

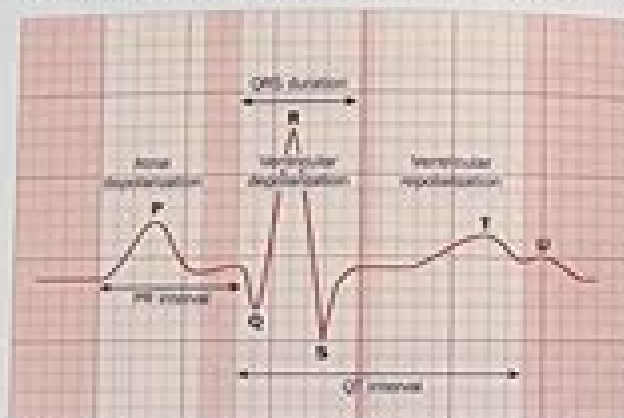
HEART RATES

Bradycardia = rate of <60 bpm, a slow heartbeat

Normal = rate of 60-100 bpm, a normal heart rhythm

Tachycardia = rate of >100-160 bpm, a fast heartbeat

How to Count Atrial and Ventricular Rate using the 6 Second Rule:



Atrial Rate

1. Identify the P-waves.
2. Beginning at the first P-wave start counting 30 large squares.
3. Then count how many P-waves are between the 30 large squares.
4. Take that number and multiple it by 10 and this is your heart rate.

Ventricular Rate

1. Identify the R-waves.
2. Beginning at the first R-wave start counting 30 large squares.
3. Then count how many r-waves are between the 30 large squares.
4. Take that number and multiple it by 10 and this is your heart rate.

Chest Leads

In summary, the 12 standard leads are: V1, V2, V3, V4, V5, V6, RA, RL, LA, LL.

Limb leads - Frontal view of heart

I, from the right arm (-) toward the left arm (+)

II, from the right arm toward the left leg

III, from the left arm toward the left leg

(Taken together, these three forms the classic "Einthoven's triangle")

aVR, augmented lead toward the right arm

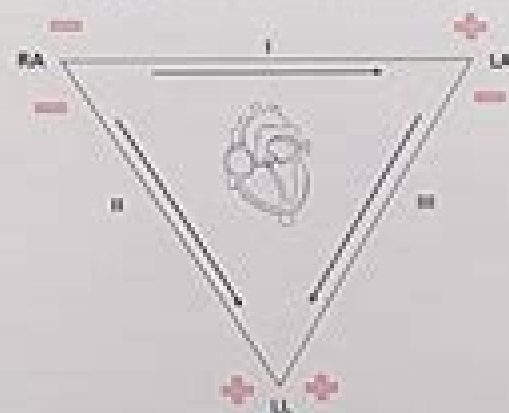
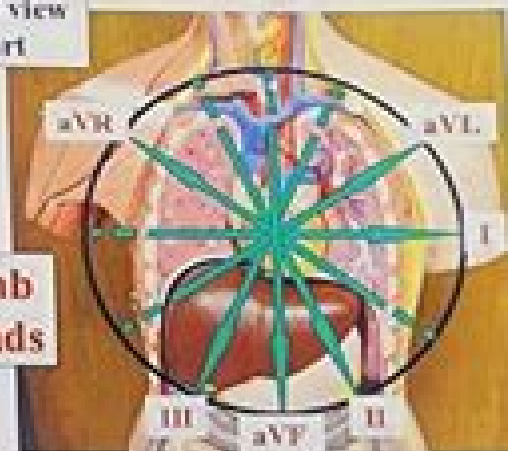
aVL, augmented lead toward the left (arm)

aVF, augmented lead toward the foot

(Note: aVR is approximately opposite of I and should essentially mirror the shape of I vertically)

Frontal view of heart

Limb Leads



National Telemetry Study Guide

F Rizvi



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Table of Contents National Telemetry Study Guide

1. Understanding the eBook National Telemetry Study Guide
 - The Rise of Digital Reading National Telemetry Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying National Telemetry Study Guide
 - 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 National Telemetry Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from National Telemetry Study Guide
 - Personalized Recommendations
 - National Telemetry Study Guide User Reviews and Ratings
 - National Telemetry Study Guide and Bestseller Lists
5. Accessing National Telemetry Study Guide Free and Paid eBooks
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- National Telemetry Study Guide Budget-Friendly Options
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 - National Telemetry Study Guide Enhanced eBook Features
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 - Highlighting and Note-Taking National Telemetry Study Guide
 - Interactive Elements National Telemetry Study Guide
- 8. Staying Engaged with National Telemetry Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers National Telemetry Study Guide
- 9. Balancing eBooks and Physical Books National Telemetry Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection National Telemetry Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine National Telemetry Study Guide
 - Setting Reading Goals National Telemetry Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of National Telemetry Study Guide
 - Fact-Checking eBook Content of National Telemetry Study Guide
 - 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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