

The Ultimate Study Guide

EMERGENCY MEDICAL SERVICES (EMS) AND PUBLIC SAFETY TRAINING



EKG ANATOMY



Wave - The electrical activity that occurs during the heart's cycle. The P wave represents atrial depolarization, the QRS complex represents ventricular depolarization, and the T wave represents ventricular repolarization.

Interval - The time between two waves or complexes. The PR interval is the time between the P wave and the QRS complex, and the QT interval is the time between the start and end of the QRS complex.

Rate - The number of heartbeats per minute. A normal heart rate is between 60 and 100 bpm.

EKG Rhythms

- Normal Sinus Rhythm** - Regular rhythm with a rate of 60-100 bpm. Each P wave is followed by a QRS complex, which is followed by a T wave.
- Bradycardia** - A heart rate that is slower than normal, usually below 60 bpm.
- Tachycardia** - A heart rate that is faster than normal, usually above 100 bpm.
- Arrhythmia** - An irregular heart rhythm.
- First Degree AV Block** - A delay in the conduction of the electrical impulse from the atria to the ventricles.
- Second Degree AV Block** - A partial block of the electrical impulse, resulting in some P waves not being followed by a QRS complex.
- Third Degree AV Block** - A complete block of the electrical impulse, resulting in P waves and QRS complexes that are independent of each other.
- Bundle Branch Block** - A delay or blockage in the bundle branches, which are the main pathways for the electrical impulse to travel down the heart.
- Myocardial Infarction (MI)** - A heart attack, which is caused by a blockage of the coronary arteries.
- ST Segment Elevation MI (STEMI)** - A type of heart attack that is characterized by a significant elevation of the ST segment on the EKG.
- Non-ST Segment Elevation MI (NSTEMI)** - A type of heart attack that is characterized by a non-specific ST segment on the EKG.
- Unstable Angina** - Chest pain that is not caused by a heart attack but is a warning sign of one.
- Acute Coronary Syndrome (ACS)** - A term used to describe a group of conditions that affect the heart, including heart attacks and unstable angina.



Electrical Therapy Basics



- Defibrillation** - The process of delivering a high-energy electrical shock to the heart to restore a normal rhythm.
- Synchronized Cardioversion** - The process of delivering a lower-energy electrical shock to the heart, synchronized with the R wave of the QRS complex.
- Transcutaneous Pacing** - The process of delivering a low-energy electrical current to the heart through the skin to maintain a normal heart rate.

Airway Management



- Supine** - Lying on the back.
- Head-tilt/chin-lift** - A technique used to open the airway by tilting the head back and lifting the chin.
- Jaw-thrust** - A technique used to open the airway by pushing the jaw forward.
- Manual in-line stabilization** - A technique used to stabilize the neck and prevent movement during airway management.
- Endotracheal intubation** - The process of inserting a tube into the trachea to provide a secure airway.
- Supraglottic airway devices** - Devices that sit above the vocal cords to provide a secure airway.

Post-Resuscitation Care



- Follow the ABCs** - Airway, Breathing, Circulation.
- Monitor vital signs** - Heart rate, blood pressure, oxygen saturation, and level of consciousness.
- Provide ongoing care** - Continue to provide life support and monitor for complications.
- Transport to the hospital** - Get the patient to the hospital as quickly as possible.

Acute Coronary Syndromes (ACS)

- Unstable Angina** - Chest pain that is not caused by a heart attack but is a warning sign of one.
- STEMI** - ST Segment Elevation MI (STEMI) - A type of heart attack that is characterized by a significant elevation of the ST segment on the EKG.
- NSTEMI** - Non-ST Segment Elevation MI (NSTEMI) - A type of heart attack that is characterized by a non-specific ST segment on the EKG.
- ACS Treatment** - Aspirin, nitroglycerin, and oxygen.
- ACS Prevention** - Healthy diet, exercise, and not smoking.



Stroke Assessment and Treatment

- Stroke Assessment** - FAST (Face, Arm, Speech, Time).
- Stroke Treatment** - Aspirin, tPA, and surgery.
- Stroke Prevention** - Healthy diet, exercise, and not smoking.

Code Termination

- Consult with medical control before code termination.**
- Document the code termination.**
- Provide ongoing care.**

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Fast Response Acls Study Guide

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