

# Could I have a problem with my heart rhythm?

## My heart feels out of sync sometimes

Electrical signals coordinate how and when the heart beats. Heart rhythm disorders (known as arrhythmias) occur when those signals get mixed up.

If you've noticed your heart beating oddly or you've felt faint, weak or dizzy, don't ignore it. While some heart rhythm issues are harmless - though unsettling - others are serious and need to be treated.

**Fill out this worksheet and share it with your care team.** Your answers will help decide whether you may have an arrhythmia and could benefit from testing or monitoring.



## ▶ Things that can make an arrhythmia more likely

The following conditions or habits can make heart rhythm problems more likely.

Have you or do you have a history of:

- Congenital heart defect (one that you were born with)  Yes  No
- Heart attack  Yes  No
- Heart surgery  Yes  No
- For what reason: \_\_\_\_\_
- Blocked or narrowing in the heart's arteries (coronary artery disease)  Yes  No
- High blood pressure  Yes  No
- Diabetes  Yes  No
- Heavy alcohol use (more than 2 drinks per day)  Yes  No
- Smoking/tobacco use  Yes  No

- Sleep apnea  Yes  No
- Underactive or overactive thyroid  Yes  No
- Dehydration  Yes  No
- Some illnesses or viruses (for example, the flu, pneumonia or COVID-19)  Yes  No
- A family member with a heart rhythm disorder or heart disease. If so, who (grandparent, parent, brother, sister):  Yes  No

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## Symptoms checklist

Do you have heart palpitations?  Yes  No

If yes, please explain what they feel like:

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Does your heart feel like it is: (Check all that apply)

- |  |  |
|--|--|
| <input type="checkbox"/> Racing                                    | <input type="checkbox"/> Skipping or missing beats |
| <input type="checkbox"/> Pounding                                  | <input type="checkbox"/> Beating too slowly        |
| <input type="checkbox"/> Fluttering or flip-flopping in your chest | <input type="checkbox"/> Other:                    |

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Do you notice that your symptoms:

- Start and stop within a short period of time
- Last for a while



Arrhythmias may not cause any signs or symptoms. In some cases, they are found when your clinician listens to your heart or does a routine electrocardiogram that records your heart's electrical activity.

**Do you ever feel:**

	Always	Most of the time	Some of the time	Never	What were you doing?
Short of breath Does this happen with exercise, at rest or both: _____ _____					
Lightheaded or dizzy					
Faint or have fainting spells					
Chest pain, discomfort or pressure					
Weak					
Jittery or anxious					
Sweaty					
Other:					

## Possible triggers

If you have noted any symptoms, do they tend to happen more with or after certain activities?

Yes  No

If, yes, which ones? (Check all that apply)

Exercise

After drinking alcohol

After smoking or using tobacco

Not getting enough sleep

When standing up or sitting up from lying down

Certain medications, including cold and allergy medications

When sick or recovering from a virus (for example, the flu, pneumonia, COVID)

Extreme stress

Lack of water (dehydration)

Other: \_\_\_\_\_