

The Ultimate ACLS Study Guide

AN EASY-TO-USE GUIDE TO THE LATEST ECLS GUIDELINES FOR THE 2020 AHA ECLS COURSE



EKG Anatomy



P Wave - represents electrical activity in the SA Node. Prolonged P wave indicates a delay in conduction. **PR Interval** - represents the time between the P wave and the QRS complex. Prolonged PR interval indicates a delay in conduction. **QRS Complex** - represents the electrical activity of the ventricles. A narrow QRS complex indicates a normal conduction system. A wide QRS complex indicates a bundle branch block or a ventricular tachycardia. **T Wave** - represents the electrical activity of the ventricles. A tall T wave indicates a hyperkalemia or a myocardial infarction. A flat T wave indicates a hypokalemia or a myocardial infarction.

ECG Rhythms

Ventricular Fibrillation Irregular, chaotic, no discernible P waves, QRS complexes, or T waves.	
Ventricular Tachycardia Rapid, regular, narrow QRS complex. P waves are absent. QRS complex is wide and abnormal.	
Supraventricular Tachycardia Rapid, regular, narrow QRS complex. P waves are present.	
Abrystole No discernible P waves, QRS complexes, or T waves. No electrical activity.	
Sinus Bradycardia Slow, regular, narrow QRS complex. P waves are present. Heart rate is less than 60 beats/minute.	
1st Degree AV Block Slow, regular, narrow QRS complex. P waves are present. PR interval is prolonged.	
2nd Degree Block Type I - Wenckebach Slow, regular, narrow QRS complex. P waves are present. PR interval is prolonged and then drops.	
2nd Degree Block Type II - Mobitz Slow, regular, narrow QRS complex. P waves are present. Some P waves are dropped.	
3rd Degree Block Slow, regular, narrow QRS complex. P waves are present. P waves and QRS complexes are dissociated.	
Sinus Tachycardia Rapid, regular, narrow QRS complex. P waves are present. Heart rate is greater than 100 beats/minute.	
Supraventricular Tachycardia Rapid, regular, narrow QRS complex. P waves are present. Heart rate is greater than 100 beats/minute.	
Paroxysmal Supraventricular Tachycardia Rapid, regular, narrow QRS complex. P waves are present. Heart rate is greater than 100 beats/minute.	
Polymorphic Ventricular Tachycardia Rapid, irregular, wide QRS complex. P waves are absent.	
Torsades de Pointes Rapid, irregular, wide QRS complex. P waves are absent. Heart rate is greater than 100 beats/minute.	



Electrical Therapy Basics



Defibrillation - use of external defibrillator (AED) to restore normal cardiac rhythm. **Synchronized Cardioversion** - use of external defibrillator (AED) to restore normal cardiac rhythm. **Transcutaneous Pacing** - use of external defibrillator (AED) to restore normal cardiac rhythm.

Airway Management



Adjuvants - use of adjuncts to airway management. **Endotracheal Intubation** - use of endotracheal tube to provide mechanical ventilation. **Supraglottic Airway** - use of supraglottic airway device to provide mechanical ventilation. **Respiratory Support** - use of respiratory support device to provide mechanical ventilation.

Post-Resuscitation Care

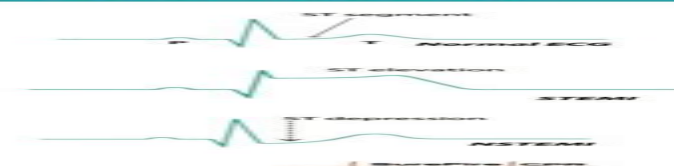


Follow the ABCs - Airway, Breathing, Circulation. **Endotracheal Intubation** - use of endotracheal tube to provide mechanical ventilation. **Supraglottic Airway** - use of supraglottic airway device to provide mechanical ventilation. **Respiratory Support** - use of respiratory support device to provide mechanical ventilation.

Acute Coronary Syndromes (ACS)

Unstable Angina - chest pain due to poor blood flow to the heart muscle. **Myocardial Infarction** - chest pain due to a blocked artery. **Angioplasty** - use of a catheter to open a blocked artery.

ST Segment Elevation MI (STEMI) - chest pain due to a blocked artery. **Non-ST Segment Elevation MI (NSTEMI)** - chest pain due to a blocked artery. **Unstable Angina** - chest pain due to poor blood flow to the heart muscle.



Stroke Assessment and Treatment

Stroke Assessment - use of assessment tools to determine if a stroke is present. **Stroke Treatment** - use of treatment tools to treat a stroke.

Cincinnati Prehospital Stroke Scale:

1. Arm Drift
2. Face Smiling
3. Language Speaking



Code Termination

Consult with medical control before code termination.

- 1. Exhaustive efforts 25 minutes or longer.
- 2. Obvious signs of death, without resuscitation efforts.



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Study Guide For Bls And Acls

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