


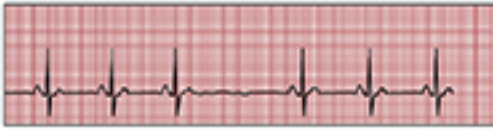




# Heart Arrhythmias

## Cheat Sheet

### EKG Interpretation Cheat Sheet

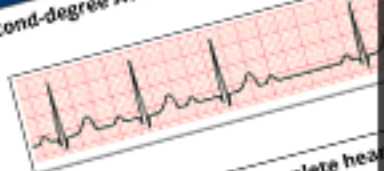
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Arrhythmias	Description	Causes	Treatment
<b>Sinus Arrhythmia</b> 	<ul style="list-style-type: none"> <li>Irregular atrial and ventricular rhythms.</li> <li>Normal P wave preceding each QRS complex.</li> </ul>	<ul style="list-style-type: none"> <li>Normal variation of normal sinus rhythm in athletes, children, and the elderly.</li> <li>Can be seen in digoxin toxicity and inferior wall MI.</li> </ul>	<ul style="list-style-type: none"> <li>Atropine if rate decreases below 40bpm.</li> </ul>
<b>Sinus Tachycardia</b> 	<ul style="list-style-type: none"> <li>Atrial and ventricular rhythms are regular.</li> <li>Rate &gt; 100 bpm.</li> <li>Normal P wave preceding each QRS complex.</li> </ul>	<ul style="list-style-type: none"> <li>Normal physiologic response to fever, exercise, anxiety, dehydration, or pain.</li> <li>May accompany shock, left-sided heart failure, cardiac tamponade, hyperthyroidism, and anemia.</li> <li>Atropine, epinephrine, quinine, caffeine, nicotine, and alcohol use.</li> </ul>	<ul style="list-style-type: none"> <li>Correction of underlying cause.</li> <li>Beta-adrenergic blockers or calcium channel blockers for symptomatic patients.</li> </ul>
<b>Sinus Bradycardia</b> 	<ul style="list-style-type: none"> <li>Regular atrial and ventricular rhythms.</li> <li>Rate &lt; 60 bpm.</li> <li>Normal P wave preceding each QRS complex.</li> </ul>	<ul style="list-style-type: none"> <li>Normal in a well-conditioned heart (e.g., athletes).</li> <li>Increased intracranial pressure; increased vagal tone due to straining during defecation, vomiting, induction, mechanical ventilation.</li> </ul>	<ul style="list-style-type: none"> <li>Follow ACLS protocol for administration of atropine for symptoms of low cardiac output, dizziness, weakness, altered LOC, or low blood pressure.</li> <li>Pacemaker</li> </ul>
<b>Sinoatrial (SA) arrest or block</b> 	<ul style="list-style-type: none"> <li>Atrial and ventricular rhythms are normal except for missing complexes.</li> <li>Normal P wave preceding each QRS complex.</li> <li>Pause not equal to multiple of the previous rhythm.</li> </ul>	<ul style="list-style-type: none"> <li>Infection</li> <li>Coronary artery disease, degenerative heart disease, acute inferior wall MI</li> <li>Vagal stimulation, Valsalva's maneuver, carotid sinus massage.</li> </ul>	<ul style="list-style-type: none"> <li>Treat symptoms with atropine IV.</li> <li>Temporary pacemaker or permanent pacemaker if considered for repeated episodes.</li> </ul>
<b>Wandering atrial pacemaker</b> 	<ul style="list-style-type: none"> <li>Atrial and ventricular rhythms vary slightly.</li> <li>Irregular PR interval.</li> <li>P waves irregular with changing configurations indicating that they aren't all from SA node or single atrial focus; may appear after the QRS complex.</li> <li>QRS complexes are uniform in shape but irregular in rhythm.</li> </ul>	<ul style="list-style-type: none"> <li>Rheumatic carditis due to inflammation involving the SA node.</li> <li>Digoxin toxicity</li> <li>Sick sinus syndrome</li> </ul>	<ul style="list-style-type: none"> <li>No treatment if patient is asymptomatic.</li> <li>Treatment of underlying cause if patient is symptomatic.</li> </ul>
<b>Premature atrial contraction (PAC)</b> 	<ul style="list-style-type: none"> <li>Premature, abnormal-looking P waves that differ in configuration from normal P waves.</li> <li>QRS complexes after P waves except in very early or blocked PACs.</li> <li>P wave often buried in the preceding T wave or identified in the preceding T wave.</li> </ul>	<ul style="list-style-type: none"> <li>May precede supraventricular tachycardia.</li> <li>Sinusitis, hyperthyroidism, COPD, infection and other heart diseases.</li> </ul>	<ul style="list-style-type: none"> <li>Usually no treatment is needed.</li> <li>Treatment of underlying causes if the patient is symptomatic.</li> <li>Carotid sinus massage.</li> </ul>

### EKG Interpretation Cheat Sheet

Arrhythmias

Second-degree AV block Mobitz I (Wenckebach)



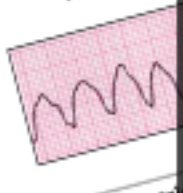
Third-degree AV block (complete heart block)



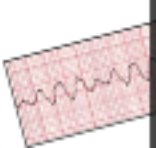
Premature ventricular contraction (PVC)



Ventricular tachycardia (VT)



Ventricular fibrillation (VF)



### Cheat Sheet

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Causes

Arrhythmias

Second-degree AV block Mobitz I (Wenckebach)

Third-degree AV block (complete heart block)

Premature ventricular contraction (PVC)

Ventricular tachycardia (VT)

Ventricular fibrillation (VF)

Treatment

Atropine

Atropine

Atropine

Atropine

Atropine

Atropine

Atropine

Atropine

Atropine