

The Ultimate Study Guide

EMERGENCY MEDICAL SERVICES (EMS) AND PUBLIC SAFETY TRAINING



EKG Anatomy



Wave - A wave is a disturbance that travels through a medium. **Amplitude** - The height of the wave from the baseline. **Frequency** - The number of waves that pass a point in a given amount of time. **Wavelength** - The distance between two consecutive waves. **Period** - The time it takes for one complete wave to pass a point.

EKG Rhythms

- Normal Sinus Rhythm** - Regular rhythm with a rate of 60-100 bpm, P waves before each QRS, and a PR interval of 0.12-0.20 seconds.
- Sinus Bradycardia** - Regular rhythm with a rate less than 60 bpm.
- Sinus Tachycardia** - Regular rhythm with a rate greater than 100 bpm.
- Sinus Arrest** - Absence of P waves for a brief period.
- Sinus Exit Block** - P waves are present but no QRS complexes follow.
- First Degree AV Block** - P waves are present, but the PR interval is prolonged.
- Second Degree AV Block Type I (Wenckebach)** - P waves are present, but the PR interval progressively lengthens until a QRS complex is dropped.
- Second Degree AV Block Type II (Mobitz II)** - P waves are present, but some QRS complexes are dropped.
- Third Degree AV Block** - P waves and QRS complexes are dissociated.
- Bundle Branch Block** - Abnormal QRS complex due to delayed conduction in one or both bundle branches.
- Myocardial Infarction (MI)** - ST segment elevation or depression, and T wave inversion.
- Pre-excitation Syndromes** - Short PR interval and narrow QRS complex.
- ECG Changes in Hypertension** - Left ventricular hypertrophy (LVH) with a tall R wave in leads V5 and V6.
- ECG Changes in Coronary Artery Disease** - ST segment depression and T wave inversion.
- ECG Changes in Hyperkalemia** - Peaked T waves and a widened QRS complex.
- ECG Changes in Hypokalemia** - Flattened T waves and a prolonged QT interval.



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 to restore a normal rhythm.
- Transcutaneous Pacing** - The process of delivering a low-energy electrical current to the heart to maintain a normal rhythm.

Airway Management



- Supine** - The patient is lying on their back.
- Prone** - The patient is lying on their stomach.
- Head Elevation** - The patient's head is tilted back to open the airway.
- Head Tilt** - The patient's head is tilted back to open the airway.
- Head Flexion** - The patient's head is tilted forward to open the airway.

Post-Resuscitation Care



- Follow the ABCs** - Airway, Breathing, Circulation.
- Monitor** - Monitor vital signs and oxygen saturation.
- Fluids** - Administer fluids as needed.
- Medications** - Administer medications as needed.
- Temperature** - Monitor and maintain normal body temperature.
- Acid-Base Balance** - Monitor and maintain normal acid-base balance.
- Coagulation** - Monitor and maintain normal coagulation.
- Electrolytes** - Monitor and maintain normal electrolyte levels.
- Organ Function** - Monitor and maintain normal organ function.
- Psychological Support** - Provide psychological support to the patient and family.

Acute Coronary Syndromes (ACS)

- Unstable Angina** - Chest pain that is not relieved by rest or nitroglycerin.
- ST Segment Elevation MI (STEMI)** - Chest pain with ST segment elevation on ECG.
- Non-ST Segment Elevation MI (NSTEMI)** - Chest pain with ST segment depression or T wave inversion on ECG.
- Myocardial Infarction (MI)** - Chest pain with ST segment elevation or depression on ECG.
- Coronary Artery Disease (CAD)** - Narrowing of the coronary arteries.
- Coronary Artery Bypass Grafting (CABG) Surgery** - Surgical procedure to bypass blocked coronary arteries.



Stroke Assessment and Treatment

- Stroke Assessment** - Use the FAST acronym: Face, Arm, Speech, Time.
- Stroke Treatment** - Administer tPA if appropriate.
- Stroke Prevention** - Control blood pressure, cholesterol, and diabetes.
- Stroke Rehabilitation** - Physical therapy, occupational therapy, and speech therapy.

Code Termination

- Consult with Medical Director Before Code Termination** - Always consult with the medical director before terminating a code.
- Document** - Document the code termination and the reasons for it.
- Support** - Provide emotional support to the family and staff.

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