

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 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 rhythm.	
Ventricular Tachycardia Rapid, regular rhythm. Prolonged QRS complex.	
Pathologic Electrical Activity Prolonged QT interval.	
Abrystole No electrical activity on EKG. If leads are all disconnected, begin CPR immediately.	
Sinus Bradycardia Heart rate less than 60 beats/minute.	
1st Degree AV Block Prolonged PR interval. Rarely.	
2nd Degree Block Type I - Wenckebach Prolonged PR interval. Usually followed by a dropped QRS.	
2nd Degree Block Type II - Mobitz Prolonged PR interval. Usually followed by a dropped QRS.	
3rd Degree Block Prolonged PR interval. Usually followed by a dropped QRS.	
Sinus Tachycardia Heart rate greater than 100 beats/minute.	
Supraventricular Tachycardia Rapid, regular rhythm. Prolonged QRS complex.	
Polymorphic Ventricular Tachycardia Rapid, irregular rhythm. Prolonged QRS complex.	
Polymorphic Ventricular Tachycardia Rapid, irregular rhythm. Prolonged QRS complex.	
Torsades de Pointes Rapid, irregular rhythm. Prolonged QRS complex.	



Electrical Therapy Basics



Defibrillation - use external defibrillator (AED).
Synchronized Cardioversion - shock synchronized to specific ECG.
Transcutaneous Pacing - treats abnormally slow heart rate.

Airway Management



Adjuvants
 - Oropharyngeal Airway - use for unconscious patients.
 - Nasopharyngeal Airway - use for unconscious patients.
 - Endotracheal Tube - use for unconscious patients.
Advanced Airway
 - Endotracheal Tube - recommended method.
 - Nasopharyngeal Airway - use if endotracheal tube is not available.

Post-Resuscitation Care



Follow the ABCs:
 - Airway - ensure airway is open and oxygenation.
 - Breathing - ensure breathing is adequate.
 - Circulation - ensure circulation is adequate.
 - Differential diagnosis - use Hx and Tx to determine contributing factors.

Acute Coronary Syndromes (ACS)

Unstable Angina
 - Chest pain at rest.
 - Chest pain with exertion.
 - Angioplasty to open a narrow or blocked artery.

ST Segment Elevation MI (STEMI)
 - Chest pain at rest.
 - Chest pain with exertion.
 - Angioplasty to open a narrow or blocked artery.

Non-ST Segment Elevation MI (NSTEMI)
 - Chest pain at rest.
 - Chest pain with exertion.
 - Angioplasty to open a narrow or blocked artery.

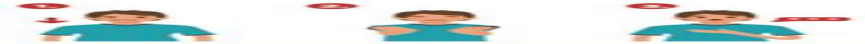


Stroke Assessment and Treatment

Consider stroke if patient has sudden onset of focal neurological deficits. If a stroke is present, call for help and begin treatment.

Cincinnati Prehospital Stroke Scale:

1. Arm Drift
2. Face Smiles
3. Language Understands



Code Termination

Consult with medical control before code termination.

- 1. Exhaustive efforts 25 minutes or longer.
- 2. Obvious signs of death, without resuscitation efforts.



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Acls Practical Study Guide

Barbara Aehlert



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