xpress ECG for RPM, you can email the pdf file of Sizing Guide to the patient.
2. Open up pdf using Adobe Acrobat, go to Print and select Letter size paper. Under "Paper Sizing & Handling" section, make sure it is in Portrait orientation and Actual size is checked. You can preview in the right panel prior to printing.



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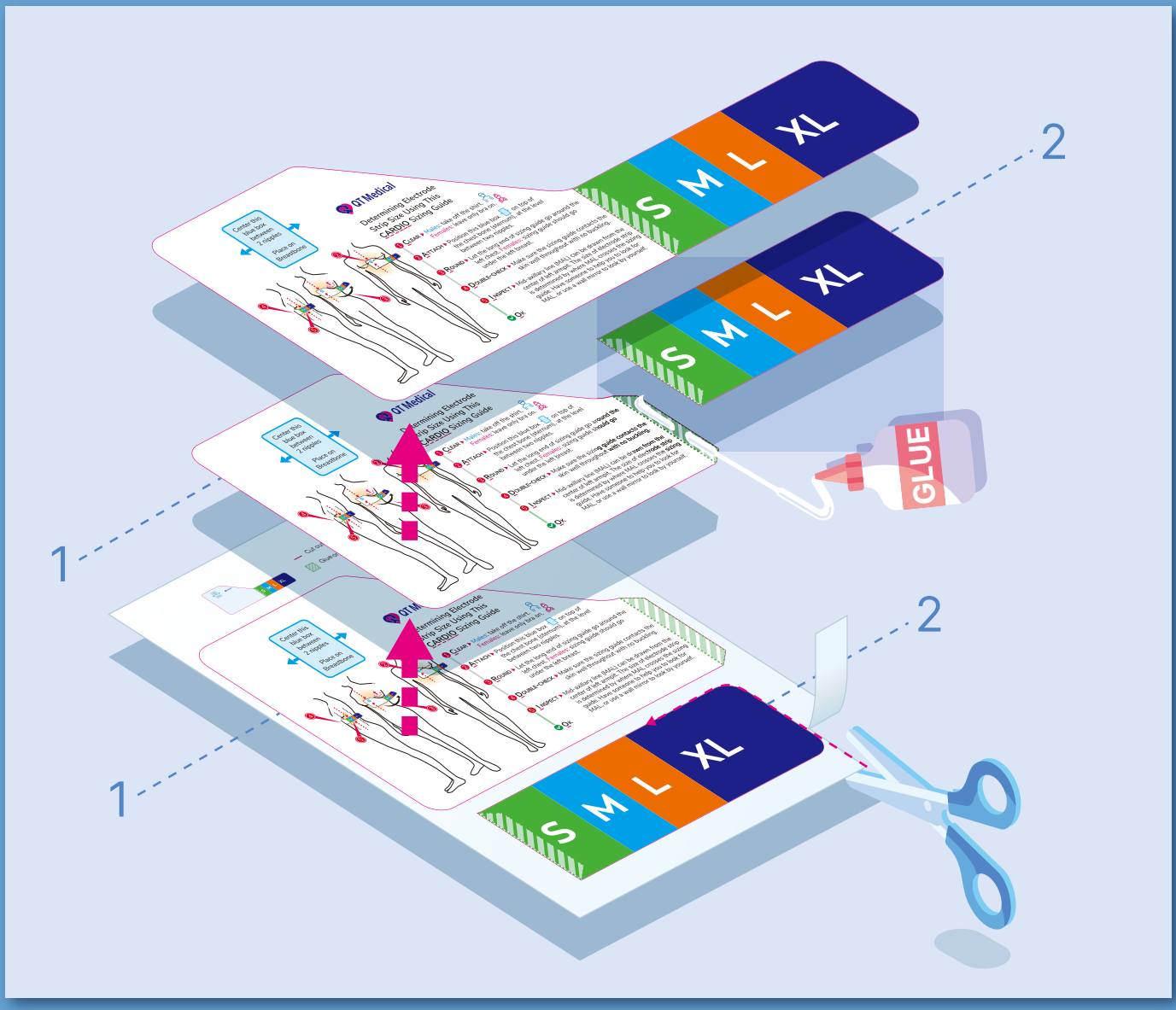
3. After the page is printed, please cut out the prints by the red lines, and combine the two pieces together in the shaded green area using glue or a piece of tape.



4. Use the printed Sizing Guide by following the instructions on the Sizing Guide, or view this video:

https://youtu.be/WKEy67ocRjo

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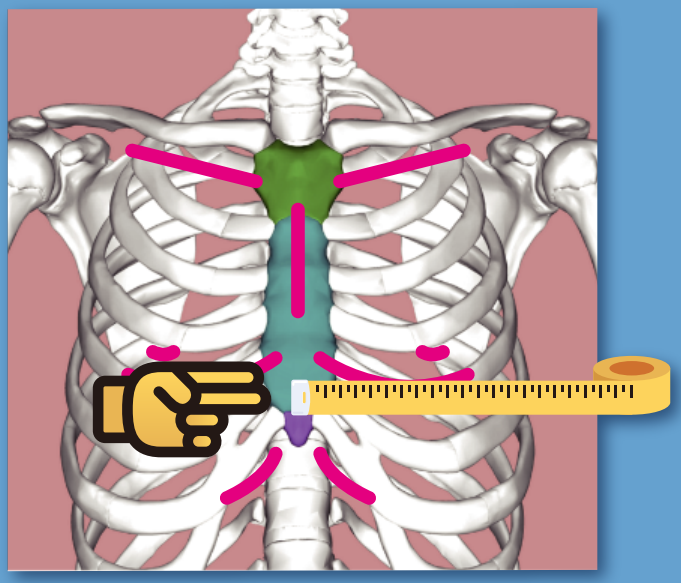
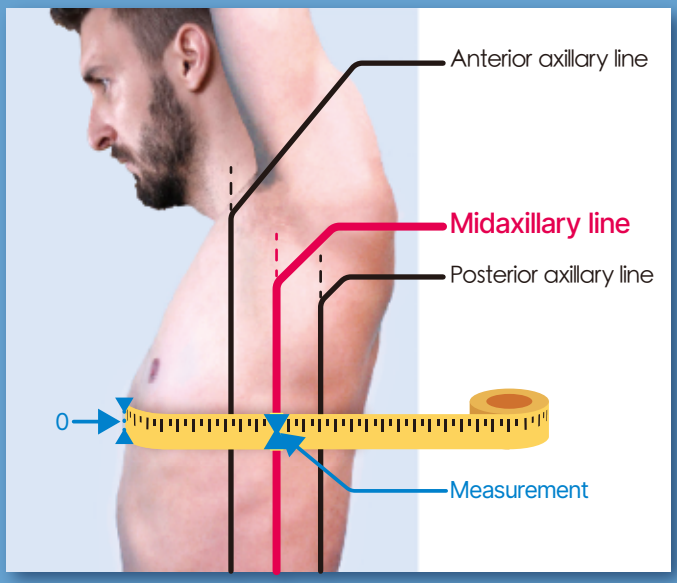
Method TWO : Use a Ruler or Tape Measure (when Sizing Guide is not available).

1. Get a Tape Measure, or a Straight Ruler
2. Stand in front of a wall mirror, remove your shirt. Men should remove all tops; women can keep their bra on.
3. Find your sternum (chest bone), follow it to the lower end (purple in the picture), which is about 2-3 fingers in width below the nipple line.
4. Use a tape measure or a ruler to measure from the lower end of the sternum (marked with “0”), go around your left chest contour horizontally, find the measurement at mid-axillary line (marked on the illustration on the right).
5. Mid-axillary line is an imaginary line drawn from the middle of the armpit down, and crosses the ruler at the mark (Measurement)
6. Use the Table below to determine the size of electrode based on the Measurement:





	Measurement (in)	Measurement (cm)
S	< 7	< 18
M	7 – 8 ¼	18 – 21
L	8 ¼ – 9 ½	21 – 24
XL	> 9 ½	>24

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Method Three : Use Patient's Weight (rough estimate, to be verified with Sizing Guide when possible)

You can use the patient's weight as a rough estimate of the size of electrode to use, if Method One and Method Two are not immediately available. Please use the Table below for such estimates. Please note the differences between Men and Women.

We recommend confirming the accuracy of weight as the sizing estimate (Method Three) with Method One, whenever possible.

Size of Electrode	Men		Women	
	Body Weight (lb)	Body Weight (kg)	Body Weight (lb)	Body Weight (kg)
S	< 110	< 50	< 99	< 45
M	110 – 154	50 – 70	99 – 143	45 – 65
L	154 – 209	70 – 95	143 – 187	65 – 85
XL	> 209	> 95	> 187	> 85

For any questions or concerns, please contact us at :

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