

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 - atrial depolarization activity in the lower right atrium. It is the first wave seen on an EKG. It is usually small and upright. It is usually followed by a QRS complex.

QRS Complex - ventricular depolarization activity in the lower left ventricle. It is the largest wave seen on an EKG. It is usually followed by a T wave.

T Wave - ventricular repolarization activity in the lower left ventricle. It is the last wave seen on an EKG. It is usually small and upright. It is usually followed by a P wave.

ECG Rhythms

Ventricular Fibrillation Irregular, disorganized, chaotic, no discernible QRS complexes.	
Ventricular Tachycardia Rapid, regular, wide QRS complexes. P waves are absent.	
Pathologic Electrical Activity Abnormal ECG findings that are not normal.	
Abrupt Occurs on ECG if leads are all disconnected. ECG immediately.	
Sinus Bradycardia Heart rate less than 60 beats/minute.	
1st Degree AV Block Prolonged AV interval. Rarely.	
2nd Degree Block Type I - Wenckebach Prolonged PR interval. Usually followed by a premature beat.	
2nd Degree Block Type II - Mobitz Prolonged PR interval. Usually followed by a premature beat.	
3rd Degree Block Prolonged PR interval. Usually followed by a premature beat.	
Sinus Tachycardia Heart rate greater than 100 beats/minute.	
Supraventricular Tachycardia Rapid, regular, narrow QRS complexes. P waves are present.	
Refractory Ventricular Tachycardia Rapid, regular, wide QRS complexes. P waves are absent.	
Polymorphic Ventricular Tachycardia Rapid, irregular, wide QRS complexes. P waves are absent.	
Torsades de Pointes Rapid, irregular, wide QRS complexes. P waves are absent.	



Electrical Therapy Basics



Defibrillation - use external defibrillator (AED) to restore normal cardiac rhythm.

Synchronized Cardioversion - shock synchronized to specific ECG.

Transcutaneous Pacing - treats abnormally slow heart rate.

Airway Management



Adjuvants

- Endotracheal CO2 Sphygmomanometer - use for monitoring CO2 levels.
- Endotracheal Sphygmomanometer - use for monitoring blood pressure.
- Endotracheal Sphygmomanometer - use for monitoring heart rate.

Advanced Airway

- Endotracheal Intubation - recommended method.
- Endotracheal Intubation - use if other methods fail.
- Endotracheal Intubation - use if other methods fail.

Post-Resuscitation Care



Follow the ABCs:

- Airway - ensure airway is open and clear.
- Breathing - ensure breathing is adequate.
- Circulation - ensure circulation is adequate.

Other considerations:

- Temperature - maintain normal body temperature.
- Acidosis - correct acidosis.
- Coagulopathy - correct coagulopathy.

Acute Coronary Syndromes (ACS)

Unstable Angina

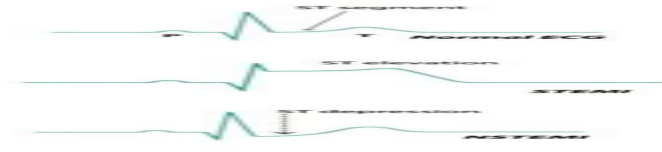
- Intermittent chest pain.
- Anginal pain at rest.
- Anginal pain lasting more than 20 minutes.

ST Segment Elevation MI (STEMI)

- ST segment elevation on ECG.
- Immediate reperfusion therapy.
- Primary percutaneous coronary intervention (PPCI).

Non-ST Segment Elevation MI (NSTEMI)

- ST segment depression on ECG.
- Immediate reperfusion therapy.
- Primary percutaneous coronary intervention (PPCI).



Stroke Assessment and Treatment

Stroke Assessment

- Assess for signs and symptoms of stroke.
- Assess for risk factors for stroke.
- Assess for potential complications of stroke.

Stroke Treatment

- Administer aspirin.
- Administer tPA.
- Administer statins.

Code Termination

Consult with medical control before code termination.

- Exhaustive resuscitation efforts.
- Exhaustive resuscitation efforts.

Code Termination

- Exhaustive resuscitation efforts.
- Exhaustive resuscitation efforts.

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Michele G. Kunz



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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

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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

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may 10 2022 in this video watch paul s sourdough masterclass in full enjoy 100g strong white bread flour 100ml tepid

water to feed the starter each time 60g strong white

the ultimate focaccia paul hollywood - Nov 15 2022

mar 16 2023 ingredients 500g strong white bread flour 8g fine salt 10g fast action dried yeast 30ml olive oil plus extra for oiling 370ml water 75g pitted kalamata black olives 1 small red onion 10 cherry tomatoes 1 tbsp dried oregano about 150ml olive oil to drizzle flaky sea salt method 1

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put the loaf tray on the middle shelf and bake for 25 minutes then lower the oven to 200 c 392 f gas mark 6 and bake for 10 15 minutes more until the crust has a good colour hold the loaf in a tea towel and tap the bottom if it sounds hollow it s

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the ultimate focaccia

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ingredients 500g 1lb 2oz strong flour 15g ½oz salt 55ml 2fl oz olive oil 20g ¾oz fresh yeast 275ml 9fl oz water how to videos method mix all the ingredients in a large bowl taking care not to put

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