

The Ultimate ACLS Study Guide

ADVANCED CARDIAC LIFE SUPPORT (ACLS) COURSE
FOR HEALTHCARE PROVIDERS WHO SPECIALIZE IN CARDIAC RESUSCITATION



EKG Anatomy



P Wave - atrial depolarization activity in the lower right atrium
QRS Complex - ventricular depolarization activity in the lower left ventricle
T Wave - ventricular repolarization activity in the lower left ventricle
ST Segment - the interval between the end of the QRS complex and the beginning of the T wave. It represents the time when the ventricles are fully depolarized and the electrical current is moving through the heart.

ECG Rhythms

- Ventricular Fibrillation** - Irregular, chaotic, and disorganized electrical activity. Immediate defibrillation.
- Ventricular Tachycardia** - Rapid, regular, and organized electrical activity. Pacing 100-120 bpm.
- Supraventricular Tachycardia** - Rapid, regular, and organized electrical activity. Pacing 100-120 bpm.
- Abrystole** - No electrical activity. No EKG. If leads are all disconnected, begin CPR immediately.
- Sinus Bradycardia** - Slow, regular, and organized electrical activity. Pacing 60 bpm.
- 1st Degree AV Block** - Prolonged PR interval. Prolonged PR interval. Prolonged PR interval.
- 2nd Degree Block Type I - Wenckebach** - Prolonged PR interval. Prolonged PR interval. Prolonged PR interval.
- 2nd Degree Block Type II - Mobitz** - Prolonged PR interval. Prolonged PR interval. Prolonged PR interval.
- 3rd Degree Block** - Prolonged PR interval. Prolonged PR interval. Prolonged PR interval.
- Sinus Tachycardia** - Rapid, regular, and organized electrical activity. Pacing 100-120 bpm.
- Supraventricular Tachycardia** - Rapid, regular, and organized electrical activity. Pacing 100-120 bpm.
- Paroxysmal Supraventricular Tachycardia** - Rapid, regular, and organized electrical activity. Pacing 100-120 bpm.
- Polymorphic Ventricular Tachycardia** - Rapid, irregular, and organized electrical activity. Pacing 100-120 bpm.
- Torsades de Pointes** - Rapid, irregular, and organized electrical activity. Pacing 100-120 bpm.



Electrical Therapy Basics



- Defibrillation** - Used to treat ventricular fibrillation (VF) and pulseless ventricular tachycardia (VT).
- Synchronized Cardioversion** - Used to treat atrial fibrillation (AF), atrial flutter (AFL), and supraventricular tachycardia (SVT).
- Transcutaneous Pacing** - Used to treat bradycardia and asystole.

Airway Management



- Advanced** - Endotracheal tube (ETT) - Use for intubation and ventilation.
- Basic** - Oral airway - Use for short-term ventilation.
- Advanced Airway** - Endotracheal tube (ETT) - Use for intubation and ventilation.
- Basic Airway** - Oral airway - Use for short-term ventilation.

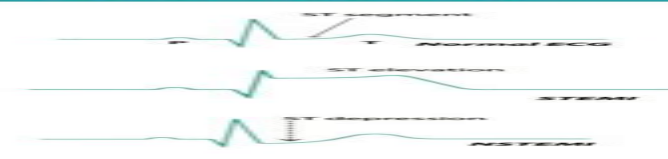
Post-Resuscitation Care



- Follow the ABCs** - Airway, Breathing, Circulation, Disability, Exposure.
- Respiratory** - Monitor oxygen saturation and respiratory rate.
- Circulation** - Monitor heart rate and blood pressure.
- Disability** - Monitor level of consciousness.
- Exposure** - Monitor for injuries.

Acute Coronary Syndromes (ACS)

- Unstable Angina** - Chest pain due to poor blood flow to the heart.
- ST Segment Elevation MI (STEMI)** - Heart attack with ST segment elevation on EKG.
- Non-ST Segment Elevation MI (NSTEMI)** - Heart attack with ST segment depression on EKG.



Stroke Assessment and Treatment

- Stroke Assessment** - Use the Cincinnati Prehospital Stroke Scale (CPSS) to assess for stroke.
- Stroke Treatment** - Administer aspirin and tPA if appropriate.

Code Termination

- Consult with medical control** before code termination.
- Document** the code termination and the reasons for termination.

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Rosina Ehmann



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