

The Ultimate ACLS Study Guide

ADVANCED LIFE SUPPORT IN THE PREHOSPITAL SETTING
 PROVIDING QUALITY CARE TO YOUR PATIENTS AND YOURSELF



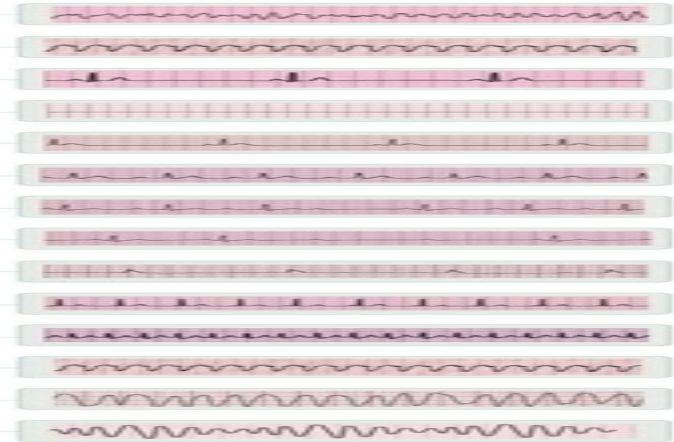
EKG Anatomy



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 prolonged QRS complex indicates a delay in conduction.
T Wave - represents the electrical activity of the ventricles. A prolonged T wave indicates a delay in conduction.

ECG Rhythms

- Ventricular Fibrillation** - Irregular, chaotic, and disorganized electrical activity. Immediate CPR immediately.
- Ventricular Tachycardia** - Rapid, regular, and organized electrical activity. Prolonged QRS complex. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave.
- Supraventricular Tachycardia** - Rapid, regular, and organized electrical activity. Prolonged QRS complex. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave.
- Atrial Fibrillation** - Irregular, chaotic, and disorganized electrical activity. Prolonged QRS complex. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave.
- Sinus Bradycardia** - Slow, regular, and organized electrical activity. Prolonged QRS complex. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave.
- 1st Degree AV Block** - Prolonged PR interval. Prolonged QRS complex. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave.
- 2nd Degree Block Type I - Wenckebach** - Prolonged PR interval. Prolonged QRS complex. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave.
- 2nd Degree Block Type II - Mobitz** - Prolonged PR interval. Prolonged QRS complex. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave.
- 3rd Degree Block** - Prolonged PR interval. Prolonged QRS complex. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave.
- Sinus Tachycardia** - Rapid, regular, and organized electrical activity. Prolonged QRS complex. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave.
- Supraventricular Tachycardia** - Rapid, regular, and organized electrical activity. Prolonged QRS complex. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave.
- Paroxysmal Supraventricular Tachycardia** - Rapid, regular, and organized electrical activity. Prolonged QRS complex. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave.
- Polymorphic Ventricular Tachycardia** - Rapid, irregular, and disorganized electrical activity. Prolonged QRS complex. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave.
- Torsades de Pointes** - Rapid, irregular, and disorganized electrical activity. Prolonged QRS complex. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave. Prolonged QT interval. Prolonged ST segment. Prolonged T wave.



Electrical Therapy Basics



Defibrillation - Use of external defibrillator (AED) to restore normal cardiac rhythm.
Synchronized Cardioversion - Shock synchronized to specific ECG wave.
Transcutaneous Pacing - Treats abnormally slow heart rate.

Airway Management



Adjuvants -
 - Oropharyngeal Airway (OPA) - Use for unconscious patients.
 - Nasopharyngeal Airway (NPA) - Use for unconscious patients with a head injury.
Advanced Airway -
 - Endotracheal Intubation - Recommended method.
 - Esophageal Intubation - Use if endotracheal intubation fails.

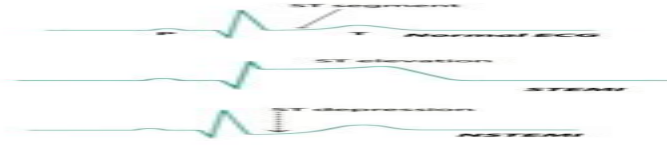
Post-Resuscitation Care



Follow the ABCs:
 - Airway - Maintain airway and oxygenation.
 - Breathing - Monitor oxygen saturation and respiratory rate.
 - Circulation - Monitor heart rate and blood pressure.
 - Disability - Monitor level of consciousness.
 - Exposure - Monitor for injuries.

Acute Coronary Syndromes (ACS)

- Unstable Angina** - Chest pain due to poor blood flow to the heart muscle.
 - Chest pain at rest or with minimal exertion.
 - Chest pain lasting more than 20 minutes.
 - Chest pain that is not relieved by rest or nitroglycerin.
- ST Segment Elevation MI (STEMI)** - Chest pain due to a blocked coronary artery.
 - Chest pain lasting more than 20 minutes.
 - Chest pain that is not relieved by rest or nitroglycerin.
 - ST segment elevation on ECG.
- Non-ST Segment Elevation MI (NSTEMI)** - Chest pain due to a partially blocked coronary artery.
 - Chest pain lasting more than 20 minutes.
 - Chest pain that is not relieved by rest or nitroglycerin.
 - ST segment depression or ST segment T wave inversion on ECG.



Stroke Assessment and Treatment

Stroke Assessment:
 - Look for signs of stroke (face, arm, leg weakness, speech difficulty, vision changes, etc.).
 - Use the Cincinnati Prehospital Stroke Scale (CPSS) to assess stroke.
Stroke Treatment:
 - Administer aspirin if no contraindications.
 - Administer tPA if indicated and within the time window.

Code Termination

Consult with medical control before code termination.
 - Document time and location of code termination.
 - Document signs of death (pupils, reflexes, etc.).

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Michele Kunz Acls Study Guide

JS Bruner



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ACLS Certification Exam Q&a with Explanations Michele G. Kunz, Joseph C. Kunz (Jr.), 2015-03-23 Updated using the latest guidelines and research

BLS Certification Exam Q&a with Explanations Michele G. Kunz, Joseph C. Kunz, Jr., 2013-01-01 This book is specifically geared toward healthcare students and new healthcare professionals that are preparing to take the BCLS and CPR certification exam for the first time This book will also give the seasoned healthcare professional lots of great review information as well as a way to update themselves on the latest research and guidelines Whichever certifying agency's program you are taking either in a classroom or on the internet this book and its contents will help you succeed in this course In this book we give you all the essential information that you will need to successfully pass the certification course and exam on your first attempt

Zombie Notes ACLS Certification Exam Prep Michele G. Kunz, 2011-01-01 This laminated study guide is for the American Heart Association Certification class and exam for ACLS Advanced Cardiac Life Support This study guide is available on Amazon com

Zombie Notes ACLS Certification Exam Preparation Michele G. Kunz, 2004-12-01 ACLS memorization study guide for medical and nursing students and RN's MD's LPN's NP's PA's that are studying for the ACLS exam

ACLS Certification Exam Q&a with Explanations Joseph Kunz, Michele Kunz, 2021-07-28 THIS IS THE NEW 2021 EDITON 101 Questions that cover all aspects of the ACLS exam plus the answers with explanations This book is specifically geared toward healthcare professionals and students preparing to take the ACLS certification exam This book will also give seasoned healthcare professionals lots of great review information and a way to update themselves on the latest research and guidelines Whichever certifying agency's program you are taking either in a classroom or online this book will help you succeed in the ACLS course In this book we give you all the essential information you ll need to pass the certification course and exam HOW THIS BOOK WILL HELP YOU PASS THE ACLS CERTIFICATION EXAM We have created a video for every topic and chapter in this book all available on YouTube Lots of practical and usable information and advice about the ACLS class and exam 101 practice questions that cover every possible medical and nursing scenario and topic on the ACLS certification exam No confusing wrong answers to clutter your brain This book together with Michele's YouTube videos will greatly reduce your test taking anxiety All information in this book has been updated to the current guidelines Michele is always available for your email questions about this book or any aspect of nursing or hospital work THIS BOOK IS FOR ALL HEALTHCARE PROVIDERS AND EMERGENCY RESPONDERS THAT MUST BE READY TO PROVIDE EMERGENCY CARE FOR ADULTS SUCH AS Physicians MD's DO's DPM's Nurses Paramedics Emergency Medical Technicians Physician's Assistants Nurse Practitioners Residents and Fellows Medical and Nursing Students Medical and Nursing Assistants Dentists For all licensed healthcare professionals MICHELE G KUNZ MSN ANP RN NPD BC AHA Certified Instructor specializing in providing AHA Certification classes in ACLS BLS and ACLS since 1984 Critical Care Nursing Educator at Mercy Medical Center Rockville Centre NY In nursing and critical care since 1975

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Zombie Notes ACLS Terminology Michele G. Kunz,2015-03-01 *Zombie Notes PALS Certification Exam Prep* Michele G. Kunz,2011-01-01 This is a laminated study guide for the American Heart Association Certification Exam class and test for PALS Pediatric Advanced Life Support This study guide is available on Amazon com [ACLS Certification Exam Q&A With Explanations](#) Joseph C. Kunz Jr,Michele G. Kunz,2019-08-20 ACLS Certification Exam Q A With Explanations will certainly help you pass any Advanced Cardiac Life Support Certification Course As you look through the book you will quickly see that this book s format is different from all other review and test preparation books This book is specifically geared toward healthcare students and new healthcare professionals that are preparing to take the ACLS certification exam for the first time This book will also give the seasoned healthcare professional lots of great review information as well as a way to update themselves on the latest research and guidelines Whichever certifying agency s program you are taking either in a classroom or on the internet this book and its contents will help you succeed in this course In this book we give you all the essential information that you will need to successfully pass the certification course and exam on your first attempt ACLS Certification Exam Q A With ExplanationsMedia Kit For This BookThe Q A With Explanations Test Prep And Review GuidesPass The ACLS Certification Exam On Your First Attempt ACLS Certification Exam Q A With ExplanationsAuthor Michele G KunzAuthor Joseph C Kunz Jr Foreword Dr Peter WoodsUpdated and expanded for 2017 using the latest guidelines and research Amazon logoLook Inside This BookAnd Buy Now From AmazonBook DescriptionFrom The IntroductionACLS Certification Exam Q A With Explanations will certainly help you pass any Advanced Cardiac Life Support Certification

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Zombie Notes BCLS Certification Exam Prep Michele G. Kunz, 2011-01-01 This laminated study guide is for the American Heart Association Certification class and exam for BCLS Basic Cardiac Life Support. This study guide is available on Amazon.com.

Zombie Notes EKG Basics Michele G. Kunz, 2011-02-01 This laminated study chart includes the most important information healthcare professionals must memorize to successfully understand and interpret electrocardiograms (ECG/EKG). This information is also very helpful for the American Heart Association (AHA) certification exams for ACLS, BCLS, and PALS. Although a lot of information is included on the two pages, it is easy to see, easy to read, and easy to follow. Many thousands of nurses and other healthcare professionals have used this study chart. These charts were first developed by Michele in 1985. They have progressed to their current form and are kept up to the minute accurate. Special Features: Mnemonics, Easy to read, Thick heavy-duty baked on plastic lamination. Watch a video about this study guide in HD on YouTube. See more about this study guide on Amazon.

The Art of Mindful Nursing Primer Michele G. Kunz, Joseph C. Kunz, Jr., 2005 The Art of Mindful Nursing: A Nurse's Blueprint for Mastering Life, Advancing Your Career, and Achieving Professional Excellence is a transformative guide designed to introduce nurses to the powerful practice of mindfulness. Rooted in the challenges and rewards of modern nursing, this book provides essential tools to help nurses balance the demands of their profession with their personal well-being. In today's fast-paced healthcare environments, nurses often face

overwhelming stress burnout and emotional fatigue This book addresses these challenges head on by offering practical mindfulness techniques that are easy to integrate into daily routines Through chapters that explore core mindfulness principles real life case studies and actionable strategies readers are guided on a journey to becoming more present compassionate and resilient in their practice The book delves into foundational practices such as mindful breathing listening and self reflection empowering nurses to connect deeply with their patients and themselves It also highlights the benefits of mindfulness including improved patient care better communication reduced stress and enhanced professional satisfaction Nurses will learn to cultivate greater focus and empathy reduce medical errors and build stronger relationships with colleagues and patients Designed for nurses at all stages of their careers from students to seasoned professionals this book offers a practical and inspiring roadmap to achieve personal and professional growth Written with warmth and insight by a veteran nurse educator and healthcare professional The Art of Mindful Nursing invites readers to embrace mindfulness as a vital tool to elevate their careers nurture their well being and rediscover the profound joy and purpose at the heart of nursing

The Art of Mindful Nursing Affirmations Joseph C. Kunz, Jr., Michele G. Kunz, 2025-03 Unlock Weekly Inspiration with The Art of Mindful Nursing Affirmations 52 Weeks of Wisdom and Wellness for Nurses Are you a nurse striving to find balance cultivate resilience and bring renewed purpose to your career The Art of Mindful Nursing Affirmations is your weekly guide to embracing mindfulness fostering emotional well being and navigating the challenges of nursing with confidence and compassion This beautifully crafted book offers 52 powerful affirmations grouped into 12 monthly themes to inspire and uplift you throughout the year From building resilience and managing stress to strengthening patient relationships and celebrating personal growth each affirmation empowers you to thrive both professionally and personally Start each week with a fresh dose of wisdom tailored to the unique journey of nursing Let The Art of Mindful Nursing Affirmations be your companion in creating a mindful meaningful and rewarding nursing career [Zombie Notes](#)

[Bradycardia - Heart Blocks](#) Michele G. Kunz, 2011-01-01 This laminated study guide includes the most important information healthcare professionals must memorize to be successful in interpreting bradycardia heart blocks Many thousands of nurses and other healthcare professionals have used this study chart These charts were first developed by Michele in 1985 They have progressed to their current form and are kept up to the minute accurate Special Features Mnemonics 6 second ekg ecg strips Easy to read follow Thick heavy duty baked on plastic lamination Watch a video about this study guide in HD on YouTube This study guide is available on Amazon com *PALS Certification Exam Q&A With Explanations* Joseph C. Kunz Jr, Michele G. Kunz, 2019-08-26 PALS Certification Exam Q A With Explanations will certainly help you pass any Pediatric Advanced Life Support Certification Course As you look through the book you will quickly see that this book s format is different from all other review and test preparation books This book is specifically geared toward healthcare students and new healthcare professionals that are preparing to take the PALS certification exam for the first time This book will also give

the seasoned healthcare professional lots of great review information as well as a way to update themselves on the latest research and guidelines. Whichever certifying agency's program you are taking either in a classroom or on the internet, this book and its contents will help you succeed in this course. In this book, we give you all the essential information that you will need to successfully pass the certification course and exam on your first attempt. Joe and I have been teaching this course to healthcare professionals and students since 1984. We know what works and what doesn't when it comes to helping our students be successful. We had to develop almost all of the study materials for our students by ourselves because very little existed at the time. The Zombie Notes Study Charts were some of the first study aids we developed to help our students learn a large amount of information very quickly. We know that this format works very well because hundreds of thousands of healthcare professionals and students in hospitals and colleges all over the world have used this handy, no-nonsense chart to help them successfully pass the ACLS certification exams. Therefore, in order for you to be successful on the certification exam and on the job, we expect you to memorize every bit of information contained within the Zombie Notes Study Charts and within this book. It is essential that you know this information by heart and can recall it at a moment's notice. This information is not only essential for the exam but for your career and the survival of your patients as well. **How This Book Will Help You** This book will help you pass the PALS certification exam on your first attempt. We have created a video for every topic and article in this book, all available on YouTube.com/MicheleKunz. Lots of practical and usable information and advice about the PALS class and exam, 101 practice questions that cover every possible medical and nursing scenario and topic on the PALS certification exam. No confusing wrong answers to clutter your brain. Contains all the essential information for PALS exam success. This book together with Michele's YouTube videos will greatly reduce your test-taking anxiety. All information in this book has been updated to the current guidelines. Michele is always available for your email questions about this book or any aspect of nursing or hospital work. Hot tips for surviving your first code. Hot tips to help you memorize lots of new information. Learn all of the biggest myths about the AED. Who This Book Is Meant For: All licensed healthcare providers and emergency responders such as Physicians MD's DO's DPM's Nurses Paramedics Emergency Medical Technicians Physician's Assistants Nurse Practitioners Residents and Fellows Medical and Nursing Students Medical and Nursing Assistants Dentists. For all licensed healthcare professionals. [BCLS Memorization Guide](#) Michele G. Kunz, 2004-12-01. BCLS memorization study guide for medical and nursing students and RN's MD's LPN's NP's PA's that are studying for the BCLS exam.

Zombie Notes PALS Terminology Michele G. Kunz, 2015-03-01 **Zombie Notes Shock and Stages of Shock** Michele G. Kunz, 2011-02-01. This laminated study guide gives you the three stages of shock with body reaction, general signs and symptoms, and the general treatment. The eight shock types with the cause, common culprits, and effect. This information is also important for the ACLS, BCLS, PALS, and PEARS certification exams. Although a lot of information is included on the two pages, it is easy to see, easy to read, and easy to follow. Many thousands of nurses and other healthcare professionals have

used this study chart These charts were first developed by Michele in 1985 They have progressed to their current form and are kept up to the minute accurate Special Features Mnemonics Easy to read Thick heavy duty baked on plastic lamination Watch a video about this study guide in HD on YouTube See more about this study guide on Amazon *Zombie Notes Quick and Easy Guides for Healthcare Professionals and Students* Michele G. Kunz, Joseph C. Kunz, Jr., 2012-08-01 Everything you need to know about the AHA BLS and CPR certification class exam so that you can painlessly pass it on your first attempt Includes four of the Zombie Notes Study Charts Three full practice exams created by Nurse Michele that simulate the actual written exam and cover every possible medical scenario and topic on the BLS and CPR certification exam Michele also gives you an easy to understand explanation of every question and answer All the information advice and guidance you need to pass the entire AHA certification class the written exam the skills stations and the lecture

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