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
- Underactive or overactive thyroid
- Dehydration
- Some illnesses or viruses (for example, the flu, pneumonia or COVID-19)
- A family member with a heart rhythm disorder or heart disease. If so, who (grandparent, parent, brother, sister):

________________________________________________________

________________________________________________________

Symptoms checklist

Do you have heart palpitations? ☐ Yes ☐ No
If yes, please explain what they feel like:

________________________________________________________

________________________________________________________

Does your heart feel like it is: (Check all that apply)
☐ Racing
☐ Pounding
☐ Fluttering or flip-flopping in your chest
☐ Skipping or missing beats
☐ Beating too slowly
☐ Other:

________________________________________________________

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:

<table>
<thead>
<tr>
<th></th>
<th>Always</th>
<th>Most of the time</th>
<th>Some of the time</th>
<th>Never</th>
<th>What were you doing?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short of breath</td>
<td></td>
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<tr>
<td>Does this happen</td>
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<td>with exercise, at rest</td>
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<td>or both:</td>
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<td>Lightheaded or dizzy</td>
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<td>Faint or have fainting</td>
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<td>spells</td>
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<td>Chest pain, discomfort</td>
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<td>or pressure</td>
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<td>Weak</td>
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<td>Jittery or anxious</td>
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<td>Sweaty</td>
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<tr>
<td>Other:</td>
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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: ____________________________________________