

The Ultimate ACLS Study Guide

AN EASY-TO-USE GUIDE TO ALL THE INFORMATION YOU NEED TO PASS YOUR ACLS EXAM



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. Immediate defibrillation.
- Ventricular Tachycardia** - Irregular, rapid, and disorganized. Prolonged QRS complex. Immediate defibrillation if not responsive to treatment.
- Bradycardia** - Irregular, slow, and disorganized. Immediate treatment if symptomatic.
- Asystole** - No electrical activity. Immediate CPR. If no response, stop CPR immediately.
- Sinus Bradycardia** - Regular, slow, and organized. Immediate treatment if symptomatic.
- 1st Degree AV Block** - Regular, slow, and organized. Immediate treatment if symptomatic.
- 2nd Degree Block Type I - Wenckebach** - Regular, slow, and organized. Immediate treatment if symptomatic.
- 2nd Degree Block Type II - Mobitz** - Regular, slow, and organized. Immediate treatment if symptomatic.
- 3rd Degree Block** - Regular, slow, and organized. Immediate treatment if symptomatic.
- Sinus Tachycardia** - Regular, fast, and organized. Immediate treatment if symptomatic.
- Supraventricular Tachycardia** - Regular, fast, and organized. Immediate treatment if symptomatic.
- Polymorphic Ventricular Tachycardia** - Irregular, fast, and disorganized. Immediate treatment if symptomatic.
- Torsades de Pointes** - Irregular, fast, and disorganized. Immediate treatment 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 bradycardia and asystole.

Airway Management



- Adjuvants** - Used to assist with airway management.
- Endotracheal Intubation** - Used to insert a tube into the trachea.
- Supraglottic Airway** - Used to insert a device into the mouth.
- Rescue Airway** - Used to insert a device into the mouth.

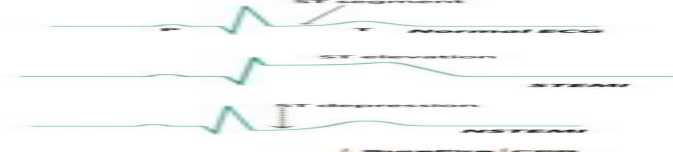
Post-Resuscitation Care



- Follow the ABCs** - Airway, Breathing, Circulation.
- Temperature** - Maintain body temperature between 36°C and 38°C.
- Glucose** - Monitor blood glucose levels.
- Acidosis** - Monitor blood pH levels.
- Coagulopathy** - Monitor coagulation status.
- Thrombocytopenia** - Monitor platelet counts.
- Renal Dysfunction** - Monitor kidney function.
- Neurological Assessment** - Monitor brain function.

Acute Coronary Syndromes (ACS)

- Unstable Angina** - Chest pain due to poor blood flow.
- ST Segment Elevation MI (STEMI)** - Heart attack with ST segment elevation.
- Non-ST Segment Elevation MI (NSTEMI)** - Heart attack with ST segment depression.



Stroke Assessment and Treatment

Use the Cincinnati Prehospital Stroke Scale to assess for stroke.

- Cincinnati Prehospital Stroke Scale** - A quick and easy way to assess for stroke.
- 1. Face** - Ask the patient to smile.
- 2. Arm** - Ask the patient to raise both arms.
- 3. Speech** - Ask the patient to say a sentence.



Code Termination

- Consult with medical control before code termination.**
- 1. Exhaustive efforts 25 minutes or longer.**
- 2. Exhaustive efforts 20 minutes or longer.**
- 3. Exhaustive efforts 15 minutes or longer.**
- 4. Exhaustive efforts 10 minutes or longer.**



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Michele Kunz Acls Study Guide

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