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Terminology and definition

Arrhythmia

Arrhythmia

Arrhythmia is a disturbance in the normal electrical activity of the heart, leading to irregular heartbeats. It can be caused by various factors, including structural heart disease, electrolyte imbalances, and stress. Arrhythmias can range from benign to life-threatening.

Normal Sinus Rhythm

Normal Sinus Rhythm: Regular rhythm with a rate of 60-100 bpm. P waves precede each QRS complex.

Normal Sinus Bradycardia

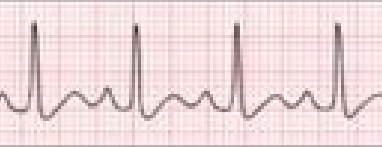
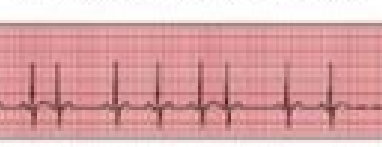
Normal Sinus Bradycardia: Regular rhythm with a rate less than 60 bpm. P waves precede each QRS complex.

Normal Sinus Tachycardia

Normal Sinus Tachycardia: Regular rhythm with a rate greater than 100 bpm. P waves precede each QRS complex.

Normal Sinus Arrhythmia

Normal Sinus Arrhythmia: Irregular rhythm with a rate of 60-100 bpm. P waves precede each QRS complex.

EKG Interpretation Cheat Sheet			
Arrhythmias	Description	Causes	Treatment
Sinus Arrhythmia 	- Irregular atrial and ventricular rhythms. - Normal P waves preceding each QRS complex.	- Normal variation of normal sinus rhythm in athletes, children, and the elderly. - Can be seen in digoxin toxicity and inferior wall MI.	Asymptomatic: No treatment.
Sinus Tachycardia 	- Atrial and ventricular rhythms are regular. - Rate > 100 bpm. - Normal P waves preceding each QRS complex.	- Normal physiologic response to fever, exercise, anxiety, dehydration, or pain. - May accompany shock, left-sided heart failure, cardiac tamponade, hyperthyroidism, and anemia. - Medications: sympathomimetics, caffeine, nicotine, and alcohol use.	- Correction of underlying cause. - Beta-adrenergic blockers or calcium channel blockers for symptomatic patients.
Sinus Bradycardia 	- Regular atrial and ventricular rhythms. - Rate < 60 bpm. - Normal P waves preceding each QRS complex.	- Normal in a well-conditioned heart (e.g., athletes). - Increased intracranial pressure: increased vagal tone due to straining during defecation, vomiting, micturition, mechanical ventilation.	- Follow ACLS protocol for administration of atropine for symptoms of low cardiac output, dizziness, weakness, altered LOC, or low blood pressure. - Atropine.
Sinoatrial (SA) arrest or block 	- Atrial and ventricular rhythms are normal except for missing complexes. - Normal P waves preceding each QRS complex. - P waves not equal to multiple of the previous rhythm.	- Infection. - Coronary artery disease. - Depression, heart disease, acute inferior wall MI. - High stimulation: vagal/parasympathetic, carotid sinus massage.	- Treat symptoms with atropine (1 mg). - Temporary pacemaker or permanent pacemaker if considered for repeated episodes.
Wandering atrial pacemaker 	- Atrial and ventricular rhythms vary slightly. - Irregular PR interval. - P waves irregular with changing configurations indicating that they aren't all from the same or single atrial focus; may appear after the QRS complex. - QRS complexes are uniform in shape but irregular in rhythm.	- Emphysema: cardiac due to inflammation involving the SA node. - Digoxin toxicity. - SAK sinus syndrome.	- No treatment if patient is asymptomatic. - Treatment of underlying cause if patient is symptomatic.
Premature atrial contraction (PAC) 	- Premature, abnormal looking P wave that differs in configuration from normal P waves. - QRS complex after P waves occur in very early or blocked (PAC). - P wave often buried in the preceding T wave or identified in the preceding T wave.	- May produce supraventricular tachycardia. - Stimulants, hyperthyroidism, COPD, infection and other heart diseases.	- Usually no treatment is needed. - Treatment of underlying cause if the patient is symptomatic. - Control sinus massage.

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