

The Ultimate Study Guide

EMERGENCY MEDICAL SERVICES (EMS) AND PUBLIC SAFETY TRAINING



EKG Anatomy



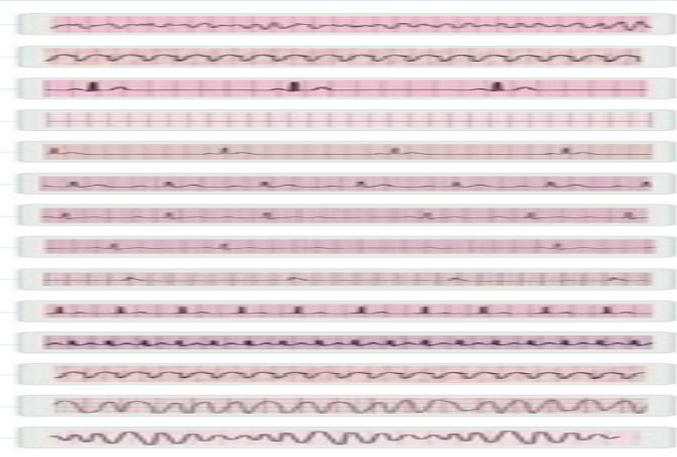
WAVE: Represents the electrical activity of the SA node. It is the first wave to appear on the EKG tracing. It is a small, upright wave that precedes the QRS complex. It is the only wave that is visible on a standard 12-lead EKG tracing.

QRS COMPLEX: Represents the electrical activity of the AV node, bundle of His, bundle branches, and Purkinje fibers. It is the largest wave on the EKG tracing. It is a complex of three waves: the Q wave (a small, deep, narrow wave), the R wave (a tall, narrow, upright wave), and the S wave (a small, deep, narrow wave).

T WAVE: Represents the electrical activity of the ventricles. It is a large, upright wave that follows the QRS complex. It is the final wave on the EKG tracing.

EKG Rhythms

- Normal Sinus Rhythm:** Regular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. PR interval is 0.12-0.20 seconds. QRS complex is narrow.
- Sinus Bradycardia:** Regular rhythm with a rate < 60 bpm. P waves are present and upright in leads I, II, and aVF. PR interval is 0.12-0.20 seconds. QRS complex is narrow.
- Sinus Tachycardia:** Regular rhythm with a rate > 100 bpm. P waves are present and upright in leads I, II, and aVF. PR interval is 0.12-0.20 seconds. QRS complex is narrow.
- First Degree AV Block:** Regular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. PR interval is > 0.20 seconds. QRS complex is narrow.
- Second Degree AV Block Type I (Wenckebach):** Regular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. PR interval progressively lengthens until a QRS complex is dropped.
- Second Degree AV Block Type II (Mobitz II):** Regular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. PR interval is constant, but some QRS complexes are dropped.
- Third Degree AV Block (Complete Heart Block):** Irregular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. QRS complexes are dropped and independent of the P waves.
- First Degree Bundle Branch Block:** Regular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. PR interval is 0.12-0.20 seconds. QRS complex is narrow.
- Second Degree Bundle Branch Block Type I (Mobitz II):** Regular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. PR interval is constant, but some QRS complexes are dropped.
- Third Degree Bundle Branch Block (Complete Heart Block):** Irregular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. QRS complexes are dropped and independent of the P waves.
- Left Bundle Branch Block:** Regular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. PR interval is 0.12-0.20 seconds. QRS complex is narrow.
- Right Bundle Branch Block:** Regular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. PR interval is 0.12-0.20 seconds. QRS complex is narrow.
- Left Bundle Branch Block (LBBB):** Regular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. PR interval is 0.12-0.20 seconds. QRS complex is narrow.
- Right Bundle Branch Block (RBBB):** Regular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. PR interval is 0.12-0.20 seconds. QRS complex is narrow.
- Left Bundle Branch Block (LBBB):** Regular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. PR interval is 0.12-0.20 seconds. QRS complex is narrow.
- Right Bundle Branch Block (RBBB):** Regular rhythm with a rate of 60-100 bpm. P waves are present and upright in leads I, II, and aVF. PR interval is 0.12-0.20 seconds. QRS complex is narrow.



Electrical Therapy Basics



- Defibrillation:** The process of delivering a high-energy electrical shock to the heart to restore a normal rhythm. It is used for ventricular fibrillation and pulseless ventricular tachycardia.
- Synchronized Cardioversion:** The process of delivering a lower-energy electrical shock to the heart to restore a normal rhythm. It is used for atrial fibrillation, atrial flutter, and ventricular tachycardia with a pulse.
- Transcutaneous Pacing:** The process of delivering a low-energy electrical shock to the heart to maintain a normal rhythm. It is used for bradycardia and asystole.

Airway Management



- Oral Airway:** A device used to maintain the airway in patients who are unconscious and have a patent airway. It is inserted into the mouth and held in place by the tongue.
- Nasopharyngeal Airway:** A device used to maintain the airway in patients who are unconscious and have a patent airway. It is inserted into the nose and held in place by the soft palate.
- Endotracheal Intubation:** The process of inserting a tube into the trachea to maintain the airway. It is used for patients who are unconscious and have a patent airway.

Post-Resuscitation Care



- Follow the ABCs:** Airway, Breathing, Circulation. These are the first steps in providing life support to a patient who is unconscious and has a patent airway.
- Monitor:** Monitor the patient's vital signs and level of consciousness. This is important to ensure that the patient is stable and that the airway is patent.
- Transport:** Transport the patient to the hospital as quickly as possible. This is important to ensure that the patient receives the best possible care.

Acute Coronary Syndromes (ACS)

- Unstable Angina:** Chest pain that is not relieved by rest or nitroglycerin. It is a sign of a partially blocked coronary artery.
- ST Segment Elevation MI (STEMI):** A heart attack that is caused by a completely blocked coronary artery. It is characterized by ST segment elevation on the EKG.
- Non-ST Segment Elevation MI (NSTEMI):** A heart attack that is caused by a partially blocked coronary artery. It is characterized by ST segment depression on the EKG.



Stroke Assessment and Treatment

- Recognize and Treat the Signs and Symptoms of Stroke:** Stroke is a medical emergency. It is important to recognize the signs and symptoms of stroke and to seek medical attention as quickly as possible.
- Recognize and Treat the Signs and Symptoms of Stroke:** Stroke is a medical emergency. It is important to recognize the signs and symptoms of stroke and to seek medical attention as quickly as possible.

Code Termination

- Consult with Medical Director Before Code Termination:** It is important to consult with the medical director before terminating a code. This is to ensure that the patient's best interests are being served.
- Recognize and Treat the Signs and Symptoms of Stroke:** Stroke is a medical emergency. It is important to recognize the signs and symptoms of stroke and to seek medical attention as quickly as possible.

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