

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 narrow QRS complex indicates a normal conduction system, while a wide QRS complex indicates a bundle branch block or ventricular tachycardia.
T Wave - represents the repolarization of the ventricles. A tall, peaked T wave indicates hyperkalemia, while a flattened T wave indicates hypokalemia.

ECG Rhythms

- Ventricular Fibrillation** - Irregular, chaotic, and disorganized electrical activity. Immediate CPR immediately.
- Ventricular Tachycardia** - Rapid, regular, and narrow QRS complex. Immediate CPR if unstable.
- Bradycardia** - Slow heart rate, usually less than 60 bpm. Treat if symptomatic.
- Asystole** - No electrical activity on EKG. If leads are OK, discontinue CPR immediately.
- Sinus Bradycardia** - Heart rate less than 60 bpm. Treat if symptomatic.
- 1st Degree AV Block** - Prolonged PR interval. Rarely treated.
- 2nd Degree Block Type I - Wenckebach** - Progressive PR prolongation followed by a dropped QRS.
- 2nd Degree Block Type II - Mobitz** - Fixed PR interval with dropped QRS complexes.
- 3rd Degree Block** - Complete dissociation between P waves and QRS complexes.
- Sinus Tachycardia** - Heart rate greater than 100 bpm. Treat if symptomatic.
- Supraventricular Tachycardia** - Rapid, regular, and narrow QRS complex. Treat if symptomatic.
- Polymorphic Ventricular Tachycardia** - Rapid, irregular, and wide QRS complex. Immediate CPR.
- Torsades de Pointes** - Rapid, irregular, and wide QRS complex. Immediate CPR.
- Long QT Syndrome** - Prolonged QT interval. Treat if symptomatic.



Electrical Therapy Basics



- Defibrillation** - Used to treat ventricular fibrillation (VF) and pulseless ventricular tachycardia (VT).
- Synchronized Cardioversion** - Used to treat atrial fibrillation (AF), atrial flutter (AFL), and supraventricular tachycardia (SVT).
- Transcutaneous Pacing** - Used to treat symptomatic bradycardia.

Airway Management



- Adjuvants** - Used to facilitate intubation.
- Endotracheal Tube (ETT)** - Used for mechanical ventilation.
- Supraglottic Airway** - Used as an alternative to ETT.
- Bag-Valve-Mask (BVM)** - Used for manual ventilation.

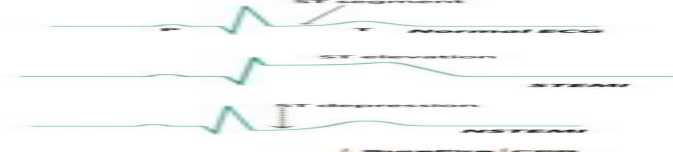
Post-Resuscitation Care



- Follow the ABCs** - Airway, Breathing, Circulation.
- Temperature** - Maintain normothermia.
- Glucose** - Maintain blood glucose levels.
- Acidosis** - Monitor and treat acidosis.
- Coagulopathy** - Monitor and treat coagulopathy.
- Thrombocytopenia** - Monitor and treat thrombocytopenia.
- Electrolyte Imbalance** - Monitor and treat electrolyte imbalances.
- Organ Dysfunction** - Monitor and treat organ dysfunction.
- Neurological Assessment** - Monitor and treat neurological symptoms.
- Psychological Support** - Provide psychological support to the patient and family.

Acute Coronary Syndromes (ACS)

- Unstable Angina** - Chest pain at rest, not relieved by nitroglycerin.
- ST Segment Elevation MI (STEMI)** - Chest pain with ST segment elevation on EKG.
- Non-ST Segment Elevation MI (NSTEMI)** - Chest pain with ST segment depression or T wave inversion on EKG.



Stroke Assessment and Treatment

- Cincinnati Prehospital Stroke Scale** - A quick and easy way to assess for stroke.
- Stroke Assessment** - Look for facial droop, arm drift, and speech abnormalities.
- Stroke Treatment** - Administer aspirin and oxygen.

Code Termination

- Consult with medical control before code termination.**
- Document the code termination.**
- Provide psychological support to the family.**

This document is for informational purposes only and should not be used as a substitute for professional medical advice.

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