

The Ultimate Study Guide

EMERGENCY MEDICAL SERVICES (EMS) AND PARAMEDICAL EDUCATION



EKG ANATOMY



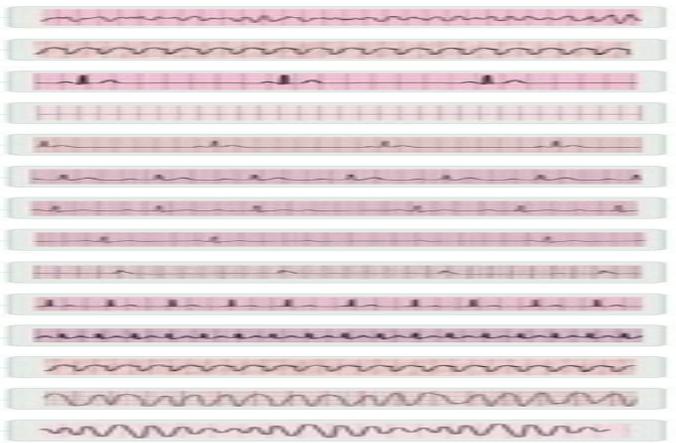
WAVE - The wave that represents the electrical activity of the heart. The P wave represents the atria, the QRS complex represents the ventricles, and the T wave represents the ventricles during repolarization.

INTERVAL - The time between two waves or complexes. The PR interval is the time between the P wave and the QRS complex, and the QT interval is the time between the start and end of the QRS complex.

AXIS - The direction of the electrical current. The normal axis is between -30 and +90 degrees.

EKG Rhythms

- Normal Sinus Rhythm** - Regular rhythm with a rate of 60-100 bpm, P waves before each QRS, and a PR interval of 0.12-0.20 sec.
- Sinus Bradycardia** - Regular rhythm with a rate less than 60 bpm.
- Sinus Tachycardia** - Regular rhythm with a rate greater than 100 bpm.
- Sinus Arrest** - Absence of P waves for a brief period.
- Sinus Exit Block** - Absence of P waves for a brief period.
- First Degree AV Block** - Prolonged PR interval.
- Second Degree AV Block Type I (Wenckebach)** - Progressive PR prolongation followed by a dropped QRS.
- Second Degree AV Block Type II (Mobitz II)** - Dropped QRS complexes without PR prolongation.
- Third Degree AV Block** - Complete dissociation between P waves and QRS complexes.
- Bundle Branch Block** - Abnormal QRS complex morphology.
- Myocardial Infarction (MI)** - ST segment elevation or depression.
- Myocardial Ischemia** - ST segment depression.
- Myocardial Injury** - ST segment depression.
- Myocardial Death** - ST segment depression.



Electrical Therapy Basics



- Defibrillation** - The process of delivering a high-energy electrical shock to the heart to restore a normal rhythm.
- Synchronized Cardioversion** - The process of delivering a lower-energy electrical shock to the heart to restore a normal rhythm.
- Transcutaneous Pacing** - The process of delivering a low-energy electrical shock to the heart to maintain a normal rhythm.

Airway Management



- Endotracheal Intubation** - The process of inserting a tube into the trachea to provide a clear airway.
- Supraglottic Airway** - The process of inserting a device into the mouth to provide a clear airway.
- Respiratory Support** - The process of providing oxygen and ventilation to the patient.

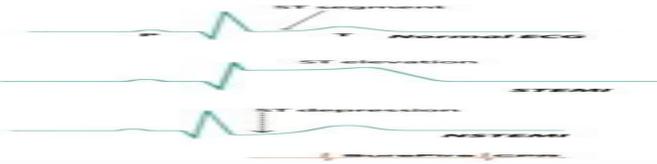
Post-Resuscitation Care



- Follow the ABCs** - Airway, Breathing, Circulation.
- Temperature Management** - Maintain a normal body temperature.
- Glucose Management** - Maintain a normal blood glucose level.
- Acid-Base Balance** - Maintain a normal pH level.
- Electrolyte Balance** - Maintain normal levels of sodium, potassium, and calcium.
- Organ Protection** - Monitor and manage organ function.

Acute Coronary Syndromes (ACS)

- Unstable Angina** - Chest pain at rest or with minimal exertion.
- 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 on EKG.



Stroke Assessment and Treatment

- Cincinnati Prehospital Stroke Scale** - A simple tool for assessing stroke.
- NIHSS** - A more comprehensive tool for assessing stroke.
- FAST** - Face, Arm, Speech, Time.



Code Termination

- Consult with medical control before code termination.**
- Document the code termination.**
- Provide appropriate patient care.**



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Didier Musso



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Table of Contents Acls Study Guide 2014

1. Understanding the eBook Acls Study Guide 2014
 - The Rise of Digital Reading Acls Study Guide 2014
 - Advantages of eBooks Over Traditional Books
2. Identifying Acls Study Guide 2014
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Acls Study Guide 2014
 - User-Friendly Interface
4. Exploring eBook Recommendations from Acls Study Guide 2014

- Personalized Recommendations
- Acls Study Guide 2014 User Reviews and Ratings
- Acls Study Guide 2014 and Bestseller Lists
- 5. Accessing Acls Study Guide 2014 Free and Paid eBooks
 - Acls Study Guide 2014 Public Domain eBooks
 - Acls Study Guide 2014 eBook Subscription Services
 - Acls Study Guide 2014 Budget-Friendly Options
- 6. Navigating Acls Study Guide 2014 eBook Formats
 - ePub, PDF, MOBI, and More
 - Acls Study Guide 2014 Compatibility with Devices
 - Acls Study Guide 2014 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Acls Study Guide 2014
 - Highlighting and Note-Taking Acls Study Guide 2014
 - Interactive Elements Acls Study Guide 2014
- 8. Staying Engaged with Acls Study Guide 2014
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Acls Study Guide 2014
- 9. Balancing eBooks and Physical Books Acls Study Guide 2014
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Acls Study Guide 2014
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Acls Study Guide 2014
 - Setting Reading Goals Acls Study Guide 2014
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Acls Study Guide 2014

- Fact-Checking eBook Content of Acls Study Guide 2014
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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