- How to calculate HR? ____ Regular: 300/R-R intensits large square _US___ irregular: QRs in large so boxes * 10.
- QRS Narrow : Rythem from AV node and above US Wicle: Bellow AV (Abnormal conduction)
- Note: when looking als p waves look opecifically als back 2 and 4,
- How to know if you have normal corcliac axis : 2 ways: 🗉 lead I and AVA D if lead I is the and AVA complete
- locking at vz if the then this is normal if negative then abnormal TI lock at lead 1+2+3 • Amplitude ______ low : if limb lead +0.5 or periandul lead +1.0 prime 22 Causes at law Hypothyroid, Amyloidosis, periandul effusion ______ and _____ High ._____ High calca called p. pulmonale) ____ peried, pointy p wave + >25mm applicable
 - ventrules (3) It (also called p. mitral) -> while p wave >0.12 + Biphasic p wave + -ve p wave in U

 $\bigcirc lt: if : \bigoplus R in AVl \ge 11 \text{ mm } \underline{a} \oplus S in V3 + R in AVl > 24 in men or > 20 in women-$

- (3) Rt: if: (1) in lead $v_1 R > 6mm$ or (RIS robio is >1 and negative Twave) (B) R in AVR > Q in AVR or R in AVR > 5mm
 - PR interval (normal is 0-12-20) if longer then this is a block and if Shorter this is an accessory podhway
 - GRS (normal is less than 0.12) if more (around 0.16) then this is a ventricular cause
 - Or interval : if more than 460 in male or 470 in females -5 this is borsade de points
 - T wave interston? this is bad prograsis indicative of: 1) provinal LAD acclusion 2) intractorial hervirhage
 - Hyperacute Twave ? Seen in 1) Hyperkalemia 2) STEME



Premature Complexes

Premature complexes = extra beats that occur earlier than expected in the normal heart rhythm. These beats can arise from atria, AV junction, or ventricles.

They are caused by **increased automaticity** (spontaneous firing) or **triggered activity** (afterdepolarizations), often linked to things that stimulate the **sympathetic system**, like:

- Exercise 🚴
- Stress or catecholamine release
- Medications (stimulants, digitalis)
- Ischemia or infarction
- Hypoxia
 - Structural heart disease (especially for ventricular)

1. Atrial Premature Contractions (PACs)

ECG Features:

- Narrow QRS
- A **P** wave appears *before* the QRS, but earlier than normal.
- A **pause** follows before the next beat.
- QRS is **normal** because the ventricles conduct normally.

Why? The atria fire early \rightarrow impulse travels normally through AV node and His-Purkinje \rightarrow normal QRS.

Symptoms:

- Mostly asymptomatic (people don't feel them).
- May cause palpitations in some.

Treatment:

- **Observe only** if there are no symptoms.
- If symptomatic, give:
- Beta-blockers
- Treat underlying cause (e.g., anxiety, caffeine, electrolyte imbalance).

2. Ventricular Premature Contractions (PVCs)

ECG Features:

- Wide QRS complex (because conduction is through muscle, not the fast His-Purkinje system).
- No visible P wave before the QRS (the atria didn't fire or it's buried inside the wide QRS).

Why? The impulse originates from the ventricle, bypassing the normal conduction system \rightarrow slow conduction \rightarrow wide QRS. Symptoms:

- May be felt as "skipped beats" or "thumps".
- Often **benign** in healthy hearts.







3 Re-entery & Macro: Like A. Flatter or Micro: A filb

Treatment:

- If asymptomatic: Reassurance.
- If symptomatic or frequent:
- Beta-blockers
- Investigate for structural heart disease
- Ablation (rare cases)

📌 Summary Table:

Туре	Origin	QRS Width	P Wave	Treatment
PAC	Atria	Narrow	Present (early)	Observe / Beta-
				blockers
PVC	Ventricle	Wide	Absent or hidden	Observe / Beta-
				blockers / Treat cause

1- Sinus Tachycardia

- What it is: Your normal pacemaker (the sinus node) just speeds up.
- ECG look:
- **P** wave (tiny bump) \rightarrow **QRS** (big spike) \rightarrow **T** wave sequence all normal, but closer together.
- Rate: 100–180 bpm.
- Regular spacing.
- How to spot it: Normal shape, narrow QRS (<120 ms), but rate >100 bpm.
- Why it happens: Fever, pain, dehydration, anxiety, thyroid problem, etc.
- Treatment:
- Fix the cause (give fluids, reduce fever, treat pain).
- If no clear cause and still too fast $\rightarrow \beta$ -blocker or ivabradine.
- Ablation is almost never needed.

2- Atrial Fibrillation (AFib)

- What it is: Atria quiver ("fibrillate") instead of a nice squeeze.
- ECG look:
- No P waves—just a wiggly baseline. •
- Irregularly irregular QRS timing.
- Narrow QRS.
- How to spot it: Totally random spacing, no P waves.
- Why it happens: High blood pressure, heart disease, alcohol binge, lung disease, etc.
- Treatment:
- If unstable (low BP, chest pain) or a fib less than 48h or young patient or rate is not controlled or symptomatic \rightarrow immediate
- cardioversion (shock).

If stable \rightarrow slow the rate with β -blockers, diltiazem/verapamil, or digoxin THEN anticoagulant (warfarin or DOAC) only if (a fib

- more than 48 hours Or based on your CHA₂DS₂-VASc stroke risk.)
- Options:
- Warfarin (monitor INR 2.0-3.0)



CHA₂DS₂-VASc Score for Stroke Risk

Factor	Points
Congestive heart failure or LV dysfunction	1
Hypertension (high blood pressure)	1
A₂ ge ≥ 75	2
Diabetes mellitus	1
S₂troke/TIA/thromboembolism history	2
Vascular disease (prior MI, PAD, aortic plaque)	1
A ge 65–74	1
Sc Female sex	1
Total possible	0–9

Score 0 (male) or 1 (female only): low risk \rightarrow no anticoagulation or consider aspirin.

- Score 1 (male) or 2 (female): intermediate \rightarrow consider anticoagulation based on bleeding risk and patient preference.
- Score \geq 2 (male) or \geq 3 (female): high risk \rightarrow anticoagulation recommended

Consider Bleeding Risk: (HAS-BLED Score)

HAS-BLED assesses bleeding risk:

HAS-BLED criteria	Points





History of cardiac surgery Pericarditis

Thyroid disease

Pheochromocytoma Systemic illness (e.g. Infection,) Stress (postoperative, pain, anxiety)

Hyperadrenergic states Cocaine or methamphe

Heart disease: CAD, MI, HTN, mitral valve disease

Pulmonary disease (PE, COPD, Hypoxia)

- pop the pop that a pop the p

Risk of thrombas br ik

H Hypertension (SBP >160 mmHg)	1
A Abnormal renal or liver function	1 or 2
S Stroke history	1
B Bleeding history or predisposition	1
L Labile INR (unstable warfarin control)	1
E Elderly (>65 yrs)	1
D Drugs/alcohol (NSAIDs, antiplatelets, alcohol use)	1 or 2

Score \geq 3: high bleeding risk \rightarrow consider carefully (does not exclude anticoagulation but requires caution).

• Score < 3: lower bleeding risk \rightarrow safer to anticoagulate.

3- Atrial Flutter

- What it is: One big re-entry loop in the atria (usually around the tricuspid valve).
- ECG look:
- Tiny "sawtooth" waves (flutter waves) instead of P waves.
- Often a 2:1 block → about 150 bpm (two flutters for every QRS).
- Narrow QRS.
- **How to spot it:** Sawtooth pattern vs AFib's chaotic baseline.
- Treatment: Same as AFib—rate control, anticoagulation, consider ablation.

Workbook point	What it means in plain language
One focus in the cavotricuspid isthmus (CTI)	Unlike AF (many chaotic foci), typical flutter is a single macro- re-entry loop that circles the right atrium between the <i>tricuspid annulus</i> and the <i>inferior vena cava</i> .
Regular rhythm, saw-tooth waves	On ECG the F-waves march along at \approx 300 bpm, producing the classic "saw-tooth" baseline ; the ventricular response is often exactly half that (2 : 1 block \rightarrow ~150 bpm).
Best seen in leads II, III, aVF	The negative F-waves in the inferior leads make the saw-teeth obvious; V1 often shows positive flutter waves.
Treatment same as AF	Stroke risk and first-line therapy (rate control + anticoagulation) mirror AF.

4- Multifocal Atrial Tachycardia (MAT)

What the Medical Workbook 3 says

- ECG looks "the same as A-fib but P-waves have ≥ 3 different morphologies"
- Cause: "Hypoxia in severe pulmonary diseases such as COPD"
- Treatment:
- First-line → oxygenation
- If that fails → "CCB, β-blockers, digoxin, amiodarone"
- Cardioversion "believed ... ineffective"

Readable breakdown & clinical pearls

- Definition chaotic firing from ≥ 3 distinct atrial sites → wandering atrial pacemaker that speeds up (> 100 bpm).
- Key ECG criteria:
- 1. Rate > 100 bpm (if \leq 100 it's called *wandering atrial pacemaker*).
- 2. Irregular rhythm (variable R-R like AF).
- 3. ≥ 3 P-wave shapes in the same lead (often II, V1).
- 4. Variable PR intervals (each focus conducts differently).
- 5. Narrow QRS (supraventricular origin).
- Classic setting: elderly patient with COPD exacerbation or hypoxaemia—think of MAT whenever you see "irregular tachycardia +

wheezes & oxygen mask."

- Pathophysiology: low O₂ → atrial irritability + catecholamine surge → multiple ectopic foci.
- Step-wise management:
- 1. **Correct hypoxia** (high-flow O₂, treat COPD/pneumonia, normalize electrolytes).
- 2. **Rate control** if still rapid:
- Verapamil or diltiazem (best evidence).
- Metoprolol (if no bronchospasm).
- Digoxin or amiodarone—second-line in refractory cases.
- 3. Electrical cardioversion rarely works (circuit isn't a single loop).
- 4. **Ablation** plays no role; the foci are multiple and mobile.
- **Prognosis:** usually resolves once the underlying pulmonary trigger is fixed; mortality relates to lung disease, not the arrhythmia itself.

How to tell MAT from AF or A-flutter:

	Feature	•	MAT		• AF	•	A-flutter
•	P-waves	•	≥ 3 shapes present	•	Absent (f-waves)	•	Saw-tooth F-
						waves	



•	Rhythm	•	Irregular	•	Irregular	•	Usually regular
						(2:1 or 3:	1)
•	Ventricular rate	•	100–120 (variable)	•	90–170	• (2:1)	Often exactly 150

5- supra ventricular tachycardia

What is "Supraventricular Tachycardia" (SVT)?

• Umbrella term for rapid rhythms that start above the ventricles (atria or AV node) and use the normal His–Purkinje system, so the QRS is narrow (< 120 ms).

- Two major re-entry flavours are highlighted in your workbook:
- AVNRT (AV-nodal re-entrant tachycardia)
- **AVRT** (AV-re-entrant tachycardia) ⇒ *orthodromic antidromic*
- AV-Nodal Re-entrant Tachycardia (AVNRT)
- **Pathophysiology**: the AV node houses two functional pathways:
- Slow pathway → repolarises quickly.

• **Fast pathway** \rightarrow depolarises quickly. A premature atrial beat can block in the fast limb, dive down the slow limb, then race **retrograde** up the fast limb \rightarrow a **tight micro-circuit** your workbook calls "AV node re-entery circuit"

- ECG: regular rate 150-250 bpm, no obvious P-waves (buried in or just after QRS), narrow complexes.
- Acute treatment ("block AV node"):
- Vagal manoeuvres (Valsalva, carotid massage).
- IV adenosine (stops AV nodal conduction for a few seconds).
- If adenosine fails or is contraindicated \rightarrow diltiazem / verapamil or β -blocker.
- Synchronized cardioversion if haemodynamically unstable.
- Prevention: daily β-blocker or non-DHP CCB; radio-frequency ablation of the slow pathway has >95 % cure rate

AV-Re-entrant Tachycardia (AVRT)

Sub-type (workbook label)	Conduction loop	QRS	Key ECG clue	First-line acute Rx
B Orthodromic AURT	Down AV node → up accessory pathway	Narrow	Looks like AVNRT but RP' interval often longer	Same as AVNRT: vagal → adenosine → CCB/BB Medical Workbook 3Medical Workbook 3
c Antidromic AURT	Down accessory pathway → up AV node	Wide(ventricles pre- excited)	Regular wide-complex tachycardia	Treat like WPW: IV procainamide or ibutilide; avoid AV- nodal blockers Medical Workbook 3Medical Workbook 3

Remember: Antidromic AVRT is essentially "SVT with a WPW QRS"—blocking the AV node alone can precipitate ventricular fibrillation, so never give adenosine, verapamil, β-blocker or digoxin in that setting.

Step-by-step bedside algorithm

- 1. **Assess stability** shock immediately if hypotensive, chest-pain, heart failure.
- 2. **Regular, narrow QRS, no P-waves?** → think **AVNRT or orthodromic AVRT**.
- 3. **Try vagal manoeuvre** (success rate ~25 %).
- 4. Give 6 mg IV adenosine (follow with 20 ml flush).
- If terminates \rightarrow AVNRT/AVRT confirmed.
- If transient slowing reveals saw-teeth or flutter waves \rightarrow treat as flutter.
- 5. **Second-line**: diltiazem 0.25 mg/kg IV or β-blocker.
- 6. Wide-complex but regular? → give procainamide 15 mg/kg IV over 30 min (suspect antidromic AVRT).
- 7. Plan for EP referral ablation offers definitive cure in most symptomatic cases.

How to remember the workbook's key lines

• "Regular multiple narrow complex with no P-waves like AFib but regular pattern" → that is the textbook ECG description of AVNRT / orthodromic AVRT.

- "Slow pathway has fast repolarization ... fast pathway has fast depolarization" → the dual-pathway physiology.
- "Block AV node ... vagal manoeuvres ... IV adenosine ... CCB and BB ... cardioversion" \rightarrow the exact therapeutic staircase.
- "Preventive ... CCB and BB or ablation of the slow pathway" → chronic management.
- "QRS is wide ... opposite direction ... same tx as WPW" → antidromic AVRT needs WPW protocol.



• Accessory "shortcut" (Bundle of Kent) bridges atria ↔ ventricles, bypassing the AV-node brake.

Ventricles can be pre-excited (partly depolarised early), creating the classic ECG pattern.

• This shortcut also sets up a macro-re-entry loop → AV re-entrant tachycardia (AVRT) and raises the risk of fast atrial arrhythmias degenerating into VF.

ECG triad

Workbook bullet	How it appears	Why it happens
1 Delta wave	Slurred up-stroke at QRS onset	Accessory pathway activates ventricle
		early
2 Short PR	≤ 120 ms	AV-node delay bypassed
3 Wide QRS	≥ 120 ms with fusion of early (Kent) +	Mixed conduction pathways
	late (His) depolarisation	

Tip: delta is easiest to see in leads V2–V4 and limb lead I.

Rhythm problems you'll meet

Scenario	ECG look	Immediate danger	First-line treatment
Orthodromic AVRT (down AV-	Narrow QRS, 180–250 bpm	Usually stable	Same "SVT ladder": vagal →
node, up Kent)			IV adenosine \rightarrow CCB/ β -
			blocker → cardioversion
Antidromic AVRT (down Kent,	Wide regular QRS tachycardia	Can mimic VT	IV procainamide (workbook)
up AV-node)			or ibutilide; avoid AV-nodal
			blockers
AF + WPW	Irregular, wide fast (200–300	May \rightarrow VF in seconds	Procainamide or ibutilide,
	bpm)		urgent DC shock if unstable

Never give β-blocker, diltiazem, verapamil or digoxin when pre-excited AF is suspected — exactly as your workbook warns Medical Workbook 3Medical Workbook 3.

Definitive cure

- Radio-frequency ablation of the Kent bundle (success > 95 %, complication < 1 %).
- •

Quick decision algorithm (bedside)

- 1. Identify pre-excitation (delta wave or wide regular tachycardia in known WPW).
- 2. Check haemodynamics if BP low, chest-pain, shock \rightarrow synchronised DC cardioversion immediately.
- 3. **Stable + narrow QRS SVT** \rightarrow treat like AVNRT (vagal \rightarrow adenosine).
- 4. Stable + wide QRS or irregular wide → use procainamide 15 mg/kg IV over 30 min (or ibutilide 1 mg IV).
- 5. Plan EP referral for ablation at first opportunity.

Exam & ward pearls

- Up to 60 % of WPW patients develop AVRT; 10–20 % experience AF with WPW.
- Sudden-death risk is tied to how fast the accessory pathway can conduct (< 250 ms): EP study answers this.
- "Latent WPW": baseline ECG normal, but pathway unmasked during tachycardia.
- **Post-ablation OAC** not routinely required unless CHA_2DS_2 -VASc ≥ 1 $\sigma'/2$ φ for other reasons.

7- ventricular tachycardia

ventricular tachycarchia:	Mainly due to structural cause	other causes incluo	Ischemia ICC wird CAD wird Indire Mills the most common cause Cardiornyopathies Ventricular scar Ibssue Congenitati detexts Congenitati detexts Exectority chancemalities Drugt totactify california fullemetics, antipsychotics, SSRis, TCAs, macroide an Drugt totactify california fullemetics, antipsychotics, SSRis, TCAs, macroide and Drugt totactify california fullemetics
 Note that VT are devided Note: polymorphic (1) prolonged GT (2) + Mg⁺) 	l intro Sustained (>30min) and no poly morphic monomorphic P (Torsade de points) (if pulseless : this a cardiac arrest)	n Sustained (~30 min) olymorphic monomorphic	3 the difference is the duration?
 How to treat it : [] and consider cardioversion "EPS" 2 if unstable: a On EG: UT association (3) AV association (1) capt ones (1) (1) (1) 	if Stable: A Acute management: E B preventive: to prevent from C Code blue (worst tachy): use 8 (1) width of QRS >160 (2) under sume leads (sudden and narrow QRS	erminate axis among wide when the underlying cause cause and the consider and the consider and the consider and the consider and the construction of the construction	then use IV amidarone implantation "ICD" and (Poly)

Bradyarrhythmias 👋 👉

1. Sinus bradycardia When the SA-node fires slowly (< 60 bpm) yet the P-QRS-T pattern remains perfectly normal. Why it happens: higher vagal tone during sleep or in athletes, acute inferior-wall ischaemia that supplies the SA-node, infiltrative or congenital heart disease, and rate-slowing drugs such as β-blockers, digoxin or non-dihydropyridine Ca-channel blockers.

When to worry: fatigue, dizziness, angina or exercise intolerance suggest the cardiac output has become inadequate.

- What to do:
- Asymptomatic \rightarrow watchful waiting.

Symptomatic \rightarrow correct triggers (stop offending drugs, treat ischaemia or electrolytes), then give IV atropine 0.5 mg; if ineffective, start a β-agonist infusion (isoprenaline, adrenaline or dopamine). Persistent instability calls for temporary pacing.

2. Sick-sinus (brady-tachy) syndrome Degeneration or fibrosis of the SA-node produces erratic pauses that may alternate with bursts of atrial tachycardia or AF ("brady-tachy"). Most patients are elderly or have long-standing sinus bradycardia.

Management pearls: dual-chamber pacemaker is definitive. Rate-controlling drugs for the tachy phases (e.g., β -blockers) are added

	3. Atrioventricular (AV) bl	ock – a traffic-iam betwee	n atria and ventricles. Me	dical Workbook 3Medical V	Vorkbook 3	hal- ne - 1911
[Block	ECG hallmark	Typical site	Immediate care	Long-term	yddin ydr ddy
[1st-degree	PR > 200 ms, every	AV-node	Atropine, b agonist ,	none	
		beat conducts		pacemaker		
	2nd-degree Mobitz I	PR lengthens until a	AV-node	Atropine, b agonist,	rarely pacing	
	(Wenckebach)	QRS drops		pacemaker		
	2nd-degree Mobitz II	Constant PR, random	infra-His bundle	Pacemaker	permanent	
		dropped QRS			pacemaker	
	3rd-degree (complete)	P-and-QRS march	any level	Pacemaker	permanent	
		independently			pacemaker	5

Additional clinical clues: 1- if a patient with chronic a fib suddenly developed a complete heart block -> digoxin toxicity _

2- irregular irregular then regular irregular -> look at p wave if found -> sinus if not found -> complete heart block Note : in complete heart block p>QRS. Vs v. Tach , QRS>p

Note : does 3rd degree have wide or narrow QRS ? It depends wether its from the ventricle (wide) or close to AV node (narrow) Quick takeaway

- Slow but stable?-observe.
- **Slow + symptoms?**—remove causes \rightarrow atropine $\rightarrow \beta$ -agonist \rightarrow pace.
- SA-node worn out?—pacemaker, then tame tachy bursts.
- Any Mobitz II or complete block?-think pacing first, questions later.



When a magnet is placed over a device like a pacemaker or ICD, it changes how the device behaves temporarily.

Effect on Devices:

Devices:

Device	Magnet Mode ON
Pacemaker	Asynchronous Pacing
ICD	Defibrillator OFF

Asynchronous pacing means the pacemaker paces without sensing the heart's intrinsic activity.

Defibrillator OFF means the ICD will not deliver shocks even if dangerous rhythms are present.

Why use it?

During surgeries: Especially when using electrical cautery, because electromagnetic interference might confuse the pacemaker or ICD.

To avoid inappropriate shocks during surgery or manipulation.

Real-life example:

- If the ICD is ON during surgery and electrical cautery is used \rightarrow it might interpret it as VT/VF \rightarrow deliver unnecessary shock.
- Putting a magnet over it will stop this.

2. Cardiac Resynchronization Therapy (CRT)

What is CRT?

- Also called BiV Pacing.
- Used in Heart Failure with EF < 35% and dyssynchrony between ventricles.
- Why do we need it?
- In HF, the heart's sides don't beat in sync (esp. LBBB).
- CRT helps both ventricles contract together \rightarrow more efficient pumping.

Leads:



- 3 leads:
- 1. Right atrium
- 2. Right ventricle
- 3. Left ventricle via coronary sinus (not artery!)
- Types:
- CRT-P: Only pacing
- CRT-D: CRT + defibrillator (used in young patients or those at higher risk)

3. Implantable Cardioverter Defibrillator (ICD)

What's an ICD?

- Like a **policeman**.
- Detects dangerous arrhythmias like $VT/VF \rightarrow$ gives shock to save life.

Function:

- Monitors rhythm all the time.
- If life-threatening tachyarrhythmia is detected \rightarrow **shock** delivered.

Indications:

- EF < 35%
- Prior VT/VF
- Prolonged QT

Types:

- Single Chamber: Lead in RV
- **Dual Chamber**: RA + RV → helps identify rhythm origin (e.g., differentiate SVT vs. VT)
- Biventricular: Used with CRT

Extra:

- Has pacemaker capability too (not all pacemakers have ICD though)
- ATP (Anti-Tachycardia Pacing): Instead of shock, tries fast pacing to terminate VT.

4. Permanent Pacemaker (PPM)

What is it?

- A device under the skin with wires to the heart.
- Sends electrical impulses when the heart is too slow or blocked.
- Types:
- Single chamber: One wire to RV.
- Dual chamber: Two wires (RA + RV) → better coordination of heart beats. How it works:
- Senses atrial activity \rightarrow waits \rightarrow if no ventricular response, it paces.
- Produces wide QRS because impulse bypasses natural conduction system.
 ECG Clue:
- Wide rhythm = pacemaker is working (not using Purkinje system) NBG Code (3-5 Letters):
- Tells which chambers are paced, sensed, and how device responds.
- Don't memorize, just know it defines **function** of pacemaker.

5. Temporary Pacing

Two Types:

- 1. Transcutaneous (external)
- Pads on skin (anterior-posterior)
- Used in **emergency** (HR < 30s, complete heart block)
- Very painful and not reliable
- For temporary use only
- 2. Transvenous (TVP):
- Wire inserted into vein (femoral or internal jugular)
- Wire enters RV and paces heart
- Used when patient can't move or for longer support
- **Risks**: Infection, heart perforation

When to use?

- In MI-induced blocks
- Before placing permanent pacemaker



Permanent Pacemaker (PPM)



