

# The Ultimate ACS Study Guide

Advanced Cardiac Life Support (ACLS) provides guidelines for healthcare professionals for all types of cardiac emergencies.



## EKG Anatomy



**P-Wave** = electrical activity in the upper heart chambers; represents contraction of SA node and AV node.  
**PR Interval** = time from P wave to QRS complex.  
**QRS Complex** = ventricular depolarization.  
**ST Segment** = ventricular repolarization.  
**T-Wave** = polarization of upper heart.

## ECG Rhythms

**Ventricular Fibrillation** - no organized blood, immediate defibrillation.

**Ventricular Tachycardia** - ventricular arrhythmia; heart rate 100-250 bpm, immediate cardioversion.

**P纈tential &逸搏 (Fibrillation Activity)** - fibrillation is fibrillation but activity is fibrillation and immediate CPR.

**Atrial Fibrillation** - on EKG, if leads are all connected, begin CPR immediately.

**Sinus Bradycardia** - rate less than 60 bpm, no cause/minute, pharmacological if symptomatic.

**1st Degree AV Block** - prolonged PR interval, fibrillarity.

**2nd Degree Block Type I - Wenckebach** - progressive PR interval, fibrillarity, pharmacological if symptomatic.

**2nd Degree Block Type II - Mobitz I** - ventricular fibrillation, fibrillarity.

**3rd Degree Block** - between SA and AV nodes, fibrillation, pharmacology, and defibrillation.

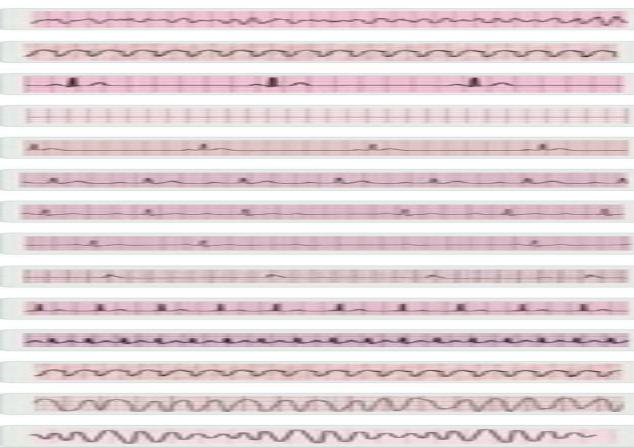
**Sinus Tachycardia** - increased heart rate of 100-150 beats per minute, pharmacological if symptomatic.

**Supraventricular Tachycardia** - increased heart rate of 100-250 beats per minute, pharmacological if symptomatic.

**Monomorphic Ventricular Tachycardia** - pharmacological for stable patients, immediate cardioversion.

**Polyomorphic Ventricular Tachycardia** - cardiovert with different drugs and CPR.

**Torsades de Pointes** - different types of QRS complexes form a spiral pattern on EKG, immediate magnesium.



## Electrical Therapy Basics



## Airway Management



**Defibrillation** - uses an automated external defibrillator (AED).  
**Stroke-Related Cardioversion** - shock synchronized to the heart's point.  
**Transcutaneous Pacing** - treats abnormally slow heart rate.

## Post-Resuscitation Care



### Follow the ABCDs:

- Airway - maintain ventilation and oxygenation
- Breathing - keep PETCO<sub>2</sub> between 35-40mmHg
- Circulation - maintain mean arterial pressure of 90mmHg
- Differential Diagnosis - use H&Ts to determine contributing factors to cardiac arrest

## Acute Coronary Syndromes (ACS)

### Unstable Angina

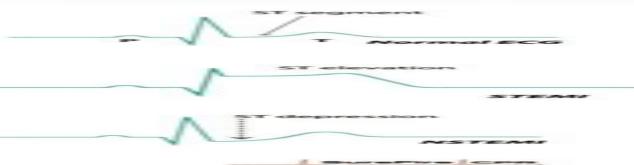
- unexpected chest pain due to poor blood flow
- blood thinners
- aspirin

### ST-Segment Elevation MI (STEMI)

- total blockage of a coronary artery
- electrical activity during the ST-segment shows ST-segment elevation
- coronary intervention (PCI) or CABG surgery

### Non-ST-Segment Elevation MI (NSTEMI)

- partial blockage of a coronary artery
- ST-segment depressed instead of elevated, no thrombolytic
- pharmacotherapy, immediate percutaneous coronary intervention (PCI) or CABG surgery



## Stroke Assessment and Treatment

Cardiovascular disease is a frequent complication after an acute ischemic stroke. If a stroke is suspected, immediately transport to the nearest Stroke Receiving Center.

### Cincinnati Prehospital Stroke Scale:

1. Age over 60
2. Arm drift
3. Speech

you can't teach an old dog new tricks!



## Code Termination

Consult with medical control before code termination.



- persistent asystole 25 minutes or longer
- obvious signs of death, withhold resuscitation efforts

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# Acls Practical Study Guide

**Barbara Aehlert**

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